

Our nutritionist's guide - Live Cultures+ Lab4 Probiotics®

We have expertly formulated *Live Cultures+ Lab4 Probiotics* to deliver a potent dose of well-researched probiotic strains with non-bloating prebiotic Aquamin® calcium and vitamin A for added benefits. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

We recommend 1 capsule of *Live Cultures+ Lab4 Probiotics* daily to provide the full serving amount as shown on the product label.

How to maximise absorption

To enhance the bioavailability of *Live Cultures+ Lab4 Probiotics*, we recommend taking the capsules with food.

Swallowing difficulties?

If you have any problems with swallowing the capsules, you can open the capsule and mix the contents with cold food (such as a yoghurt) or a smoothie.

Feeling the benefits

How quickly you notice the benefits largely depend on the severity of any symptoms as well as the reason behind supplementation. Whilst some might notice immediate benefits, for others it may take time before improvements are noticed and this very much depends on individual variability and environmental factors.

Perhaps you could start by recording your reasons for taking *Live Cultures+ Lab4 Probiotics* (e.g. symptoms) and score them on a scale of 1-10. By reviewing this each month, you may start to notice very gradual improvements in your health.

The safety of *Live Cultures+ Lab4 Probiotics*

There are many wonderful benefits of supplementing probiotics. *Live Cultures+ Lab4 Probiotics* is compatible with most prescription drugs, herbs and other supplements, but please ensure you discuss supplementation with your GP if you are taking any prescription drugs.



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HEALTHCARE NUTRITION

Be kind to your health™

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

