

# WHAT TO LOOK FOR IN A PROBIOTIC

## 100 BILLION LIVE CULTURES

Formulated with 100 Billion live probiotic cultures in every capsule, Vital Flora contains the potency that you want for your most critical needs.\*

## 100 DIVERSE PROBIOTIC STRAINS

A healthy gut contains a highly diverse balance of good microbes. Vital Flora contains multiple strains of Lacto and Bifido bacteria to more closely mirror the natural diversity of the human gut.\*

## 10 TYPES OF PREBIOTICS

Prebiotics are special types of fiber from plants that help feed beneficial bacteria in the digestive tract.\* Vital Flora contains a blend of 10 organic prebiotic sources.

## DELAYED RELEASE CAPSULES

Taken any time of day, with or without food, Vital Flora's delayed release capsules help ensure more probiotics reach the intestinal tract where you want them.\*

**Quality & Purity Guaranteed**  
Distributed by Vital Planet  
133 Candy Ln., Palm Harbor,  
Florida 34683  
800.938.8482 VitalPlanet.com



Assembled in  
a facility in the  
USA that is GMP  
(Good Manufacturing  
Practices)

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**



## Family Owned & Operated

### MEET THE CREATOR OF VITAL FLORA

I've devoted my life to helping people balance their digestive system and achieve vibrant health. I believe overall good health begins with a healthy gut.



**Brenda Watson**  
Digestive Care Expert  
Founder of Vital Planet  
NY Times Bestselling Author

### DIVERSITY IS THE KEY TO ADVANCED BIOME

Our bodies naturally contain many different types of good bacteria so we formulated Vital Flora Advanced Biome with a diverse blend of 100 strains.\*

The increased potency and balanced ratio of Bifido to Lacto strains provide more advanced support for overall immune and digestive health.\*

We also added 10 plant-based prebiotics to help feed the diversity of good bacteria in our gut.\*

**FREE Product Specialist Support Line**  
Call toll-free: 1-866-787-9001



At Vital Planet, we're always here to help! If you have questions or want additional information on any of our products, talk to one of our product specialists who will be happy to guide you on your journey to vibrant health.

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**Directions:** For best results, adults take one (1) capsule daily with or without food.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

|                                                                                                                                                                                                                                      | Amount Per Serving     | %DV        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------|
| <b>Advanced Biome Proprietary Probiotic Blend</b>                                                                                                                                                                                    | <b>405 mg</b>          | <b>***</b> |
| <b>Total Probiotic Cultures</b>                                                                                                                                                                                                      | <b>100 Billion CFU</b> |            |
| <b>Total Lacto Probiotic Cultures</b>                                                                                                                                                                                                | <b>50 Billion CFU</b>  |            |
| <i>Lactobacillus plantarum (VPLP-5, VP-76, VP-63, VP-58, VP-77, VP-98, VP-99, VP-47, VP-36, VP-68)</i>                                                                                                                               |                        |            |
| <i>Lactobacillus paracasei (VP-51, Lpc-37, VP-62, VP-100, VP-33, VP-75)</i>                                                                                                                                                          |                        |            |
| <i>Lactobacillus acidophilus (VPLA-4, NCFM, VP-97, VP-96, VP-35, VP-61)</i>                                                                                                                                                          |                        |            |
| <i>Lactobacillus casei (VPLC-1, VP-67, VP-57, VP-71, VP-103, VP-9, VP-16)</i>                                                                                                                                                        |                        |            |
| <i>Lactobacillus rhamnosus (GG, HN001, VP-101, VP-34, VP-11, VP-79, VP-65, VP-80)</i>                                                                                                                                                |                        |            |
| <i>Lactobacillus brevis (VPLB-5, VP-59, VP-102, VP-69)</i>                                                                                                                                                                           |                        |            |
| <i>Lactobacillus reuteri (VPLR-1, VP-56, VP-24, VP-66, VP-78, VP-108)</i>                                                                                                                                                            |                        |            |
| <i>Lactobacillus salivarius (VP-4, VP-18, VP-104, VP-82)</i>                                                                                                                                                                         |                        |            |
| <i>Lactobacillus fermentum (VP-48, VP-72, VP-64, VP-106)</i>                                                                                                                                                                         |                        |            |
| <i>Lactobacillus gasseri (VP-20, VP-40, VP-70, VP-73, VP-107)</i>                                                                                                                                                                    |                        |            |
| <i>Lactobacillus bulgaricus (VPLB-7, VP-23, VP-109)</i>                                                                                                                                                                              |                        |            |
| <i>Lactobacillus helveticus (VP-105, VP-44, VP-74)</i>                                                                                                                                                                               |                        |            |
| <i>Lactobacillus delbrueckii (VP-31, VP-10)</i>                                                                                                                                                                                      |                        |            |
| <i>Lactobacillus crispatus (VP-60)</i>                                                                                                                                                                                               |                        |            |
| <i>Lactobacillus johnsonii (VP-55)</i>                                                                                                                                                                                               |                        |            |
| <i>Lactobacillus sakei (VP-81)</i>                                                                                                                                                                                                   |                        |            |
| <b>Total Bifido Probiotic Cultures</b>                                                                                                                                                                                               | <b>50 Billion CFU</b>  |            |
| <i>Bifidobacterium lactis (VPBA-4, B420, BI-07, HN019, VP-94, VP-86, VP-111, VP-110, VP-92)</i>                                                                                                                                      |                        |            |
| <i>Bifidobacterium bifidum (VPBB-6, VP-84, VP-113, VP-112, VP-88)</i>                                                                                                                                                                |                        |            |
| <i>Bifidobacterium breve (VP-7, VP-85, VP-116, VP-90)</i>                                                                                                                                                                            |                        |            |
| <i>Bifidobacterium longum (VPBL-5, VP-87, VP-114, VP-115, VP-89, VP-95)</i>                                                                                                                                                          |                        |            |
| <i>Bifidobacterium infantis (VPBI-6, VP-91, VP-93, VP-117, VP-118)</i>                                                                                                                                                               |                        |            |
| <b>Organic Prebiotic and Fiber Blend</b>                                                                                                                                                                                             | <b>150 mg</b>          | <b>***</b> |
| Organic Potato (resistant starch), Organic Acacia Fiber, Organic Apple Fiber, Organic Blue Agave, Organic Guar Gum, Organic Jerusalem Artichoke (root), Chicory (root), Organic Pea Fiber, Organic Cranberry, Organic Cassava (root) |                        |            |

\*\*\*Daily Value (DV) not established.

**Other Ingredients:** Delayed Release Vegetarian Capsule (hypromellose, gellan gum, water)

Contains traces of **dairy**. May contain traces of **soy** from fermentation ingredients.

Contains NO GMOs, yeast, wheat, gluten, tree nuts, salt, shellfish, sugar, animal products, binders, fillers or artificial ingredients.

Store at 77°F (25°C) or below.

**KEEP OUT OF REACH OF CHILDREN.**

Consult your healthcare professional before using this or any product if you are pregnant, nursing, or under medical supervision.

**100 BILLION**  
LIVE CULTURES

**100 DIVERSE**  
STRAINS

**10 PREBIOTIC SOURCES**

