



The Ultimate Guide To The Just Thrive Life

*Discover how to feel your best,
and live your best life*












Welcome to the Just Thrive family!

We're so grateful you're here! This guide was created to help you take control of your health so you can feel your absolute best, because **you deserve it.**

*Tina and Billy
Anderson*

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Living The Just Thrive Life

You did it. You've taken a smart first step in proactively caring for your body and mind, and we appreciate your trust in us to help guide you on your journey. First things first – here are a few things you should know about us.

We are your guide not your guru



My husband Billy and I started Just Thrive with one goal: **To help YOU take back control of YOUR health.** It's that simple. We're committed to sharing products and information you can trust, so you feel 110% confident in every health decision YOU make.

We follow science not trends



No guesses, unknowns, pseudoscience, half-truths, or unproven health fads. We only offer products that have been proven through extensive, comprehensive scientific studies.

We believe in a healthy lifestyle, not a quick fix



We know, based on science and our work at Just Thrive, that optimal health is a journey. **There is no magic button,** no matter what the internet says. We believe that practicing a healthy lifestyle consistently is the only “hack” that will give you transformational results that last.

We don't believe in perfection



We all make mistakes. None of us is “on it” 100% of the time. **We aren't robots – We are human.** So give yourself grace, try new things, and have fun. The most important thing isn't getting everything right – It's that you show up and believe in yourself.



Before You Get Started...

Here are a few tips that will help you get started with Just Thrive.



1: Listen To Your Body

For Just Thrive Probiotic »

Our flagship product is so easy to take, just one capsule a day for award-winning gut health support. But for some customers, we suggest they start a little slower. Here's why:

99% of probiotics on the market can't survive digestion, so they aren't as effective or as strong.

If you experience some slight discomfort, that's a GREAT sign your Probiotic is working to support the beneficial bacteria and crowd out the bad bacteria. So keep going, but feel free to slow down the pace until your body adjusts.

For All Other Products »



Many customers start on the Probiotic, and then begin introducing other Just Thrive products. Our entire line works well together to support you on your journey to total body health.

Before You Get Started (continued...)

2: No Refrigeration Necessary

You've likely seen many products at the store - especially probiotics - that need to be refrigerated. This is because they are too weak to remain stable at room temperature. All Just Thrive products are incredibly shelf stable and resilient enough to stay fully potent without refrigeration.



3. Stay Consistent For At Least 30 Days

Like everything in life, consistency is key. The longer you stick to a new healthy habit, the better things get. This is what our customer testimonials tell us too - The most moving and impressive stories have come from customers who have consistently used our products for at least 2 to 3 months.

4. Ask Questions

If you have any questions or concerns at all, feel free to reach out to us. Nothing is off limits here. We have real live humans available to answer even your most awkward or uncomfortable questions. You can simply call us at (800) 455-8939 or email us at support@justthrivehealth.com.

5. Join The Journey

You can subscribe and become a Just Thrive Member at any time to experience the most flexible, convenient and cost-effective way to live the Just Thrive life. Subscribers receive up to 18% off the cost of our supplements, and access to exclusive member perks like free shipping. » [Learn more here.](#)



Just Thrive Products

We don't just offer the best Probiotic on the planet. We have a collection of proven "tools" to help you feel your best.



Probiotic & Antioxidant



Support your best immune, digestive and emotional health! Our spore-based, multi-award winning, flagship product is the only probiotic clinically proven to arrive 100% alive in your gut.

It's also the only retail-available product to feature the super-strain HU36™ that turns your gut into an antioxidant factory, and has been shown to address Leaky Gut within 30 days.* [» Learn more](#)

Just Thrive Probiotic is the staple and starting point for total body health, which is why we confidently recommend it to everyone (even kids).



Precision PREbiotic



Drive optimal health with 3 clinically tested fibers that target ONLY your good bacteria. When taken with Just Thrive Probiotic, Precision PREbiotic can more than double the

population of good bacteria in your gut, for optimal immune and digestive support.* [» Learn more](#)

Precision PREbiotic is ideal for supercharging your immunity, supporting optimal digestion, and encouraging easy weight management.



Gut 4-tify



The first supplement of its kind that helps fortify your most important immune barrier. It's formulated with 4 key amino acids that build a healthy mucosal barrier, antioxidants

to fight free radical damage, and protective polyphenols that encourage a healthy inflammatory response.* [» Learn more](#)

If you are struggling with digestive issues or Leaky Gut, this is a great supplement to take with our Probiotic.



Ultimate IgG

Immunoglobulins (antibodies) are your body's most important first responders that quickly identify, bind to, and neutralize the bad guys.

This highly concentrated immunoglobulin

formula drives a balanced immune response, powerful body-wide detoxification, and supports optimal gut-barrier function. Unlike other immunoglobulin supplements, Ultimate IgG is completely lactose and casein-free.* [» Learn more](#)

Thanks to our modern, toxic world, the body's natural supply of IgG can get quickly depleted, making us more vulnerable. We created Ultimate IgG to be an essential part of your proactive immunity regimen.



Vitamin K2-7

The role of Vitamin K2-7 is to direct calcium away from the arteries (like your heart) and then move it to your bones (where calcium is needed). Healthy K2-7 support has been shown

to benefit heart, bone, and brain health, and promote overall wellness and longevity! Just Thrive Vitamin K2-7 is the only naturally derived, pharmaceutical-grade K2-7 formulated with Menaquin-Gold™ for maximum effectiveness.* [» Learn more](#)

K2-7 is essential if you supplement with calcium or vitamin D, as it ensures your most important nutrients are being utilized properly, and staying away from the places that can cause you harm.



Immunity Plus

Bolster your immune system with 5 highly-researched ingredients that fortify the body's natural resistance: Selenium, Zinc, Pomonox®, Echinacea, and EpiCor®. Each ingredient

encourages your natural killer (NK) cells, macrophages and dendritic cells to detect and neutralize invaders, helping drive your body's healthy immune response.* [» Learn more](#)

We normally keep Immunity Plus on hand during times of high stress (like the holidays) and while traveling to stay protected in any season.



Gluten Away

It's virtually impossible to fully avoid gluten no matter how vigilant you are. Gluten Away protects you against hidden or accidental gluten consumption by breaking gluten down before it causes pain or discomfort. It also provides the support needed to clean up the mess gluten leaves behind.* [» Learn more](#)

If you are traveling, eating out, or getting take out, Gluten Away can be just what you need to sidestep accidental gluten exposure.



UT123

Say goodbye to UT issues with this all-natural blend of 3 fast-acting, proven urinary health powerhouses: Pacran® full spectrum cranberry matrix, Nigellin™ black cumin seed, and Ellirose™ hibiscus extract. UT123 will help you feel confident, protected, and in control of your urinary health.* [» Learn more](#)

Feel like you have to use the bathroom every 10 minutes and/or it burns when you actually do manage to pee? There's a good chance you need UT support.



Just Pets Probiotic

Everyone deserves to thrive, including your pets! Just Pets Probiotic is specially formulated with a unique spore-based probiotic blend that promotes optimal health in your dog. It helps address tummy trouble like gas and diarrhea, and supports strong energy, improved breath, better behavior, healthier skin, and a fuller, shinier coat.* [» Learn more](#)

Unlike other pet probiotics, our proprietary formula is designed to arrive 100% alive in the gut, where it can provide maximum benefit.



Your Health Goals

Now that you have the tools, let's go over how to use them. Whether you are struggling with digestion, feeling a little blue, pregnant, or ready to lose a few pounds, we've got you.

DIGESTIVE HEALTH

It's all too easy for your gut's delicate balance to get disrupted, causing uncomfortable, and at times embarrassing issues like gas, bloating or constipation. Here's your plan if you are experiencing digestive concerns.

- 1 Probiotic & Antioxidant:** Start slow. Take 1 capsule every other day with your largest meal. Then after 1 week you can work up to 1 capsule a day.
- 2 Precision PREbiotic:** After 2 weeks on the Probiotic, add in Precision PREbiotic. The intelligent PREbiotic fibers are designed to only feed your beneficial bacteria, and can more than double the population of helpful microbes created by your Probiotic.* Begin by taking a ½ dose daily (half a scoop of the powder or 2 capsules), then work up to a full dose after about a week.

For a full dose: Combine the drink mix with water or your favorite healthy beverage and sip throughout the day. For the capsules: Take 2 with breakfast or lunch, and 2 more with dinner.

- 3 Gut 4-tify:** Digestive issues often point to a compromised gut mucosal barrier. Take 3 capsules of Gut 4-tify daily (with or without food) to supports the strength of this crucially important gut ally.

Pro Tip: About 10% of clients who start on the Probiotic initially feel an uptick in discomfort. Here's why: Just Thrive Probiotic works by crowding out pathogens so the good bacteria can

thrive. But as the pathogens get neutralized, they burst open, leaving a bit of a mess for your immune system to clean up. This process is called “Die Off,” and believe it or not, it’s actually a GREAT SIGN that Just Thrive is working.

If you experience Die Off, we recommend you take Just Thrive Ultimate IgG before the PREbiotic. Ultimate IgG helps speed up the bad guy clean up, leaving you with less of those uncomfortable feelings.



FOR IMMUNITY

Did you know 70-80% of your immune system lives in your gut? That’s why the key to strong immunity is a tummy that’s happy and healthy.

- 1 Probiotic & Antioxidant:** Our Probiotic doesn’t just up your supply of pathogen-fighting bacteria... It also delivers antioxidants directly to your digestive tract where they can be best absorbed by your body, supporting optimal immune function.

That’s why we always recommend the Probiotic as a first step for immune health. Start slow. Take 1 capsule every other day with your largest meal. Then after 1 week you can work up to 1 capsule a day.

- 2 Precision PREbiotic:** Think of the PREbiotic like a fertilizer for your probiotics. The intelligent fibers feed ONLY your beneficial bacteria, helping them thrive and

flourish, making the Probiotic and PREbiotic a powerful pairing.* Before adding Precision PREbiotic to your daily routine, use the Probiotic for 2-3 weeks first.

For the capsules: Take 2 with breakfast or lunch, and 2 more with dinner. *For the drink mix:* Combine with water or your favorite healthy beverage and sip throughout the day.

- 3 Ultimate IgG:** Your immunoglobulins (antibodies) are your immune system's first responders. They identify, tag and neutralize bad guys while regulating your immune system so it doesn't under or overreact.* To give your immune system all the support it needs, take 4 capsules daily, ideally in the morning between breakfast and lunch.
- 4 Immunity Plus:** Optimize your natural immunity with 5 highly-researched ingredients that can help your body be "at-the-ready." If you're feeling off or need a little lift, start this supplement right away. It's also great to take seasonally, while traveling, or during times of high stress to stay protected.*





FOR STRESS & MENTAL HEALTH

There's a reason why experts are now calling the gut your "second brain." Beneficial gut bacteria produce more than 90% of your body's total "feel good" hormone, serotonin, so if you've been stressed or feeling a little blue, tend to your gut.

- 1 **Probiotic & Antioxidant:** To lay the foundation for cognitive health and a brighter mood, start with the Probiotic.* For the first week, take 1 capsule every other day with your largest meal, working up to 1 capsule a day.
- 2 **Precision PREbiotic:** Have you taken your Probiotic for a few days? Great! Now it's time to supercharge your beneficial bacteria. This PREbiotic is like fertilizer, helping the new good guys thrive and flourish.*

Taking the capsules? Take 2 in the morning and 2 in the afternoon. *Using the drink mix?* Combine with your favorite healthy beverage and sip throughout the day.

- 3 **Ultimate IgG:** The health of your gut barrier absolutely affects your mood. When strong, it can keep food particles, viruses, and bad bacteria locked safely inside the gut. But thanks to stress, antibiotics, fast food, and environmental toxins, your barrier can become weakened (allowing the bad guys to escape into your bloodstream).

Ultimate IgG can support your gut barrier and also help clear debris and toxicity in the gut, allowing the Probiotic and PREbiotic to work more efficiently.* Take 4 capsules daily, ideally in the morning between breakfast and lunch.

- 4 **Gut 4-tify:** 4 powerful amino acids (L-proline, L-serine, L-cysteine and L-threonine) in Gut 4-tify act like personal trainers that rapidly get your gut barrier in shape. Take 3 capsules daily (with or without food).



just thrive
ultimate IgG
complete immune support

just thrive
immunity plus
essential immune support





FOR WEIGHT MANAGEMENT

We've been told all our lives that weight loss is all about restriction and self-control... That if we exercise and eat fewer calories we will remain at our ideal weight year after year. But anyone who has ever struggled with weight knows it's more complicated than that. What most people don't know is that your weight is directly tied to the health of your gut. Here is the recommended plan for weight management.

- 1 Probiotic & Antioxidant:** Your gut bacteria influences everything about your weight, including how fast your body burns calories, when you feel hungry, and even what you are hungry for. That's why, if you're trying to release a few pounds, start with the Probiotic.*

Whether you are new to probiotics or not, we recommend you take 1 capsule every other day with your largest meal. Most people take this at lunch or dinner. Then after 1 week you can work up to 1 capsule a day.

Pro Tip: While you are doing this, also make sure you are getting 7-8 hours of sleep a night. Your circadian rhythm is essential for maintaining balanced hormones and a healthy weight.

- 2 Precision PREbiotic:** With weight loss, wouldn't it be great if you could quickly double your efforts? Well you can with the PREbiotic. Not only does it encourage feelings of fullness, it can more than double the population of beneficial bacteria created by our Probiotic.* That's why we always recommend adding the PREbiotic to any weight loss regimen.

You can take our *capsule version* or the *drink mix*. A lot of customers love the tropical sweet flavor of the drink mix because it feels like a healthy treat. You can combine it with water or your favorite healthy beverage and sip throughout the day.



PREGNANCY & BREASTFEEDING

An essential part of a healthy pregnancy is keeping your microbiome balanced. This encourages strong immunity, drives optimal blood sugar levels, supports your baby's brain development, and even dictates your child's healthy bacteria.**

- 1 Probiotic & Antioxidant:** Your gut microbiome goes through some necessary but extreme changes during and after pregnancy to accept, nourish, and nurture your baby.

But some of these changes can bring on a condition called dysbiosis, where bad bacteria (pathogens) outnumber beneficial bacteria (probiotics). And dysbiosis may increase your risk of complications. So while you take your prenatal, take your daily Probiotic too.

The normal dose is 1 capsule a day, but listen to your body and feel free to go a little slower. Some moms-to-be start with a capsule every other day, and then ease into a daily regimen after about a week.

- 2 Precision PREbiotic:** For optimal health support, be sure to pair your Probiotic with the PREbiotic. Our PREbiotic supercharges your Probiotic by feeding ONLY the good bacteria, helping soothe and balance your gut.* As before, let your body tell you what's best – Either start right away or wait a few days before working in the PREbiotic.

We've heard from many women that the PREbiotic capsules are easier to take during pregnancy, but we also have a drink mix if you'd prefer to add a sweet boost to your favorite beverage. For the capsules: Take 2 with lunch and 2 with dinner. For the drink mix, stir into a full glass of water and sip throughout the day.

***If you're pregnant or nursing, always consult with your doctor before beginning a new supplement routine.*



KIDS' HEALTH

With all the modern day stressors, our children need optimal gut support to feel (and behave) their best. The good news? Our core products are a perfect fit for your kids' health needs.

- 1 Probiotic & Antioxidant:** Microbiome health is critical for kids as those who start with good gut health have a greater tendency to maintain it over their lives. To support their digestion and immune systems, kids can take the Probiotic daily.

Kids 8+: Take 1 capsule every other day for the first 1-3 weeks, working up to 1 capsule a day.

Kids under 8: Capsules can be opened and mixed with food or drink. Remember our Probiotic can withstand high temperatures without losing potency, so you can even bake the Probiotic into a muffin and make it a treat. (For children under 3, please consult your healthcare practitioner).

- 2 Precision PREbiotic:** This is the perfect food for your Probiotic. It fuels your good bacteria, encouraging them to grow and thrive in your gut. And kids love the PREbiotic drink mix for its sweet tropical flavor. You can add it to their favorite beverage or sprinkle into their oatmeal.

Kids 4 and up: Take our Probiotic for a full 2-3 weeks before introducing the PREbiotic. Start with ½ scoop daily for 1 week, then increase to 1 scoop daily with or without food. Mix powder with 16 oz. of cold water or favorite beverage. (For children under age 4: please consult your healthcare provider).



MAINTENANCE & PREVENTION

Since pathogens and toxins are an ongoing, daily threat, it's important to give your body consistent support. To proactively take control of your health long term, here's your plan.

- 1 Probiotic & Antioxidant:** Once they've achieved their health goals, many customers stay on 1 capsule a day with their largest meal for ongoing gut health power. (If you prefer, you can also go down to 1/2 cap a day.)
- 2 Precision PREbiotic:** For the capsule: Take ½ dose daily with food. For the PREbiotic mix you can take ½ a dose and mix it into your water or favorite beverage.

- 3 **Vitamin K2-7:** If we were to recommend only one additional supplement for health and longevity, it would be this one. Vitamin K2-7 supports optimal heart, bone, and brain health and is the only pharmaceutical-grade Vitamin K-2 supplement with guaranteed stability (for maximum potency). Vitamin K2-7 acts as a traffic cop in your body, directing important cargo like Calcium and Vitamin D to the places they're needed. It also keeps these essential nutrients out of places that can cause you harm (such as your soft tissue).* Take 2 capsules a day with food.
- 4 **Ultimate IgG, Immunity Plus and Gluten Away:** Immune support is always in season! These three are great to keep on hand when life gets stressful, when traveling and/or eating out, or to feel certain you're doing all you can to stay protected.

BONUS PROACTIVE STEPS

Want to feel in control and support the best quality of life for everyone in your family? Consider adding the following:

- 1 **UT123:** If you've ever had UT issues, you know how painful and uncomfortable they can be. But with the right support, you can feel confident and in control. To flush and maintain the health of your Urinary Tract, take 2 capsules of UT123. It contains 3 fast-acting powerhouses proven to promote optimal urinary health.*
- 2 **Just Pets Probiotic:** A healthy gut = A happy pup! You can support your furry family members with our effective spore probiotic. Made with delicious defatted beef liver flavoring, feed your dog 1 capsule daily (or sprinkle it into their food) to maintain their overall health and best behavior. *



LEAKY GUT

Believe it or not... Your gut lining is only one cell thick, so it can be easily impacted by bad food, environmental toxins, stress, or antibiotics.

The sad thing is, many people live with a compromised or “leaky” gut and the uncomfortable, sometimes debilitating issues because they think it’s just “a normal part of life.”

You may have a leaky gut if you’ve ever experienced:

- ✗ Fatigue even if you get 8-hours of sleep a night...
- ✗ Stubborn extra pounds on your belly, hips, and thighs...
- ✗ A mix of “gotta go” diarrhea and “why can’t I go” constipation...
- ✗ Embarrassing gas and bloating...
- ✗ Trouble falling asleep or trouble staying asleep...
- ✗ Skin issues like itchy or uneven skin, rashes, and break-outs...
- ✗ Inconsistent moods even when everything’s going great...

Here is the recommended plan to address Leaky Gut.

- 1 **Probiotic & Antioxidant:** Our probiotic is clinically proven to address Leaky Gut in as little as 30 days.* We recommend you take 1 capsule every other day with your largest meal (most people take this at lunch or dinner). Then after 1 week you can work up to 1 capsule a day.
- 2 **Precision PREbiotic:** You probably haven’t heard much about short-chain fatty acids (SCFAs), but they’re as important to your health as their better known cousins, omega-3 fatty acids.

SCFAs play a key role in keeping your body healthy and balancing your immune system. They also help regulate gut barrier function, so your barrier can keep pathogens

and toxins from escaping, while allowing essential nutrients to get where they're needed.

Luckily, you can quickly create an optimal supply of SCFAs when your gut has plenty of good bacteria (probiotics), and their preferred source of food (prebiotics).^{*} That's why we always recommend you pair our Probiotic with Precision PREbiotic.


For the capsules: Begin by taking a ½ dose (2 capsules) every day, then work up to a full dose after about a week. For the drink mix: Combine with water or your favorite healthy beverage and sip throughout the day.

- 3 **Ultimate IgG:** You can start Ultimate IgG any time to help clear debris and toxicity in the gut, allowing the Probiotic and PREbiotic to work more efficiently.*
- 4 **Gut 4-tify:** A healthy gut barrier keeps pathogens, viruses, and toxins locked safely away. That's why supporting your barrier strength is crucial for a leak-free life. Gut 4-tify is made with 4 powerful amino acids that encourage the optimal health and power of your gut barrier.* Take 3 capsules daily (with or without food).



If you have questions or are looking for more personal or specific support on your journey we invite you to:

 Email us at:
support@justthrivehealth.com

 Call us at:
(800) 455-8939

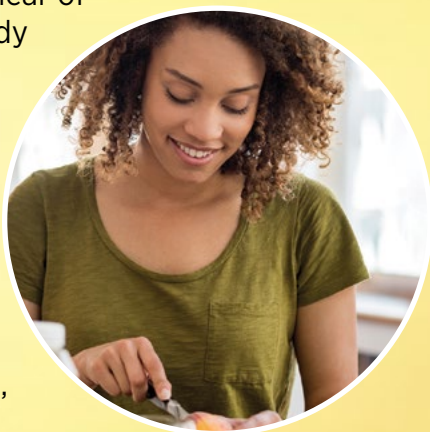


A Day In The Just Thrive Life

Here's our daily routine to support whole body health.

WAKING UP

Good morning! At Just Thrive we often think of our bodies as beautiful gardens. For any garden to thrive, it needs water and sunlight. Start your day with a big glass of filtered water. We always use filtered water to steer clear of toxins that can easily upset our body and our gut. (*Pro Tip: Drink water before and after coffee or tea to avoid blood sugar crashes.*) Then, to align your circadian rhythm, get out in the morning sun (*even for a few minutes.*)



BREAKFAST

As much as possible, go with clean, gut-supporting foods. Eat organic when you can. Sit at the table. Drink or chew slowly. Stressed and distracted eating can affect digestion,

so avoid email and TV. As an alternative, reflect on or write down 3 things you are grateful for.

Need some quick breakfast or smoothie ideas that are also good for the gut? Take a peek at our website in the blog section for delicious and healthy recipes.

MID-MORNING

Did you know dehydration is often mistaken for hunger? Instead of an early snack, grab some water or tea. We try to drink at least 10 glasses of water daily. And - It's always preferable to drink water earlier in the day (so you don't get woken up because you need to pee).



✓ Time to take your **Ultimate IgG!** You can take your daily dose with a big glass of water and then rest assured that you've given your immune system optimal support.



LUNCH

Step away from the computer! Eat your lunch mindfully. Take time to chew your food! Thoroughly chewing ensures your body expends less energy digesting your food. And when your stomach doesn't have to work as hard to digest, you're helping lighten the load on your gut.



✓ Time for your **Probiotic!** Consuming the Probiotic with food helps power its effectiveness. Now's also a great time to fertilize your beneficial bacteria with **Precision PREbiotic**. You can take 2 capsules or mix the powder into a big glass of water.

AFTERNOON

So many of us reach for an afternoon coffee when the 2 pm slump hits. This is a great time to get outside for a walk. Move your body! Give your mind and eyes a break and breathe some fresh air.

✓ *Time to give your brain and bones a little high five. You can take your daily dose of **Vitamin K2-7** right now. Or you can take it with lunch if that's easier.*



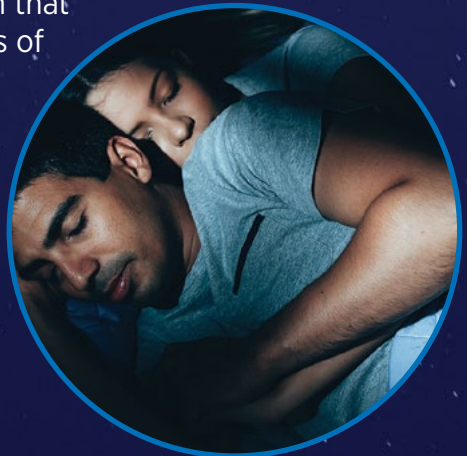
DINNER

Dinner is a time of connection and nourishment. Put your phone away. Feel or express gratitude for the food you get to enjoy. Savor an organic, gut-friendly meal with your family or friends.

BEDTIME

When you sleep your body reboots and detoxifies. You can help it by giving it less to do over the night. That's why it's best to stop eating and drinking about 2 hours before bed. If you need a little support to drift off to sleep, enjoy a hot cup of chamomile tea. If you like to unwind with some screen time, make sure you turn it off 30-60 minutes before bedtime (to help signal your circadian rhythm that it's time for bed). Enjoy 7-8 hours of sleep. Your body needs it.

Note: *Side effects of making Just Thrive part of your daily routine may include feeling more energized, experiencing easy weight management, and enjoying a better, brighter mood.**



Real People. Real Results.

Many of our customers experience dramatic results even within the first few days of using our products. Got a success story to share? We'd love to hear from you! Write us at support@justthrivehealth.com. These stories are the reason we do what we do.

“Just Thrive Changed My Life!”



“I felt hopeless... Then I came across Just Thrive, and it changed my life. I didn't expect it to work – no other probiotics had – but I gave it a full month, just to see. And I'm so glad I did because it was the first thing in a very long time that made a difference. I recommend it to everyone, and I'll never go without it. Just Thrive honestly changed my life.”

- Maya D., Verified Buyer

“Where have you been?”



“I've been suffering with bloating and this 1 pill a day has turned it around.

- LeeAnn B., Verified Buyer

“The only one that's ever worked!”



“I found out about Just Thrive from their podcast episode on His & Her Podcast with The Skinny Confidential. The science behind their products was very impressive. I had to give them a try! I've been taking them for over 2 months now and will never go back to other probiotics! These have been the only ones to consistently help my constipation issues with no stomach pains.”

- Hillary D., Verified Buyer

“Amazing products, amazing company”



“I can not speak higher of Just Thrive! They helped me find what I needed and the results from the IgG are fantastic! I can’t wait to buy things from them again ! Absolutely love!”

- Hanna B., *Verified Buyer*

“Really works”



“So I have been doing research on leaky gut and gut to brain function for my son. It has been almost 45 days now on Just Thrive, and he is now more regular and in return his mood has changed. So far from what I have seen I am extremely happy with the results.”

- John G., *Verified Buyer*

“Thriving with Just Thrive”



“All the hype about this probiotic is true. Since I started using it about 6 months ago, I have experienced little to no “bad belly” after eating foods that normally would cause me to feel bloated and gassy. Thank you Just Thrive... I am thriving because of you!!

- Michelle R., *Verified Buyer*



How to Spread The Self-Care Love...

Now that you know about the power of gut health, refer someone you love to Just Thrive with a \$10 discount (on orders over \$100.) If they use the code to purchase, you will also receive a \$10 coupon. It’s that simple. [Visit “Self Care Squad” HERE to learn more sign up today!](#)



Become a Just Thrive Member

The easiest and most convenient way to see results that can transform your life is to become a member.

Just Thrive Member Perks:

- ✓ **18% off** on EVERY single order
- ✓ **Free US shipping** — No minimum order needed
- ✓ **Early access to new products** — Members get the first look!
- ✓ **Automatic** Monthly or Bi-monthly shipment of your Just Thrive supplements, so you never miss a day
- ✓ **Easy to manage** — Simple account portal allows you to quickly change any aspect of your Membership for a completely customizable experience
- ✓ **Monthly reminders** — We send reminders to you before each shipment so you have time to modify. No surprises.

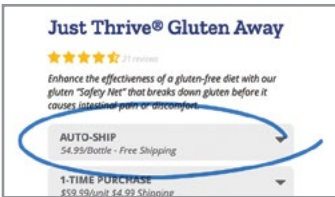
What's the catch?

There is none! There are zero fees and zero risk, and you can cancel at any time.

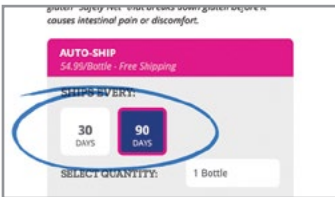
How to become a member:



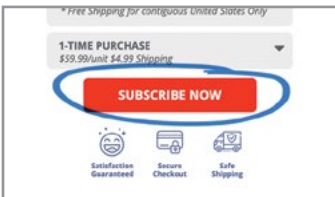
- 1 Choose the product you'd like to subscribe to.



- 2 Select the "Auto-Ship" feature. *(to see subscription options)*



- 3 Select the delivery frequency. *(you can change this at any time)*



- 4 Complete your purchase. *You've now saved 18% off your order, and never have to worry about the bottle running low!*

If you have questions about our membership please email us at: support@justthrivehealth.com

FAQ

Don't see your question below? Write us at support@justthrivehealth.com.

How does the subscription work?

The subscription is super easy to set up. Head over [to this page](#) and select the product you'd like to purchase. On the product page you'll be able to decide if you'd like the product sent to you every 30 days or 90 days. Many of our customers purchase for their whole family, so we also give you the option of choosing the number of bottles you'd like shipped. Once you finalize your purchase you will receive emails every 30 or 90 days informing and reminding you of your next shipment.

I'm a subscriber - can I pause my program?

Yes! We've made our membership flexible so it fits into your life. You can skip, pause or adjust your membership at any time. Simply login to your membership dashboard and make the changes to fit your needs. For assistance you can also always reach out to one of our amazing customer service members at support@justthrivehealth.com.

What is the deadline to change my subscription?

You can change your subscription at any time. Also, we always email you before we ship your next product so there's never any surprises.

Are there any side effects to the Probiotic?

If you consider more energy... better digestion and consistent immunity a “side effect”, then yes!

Also - about 10% of customers do experience “die-off” when taking Just Thrive Probiotic. Often experienced as temporary GI upset, it’s actually is a GREAT sign. It means the Probiotic is working to clear the pathogens that can take you down!

If you experience die-off, do NOT stop your Probiotic. Instead, lower your dose to a capsule or half cap a day until your immune system balances. Or, to help sidestep any die off, you can also take Ultimate IgG. This helps quickly clean up the toxic mess your probiotics are battling.*

Can I take Just Thrive Probiotic while breastfeeding or pregnant?

The Probiotic is especially important to take while pregnant and breastfeeding, as mothers pass their gut health and immunity to their children. The strains in our Probiotic have the ability to modulate the microbiome, optimize the environment, and support mom’s immune system as well. This way, Mom can stay healthy and make important nutrients and antibodies that she’ll pass onto her babies.

If you’re pregnant or nursing, always consult with your doctor before beginning a new supplement routine.

Can I return the product if I don’t like it?

Just Thrive is passionate about good health, and we ensure the integrity and quality of our products. That’s why we’re proud to stand behind every sale with a 100% customer satisfaction “Bottom of the Bottle” Guarantee:

If you’re not 100% satisfied with your purchase of any Just Thrive product from our website, we will refund your money in full. No questions asked. For returns [visit this page](#).



Giving Back.

Two of Just Thrive's core values are GRATITUDE and GIVING BACK.

Every single day, we are blessed to encourage the optimal health of our communities, and give back by supporting quality organizations that work to do good in the world.

Here's how we're doing our part:

A portion of every sale is donated to **Vitamin Angels**. This worldwide organization works to reduce nutrient deficiencies among women and children living outside the margin.

We also donate time and resources to **Generosity Feeds**, a local community replenishment organization. Generosity Feeds opened up our eyes to the staggering amount of Americans who are food insecure. We are honored to assist this great organization through both financial contributions and creating meals with our co-workers, family, and friends.

This work inspires us to get out of bed every day with smiles on our faces, because we know we're not just offering great products - We're driving self-betterment, self-empowerment, and helping to change the world.

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



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