

SymBiotics with FOS

Nine beneficial bacteria strains together in one convenient powdered formula. The FOS provides food for the bifidobacteria, and ascorbic acid (vitamin C) is added as a stabilizer. Lyophilized (freeze dried).

Suggested Use

As a dietary supplement, 1 level teaspoon one to three times daily, or as directed by a healthcare practitioner.

CAUTION: Some individuals taking FOS may experience gastrointestinal bloating that persists longer than 1-2 weeks, possibly due to unfriendly microbes feeding on FOS. In such cases, this product should be discontinued. Refrigerate to maintain potency. Short term heat exposure is acceptable.



Formulated exclusively for
Allergy Research Group®
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SymBiotics with FOS



dietary supplement
140 grams (4.9 oz.)

Supplement Facts		
Serving Size	1 Teaspoon (3.5 g)	
Servings Per Container	40	
Amount Per Serving		
Calories	10	
		% Daily Value*
Total Carbohydrates	3 g	1%
Vitamin C (as Ascorbic Acid)	180 mg	300%
Fructooligosaccharides	3 g	†
<i>Lactobacilli</i>	3 Billion	†
<i>Bifidobacteria</i>	0.8 Billion	†
<i>Streptococcus thermophilus</i>	0.4 Billion	†
* Percent Daily Value are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other ingredients: Silicon dioxide. Contains: milk (in trace amounts).