

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.800.1200.**

NOTE This product should be stored in a cool, dry place and kept away from sources of heat or humidity. It does not require refrigeration.

**QUESTIONS?
REORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com**



430 Parkson Road
Henderson, NV 89011

FRIENDLY FLORA

PROBIOTIC COMPLEX • 5 BILLION CFU
FIVE STRAINS OF BENEFICIAL MICROFLORA



180 Easy-to-Swallow Capsules

Andrew Lessman's FRIENDLY FLORA is our unique, comprehensive blend of five strains of Probiotic (*Friendly Flora*) species, delivering a remarkable 5 Billion Colony Forming Units (CFU) per capsule. It is intended to enhance and promote the population of beneficial *Friendly Flora* (healthy microorganisms) throughout our body, particularly to support our digestive, immune, urinary and genital systems. Probiotic means "for life" and Probiotics have been naturally and beneficially consumed for thousands of years. It is well established that the *Friendly Flora* that populate our GI (gastrointestinal) tract play a vital role in promoting healthy digestive function; as well as enhancing our ability to absorb key nutrients and maintaining healthy immune status. **Friendly Flora** provides five carefully selected varieties of *microflora*, each possessing its own unique properties, since a diverse and balanced population of *Friendly Flora* is required for optimum benefits. The delicate balance of microflora in our digestive system is easily upset by daily stress, digestive issues and normal aging. This fragile balance is further disrupted by medications that affect the digestive system, including antacids or even worse, antibiotics, which can wipe out our *Friendly Flora*. The most common source of microflora in the diet is yogurt, but it generally contains low and unreliable levels of just a single strain, and yogurt can present digestive issues, along with unwanted sugar and calories. Our **Friendly Flora** provides a remarkable 5 Billion CFU (Colony Forming Units) per capsule of five distinct varieties of *Friendly Flora* specially selected for their unique stability and bioavailability. The result is a uniquely comprehensive formula that retains its potency to ensure the benefits you seek for all the body systems that depend on *Friendly Flora*.

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.

CONTAINS NO COMMON ALLERGENS OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 180	
Amount Per Serving		%DV*
Magnesium (as magnesium malate/stearate)	50 mg	13%
Total CFU (Colony Forming Units)	5 Billion	†
Lactobacillus acidophilus (La-14)	2 Billion CFU	
Lactobacillus plantarum (Lp-115)	1 Billion CFU	
Lactobacillus salivarius (Ls-33)	1 Billion CFU	
Bifidobacterium lactis (Bi-04/Bi-07)	1 Billion CFU	

* Percent Daily Value (%DV) are based on a 2,000 calorie diet.
† DV not established.

Other Ingredients: Natural plant cellulose (acid resistant) vegetarian capsule, Silicon dioxide.