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LOT:
BEST BEFORE:

Super Bifido Plus Probiotic includes 8 strains of beneficial bacteria. It provides maximum support for recovery of healthy flora, colon health, occasional constipation or irregularity, and is ideal for travelers to maintain healthy flora while away from home.* Since probiotics are living organisms, their potency slowly decreases over time (2% per month). Keep refrigerated whenever possible and freeze to prolong shelf life.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NEW Formula!
HIGHER POTENCY
with Live Cultures

FLORA

UDO'S CHOICE
Udo Erasmus

Super Bifido Plus Probiotic

Maximum Support for Intestinal Health*

102 BILLION CELLS
AT TIME OF MANUFACTURE†

DIETARY SUPPLEMENT

VEGETARIAN
30 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Serving	% Daily Value
Super Bifido Probiotic Blend . 547.07 mg**	
Bifidobacterium breve HA-129	45%**
Bifidobacterium longum HA-135	20%**
Bifidobacterium bifidum HA-132	15%**
Lactobacillus casei HA-108	8%**
Lactobacillus rhamnosus HA-111	4%**
Lactobacillus acidophilus HA-122 . . .	3%**
Lactobacillus plantarum HA-119	3%**
Lactobacillus salivarius HA-118	2%**

Super Bifido Probiotic Blend . 547.07 mg**

Bifidobacterium breve HA-12945%**

Bifidobacterium longum HA-135 . . .20%**

Bifidobacterium bifidum HA-132 . .15%**

Lactobacillus casei HA-1088%**

Lactobacillus rhamnosus HA-111 . .4%**

Lactobacillus acidophilus HA-122 . .3%**

Lactobacillus plantarum HA-119 . . .3%**

Lactobacillus salivarius HA-118 . . .2%**

**Daily Value not established.

OTHER INGREDIENTS: Potato starch, silicon dioxide, stearic acid, ascorbic acid, and hydroxypropyl methylcellulose.

DISTRIBUTED BY:
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LYNDEN, WA 98264
1.800.446.2110
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SUGGESTED ADULT USE:
Take one capsule per day on a full stomach to maintain healthy flora.* To restore healthy flora,* take one capsule up to 3 times daily on a full stomach.
CAUTION: As with any dietary supplement, consult a physician if taking prescription medications or if you have a medical condition. Contains traces of milk and soy.

† **Minimum 102 billion viable cells per capsule at time of manufacture.** (Minimum 61 billion viable cells per capsule at printed two year expiration date.)

Security sealed for your protection. Do not use if seal is missing or damaged. FOR MAXIMUM POTENCY KEEP PRODUCT REFRIGERATED. Freeze to prolong shelf life.