

**Week...**

(Keep track of your  
12 week progress here)

**500ml**

Lid – check locally

**SYMPROVE™****Gluten Free****Dairy Free****Suitable for Vegans  
and Vegetarians****No Added Colours**

Not for  
Individual resale

**For Lot Number  
and Best Before  
date see neck  
of bottle.**

**Ingredients**

Water, extract of germinated **barley**, live activated cultures of: *L. rhamnosus* NCIMB 30174, *E. faecium* NCIMB 30176, *L. plantarum* NCIMB 30173, *L. acidophilus* NCIMB 30175; acidity regulators: ascorbic acid, trisodium citrate; preservative: potassium sorbate.

Manufactured and distributed by Symprove Ltd.  
The Sands Business Centre, Sands Road,  
The Sands, Farnham. GU10 1PX, UK.

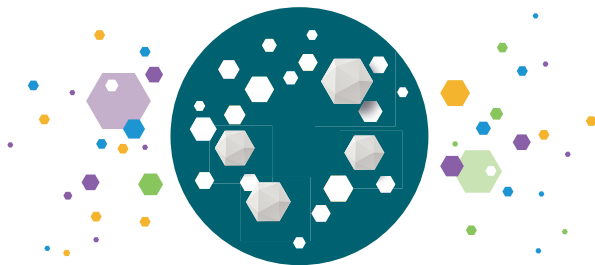


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MM\_005\_V5  
40-PA-LAB-BTL-OR

**SYMPROVE™**

Water-based food supplement with  
**Live & Active Bacteria**

**Original  
Flavour****Instructions**

Shake bottle gently before use.  
Take one full cup (70ml) of  
Symprove every morning  
**10 minutes before  
you eat or drink.**

Designed to deliver approximately  
10 billion colony forming units  
(CFUs) per cup.

Food supplements should not be used as  
a substitute for a balanced and varied diet.

Do not exceed the recommended  
daily dose.

**Storage**

Once opened, keep in the fridge and  
consume within 10 days of opening.  
Store in a cool, dry place and out of  
the reach of children.

**Please do not heat or freeze as you may  
damage the live and active bacteria.**

See accompanying leaflet for  
further details.

**For FAQs visit [www.symprove.com](http://www.symprove.com)**