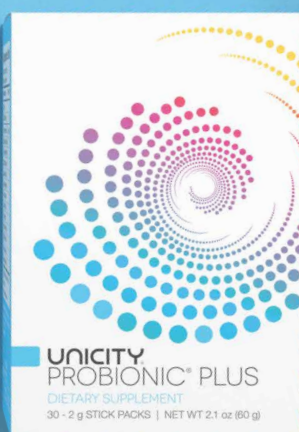


UNICITY ProBionic Plus

UNICITY
PROBIONIC® PLUS

Net wt. 0.07 oz. (2 g)



Benefits



Supports healthy
intestinal flora



Promotes
digestive health



Supports healthy
weight management

Emerging evidence in countless studies indicates that health starts in your gut.

Metabolic health, brain health, heart health, and almost all systems of our body can be linked back to a healthy digestive tract. But the problem is finding ways to improve our gut health. We all know we should be eating better, but diet alone actually might not be enough. Even if we eat the right foods, many of us, without even knowing it, have “bad” bacteria taking over our digestive tract. The bacteria in our gut play an essential role in metabolizing nutrients from food, producing short-chain fatty acids for optimal blood sugar levels, and even supporting the immune system.

Having an overabundance of “bad” bacteria that do not perform these essential functions adequately can cause digestive discomfort, fatigue, weight gain, bloating, and even depression. In order to really transform your digestive system and health, you need to have the right bacterial flora residing throughout your gastrointestinal tract.

Probiotics are a great way for you to introduce the right kinds of bacteria to your digestive system to allow you to get back on track. The “good” bacteria from probiotics compete against the less desirable bacteria for colonization of the gut. These good bacteria help to promote digestive regularity, metabolic health, and immune system function. The result is a more functional digestive system, and this can have positive impacts throughout the rest of the body as well.

ProBionic Plus is a premier probiotic that provides you with 11 of the most studied strains of good bacteria. ProBionic Plus also utilizes a proprietary microencapsulation of the bacteria to ensure that higher numbers are delivered to the lower GI tract where they can then colonize and allow you to reap the benefits.

ProBionic Plus helps you bring your gut back into balance.

Features

- High-quality blend of live beneficial bacterial strains
- Convenient single-serving packets
- Proprietary micro-encapsulation to promote better absorption
- 11 well-documented desirable strains forming 5 billion colony-forming units (CFUs)



Ingredients

Proprietary Probiotic Blend: 11 different strains of Lactobacilli and Bifidobacteria. These bacterial strains have been studied extensively for their positive effects on the human gastrointestinal tract. When you introduce healthy bacteria into your digestive system, you are better able to digest your food and get the nutrients you need for optimal health and wellness.

Fructooligosaccharides: A type of prebiotic fiber for the bacterial strains to eat and ferment in the gut.

Ideal for

- Those looking for additional gastrointestinal support
- People who want to promote overall health, starting with the gut
- Individuals looking for a way to jumpstart weight management

Use

- Open packet and pour contents directly into your mouth. Take one packet daily.
- May be mixed with a small amount of water or other liquid if desired.

Supplement Facts

Serving Size 1 stick pack (2 g)
Servings per container 30

Amount per stick pack	% Daily Value*
Calories 10	
Total Carbohydrates 2 g	1%
Proprietary Probiotic Blend	5 billion CFU
<i>Lactobacillus acidophilus</i> LA14	†
<i>Bifidobacterium lactis</i> HN019	†
<i>Lactobacillus rhamnosus</i>	†
<i>Lactobacillus plantarum</i>	†
<i>Lactobacillus acidophilus</i>	†
<i>Lactobacillus gasseri</i>	†
<i>Lactobacillus casei</i>	†
<i>Lactococcus lactis</i>	†
<i>Bifidobacterium longum</i>	†
<i>Bifidobacterium breve</i>	†
<i>Bifidobacterium lactis</i>	†
Fructooligosaccharides 1 g	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Xylitol, Strawberry Concentrate Powder, Natural Strawberry Flavor, Calcium Phosphate Tribasic, Citric Acid.

Contains: Milk.

UNICITY ProBionic Plus FAQs



I already eat a probiotic yogurt like Activia® every day. Do I still need a probiotic supplement?

Yes! A probiotic yogurt only provides an average of 1 billion CFU (colony-forming units) per serving. This means in order to get the same probiotic value of ProBionic Plus from a yogurt, you would need to eat five servings a day! For some brands of yogurt, this means consuming more than five cups of yogurt, which would add hundreds of calories to your daily diet, as well as an extraordinary amount of sugar.

Are probiotics the same as live active cultures?

No. Live active cultures, often noted by a seal on yogurt and other dairy products, are microbes used in the process of making food. Most often, any health benefits associated with live active cultures are eliminated through a heat-treatment process. On the other hand, probiotics are live microbes which, when consumed in adequate amounts in foods, confer a health benefit. Unless the product contains added probiotic strains, which should be listed on the back of the label, no health benefits will be conferred from a live active culture.

Are all probiotic strains the same?

No. The health benefits of different probiotics are specific to their individual strains. This means a strain of *Lactobacillus rhamnosus* GG might have completely different effects from *Lactobacillus rhamnosus* GR-1. This is why it is important to only consume probiotics containing specific strains of bacteria that have been

proven efficacious through clinical studies. Unfortunately, many probiotic products, including supplements and yogurts, will only list the genus and species of the probiotic while leaving out the specific strain details. This means there may or may not be evidence that documents health benefits conferred by that probiotic strain.

Is ProBionic Plus a laxative?

No. ProBionic Plus may help to alleviate occasional constipation by balancing the intestinal microflora, whereas a laxative stimulates the digestive system through other means. Individuals suffering from constipation may see increased digestive regularity with daily consumption of ProBionic Plus as their digestive system becomes better at processing their food.

What kind of changes might I see when taking this product?

As your intestinal flora comes back into balance, you may feel less bloated. Additionally, having a higher number of more efficient bacteria may help you in your weight-management efforts, and you may also experience increased energy. This is because the healthy bacteria can ferment undigested fibers in the lower GI tract to bioactive short-chain fatty acids (SCFA), and other bacteria can produce metabolites that help signal satiety to the brain.

The Health Intervention Company™ — Unicity designs and develops innovative nutritional products that make healthy living doable in an on-the-go world.

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*The Health Intervention Company™ - Unicity provides education, support, and designs nutritional products for convenient, healthy living, to address the global decline in metabolic health.

*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.