

# WHAT TO LOOK FOR IN A PROBIOTIC

## 60 BILLION LIVE CULTURES

Formulated with 60 Billion live probiotic cultures in every capsule, Vital Flora contains the potency that you want.\*

## 60 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.\*

## 7 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 7 organic prebiotic sources.

## DELAYED RELEASE CAPSULES

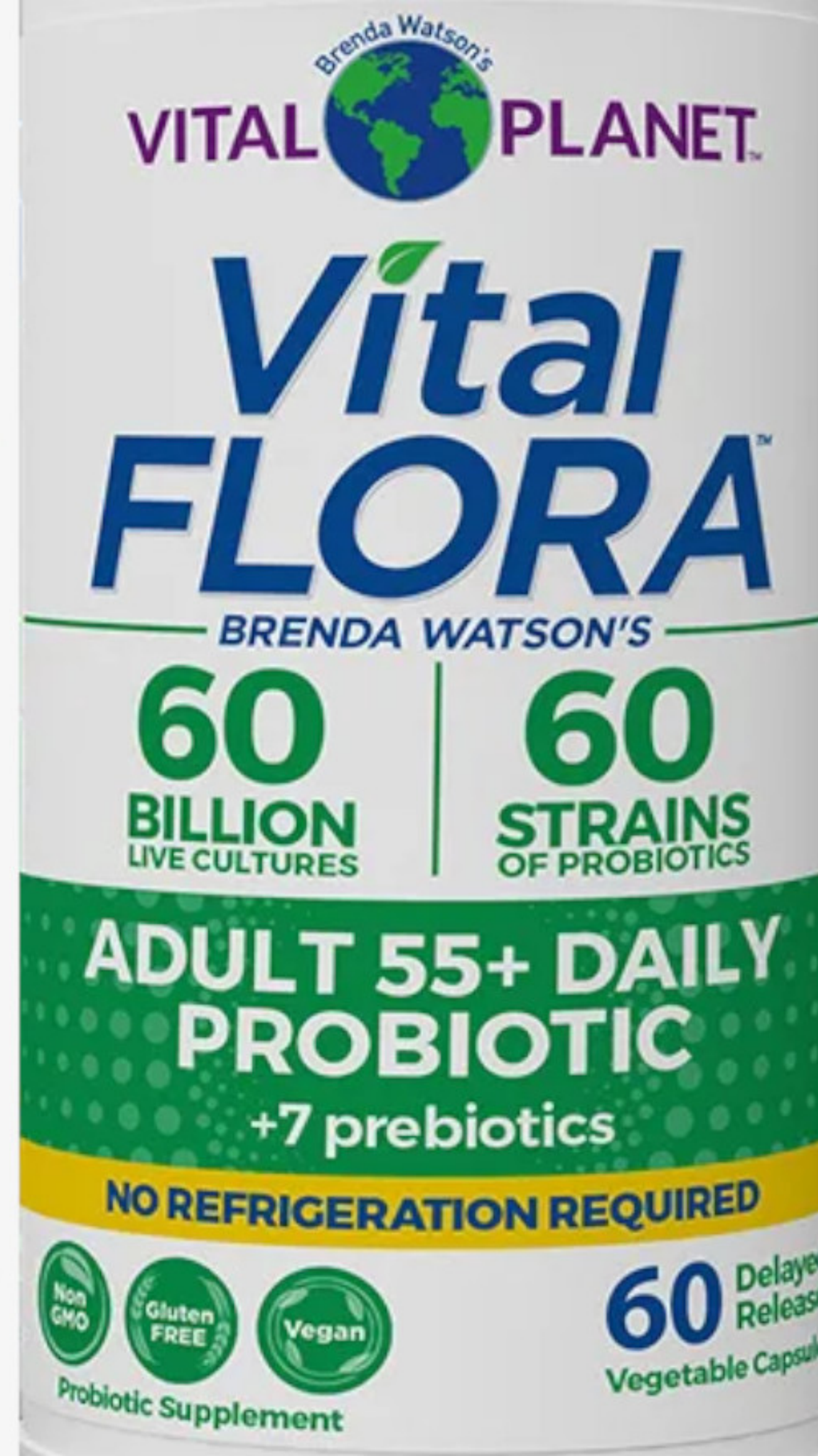
Taken any time of day, with or without food, Vital Flora's delayed release capsules help ensure more probiotics reach the intestinal tract where you want them.\*

**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



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

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.

### DIVERSITY IS THE KEY TO ADULT 55+ DAILY

Our bodies naturally contain many different types of good bacteria so we formulated Vital Flora Adult 55+ Daily with a diverse blend of 60 strains.\*

It contains a special ratio of beneficial bacteria with more Bifido strains for adults 55+ to support overall digestive and immune health.\*

We also added 7 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 60

|                                                                                                                                         | Amount Per Serving    | %DV        |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------|
| <b>Adult 55+ Proprietary Probiotic Blend</b>                                                                                            | <b>173 mg</b>         | <b>***</b> |
| <b>Total Probiotic Cultures</b>                                                                                                         | <b>60 Billion CFU</b> |            |
| <b>Total Lacto Probiotic Cultures</b>                                                                                                   | <b>20 Billion CFU</b> |            |
| <i>Lactobacillus acidophilus (VPLA-4, NCFM, VP-96, VP-35, VP-97)</i>                                                                    |                       |            |
| <i>Lactobacillus plantarum (VPLP-5, VP-98, VP-99, VP-47, VP-36)</i>                                                                     |                       |            |
| <i>Lactobacillus bulgaricus (VPLB-7, VP-23, VP-109)</i>                                                                                 |                       |            |
| <i>Lactobacillus reuteri (VPLR-1, VP-24, VP-108)</i>                                                                                    |                       |            |
| <i>Lactobacillus fermentum (VP-48, VP-106)</i>                                                                                          |                       |            |
| <i>Lactobacillus rhamnosus (GG, VP-6, HN001, VP-101, VP-34, VP-11)</i>                                                                  |                       |            |
| <i>Lactobacillus paracasei (Lpc-37, VP-100, VP-33)</i>                                                                                  |                       |            |
| <i>Lactobacillus casei (VPLC-1, VP-103, VP-9, VP-16)</i>                                                                                |                       |            |
| <i>Lactobacillus salivarius (VP-4, VP-104, VP-18)</i>                                                                                   |                       |            |
| <i>Lactobacillus brevis (VPLB-5, VP-102)</i>                                                                                            |                       |            |
| <i>Lactobacillus gasseri (VP-20, VP-40, VP-107)</i>                                                                                     |                       |            |
| <i>Lactobacillus helveticus (VP-105, VP-44)</i>                                                                                         |                       |            |
| <i>Lactobacillus delbrueckii (VP-10, VP-31)</i>                                                                                         |                       |            |
| <b>Total Bifido Probiotic Cultures</b>                                                                                                  | <b>40 Billion CFU</b> |            |
| <i>Bifidobacterium lactis (VPBA-4, BI-07, B-420, HN019, VP-110, VP-111)</i>                                                             |                       |            |
| <i>Bifidobacterium longum (VPBL-5, VP-114, VP-115)</i>                                                                                  |                       |            |
| <i>Bifidobacterium breve (VP-7, VP-116)</i>                                                                                             |                       |            |
| <i>Bifidobacterium infantis (VPBI-6, VP-117, VP-118)</i>                                                                                |                       |            |
| <i>Bifidobacterium bifidum (VPBB-6, VP-112, VP-113)</i>                                                                                 |                       |            |
| <b>Organic Prebiotic and Fiber Blend</b>                                                                                                | <b>250 mg</b>         | <b>***</b> |
| Organic Acacia Fiber, Organic Guar Gum, Organic Apple Fiber, Organic Cassava (root), Organic Cranberry, Organic Pea Fiber, Organic Kelp |                       |            |
| ***Daily Value (DV) not established.                                                                                                    |                       |            |

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

Contains NO GMOs, yeast, wheat, gluten, soy, dairy, 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.

**60 BILLION**  
LIVE CULTURES  
**60 DIVERSE**  
STRAINS

**7 PREBIOTIC SOURCES**

