

A little shot of gut *genius*



Why Symprove?

Symprove is a gut supplement rooted in science and loved by thousands. Its unique water-based formula gets billions of bacteria to your gut alive where they don't just survive, they thrive – helping you do the same!

Symprove's live bacteria is:

- Multi-award winning
- Recommended by scientists and experts
- Proven to reach the gut alive



Dairy-free



Gluten-free



Vegan

“ I've been using Symprove for many years and could not be without it. It's transformed my life. ”

JOHANNA, GB

How to take Symprove

By starting every morning with a shot of Symprove on an empty stomach, you give your gut a daily dose of four different types of bacteria. These bacteria arrive alive, survive, and go on to multiply – giving your gut the support it needs.

Building Symprove into your daily routine – and taking it consistently – is really important. Luckily, it's also really easy!

You just follow these simple steps:



1. Take a 70ml shot each morning.



2. Leave 10 minutes before you eat or drink.



3. 10 billion units of live bacteria will get to work!

What to expect in your first 3 months



Month 1

One day at a time

Symprove reaches your gut alive – ready to get to work straight away! In the early days you might notice some changes as your gut adjusts and the bacteria starts to colonise. Everyone's experience will be different.

Want to learn more?

Join our Symprove Supporters Facebook group where you can connect with our customers.



Month 2

Embrace the change

Every day brings more balance – it's cumulative. 50% of customers notice a positive change after four weeks so this period is all about locking in the habit.

Want to learn more?

Tracking how you feel each day can be a helpful way to monitor progress.



Month 3

Feel the difference

Month three will be a milestone, a time to celebrate how far you've come! 94% of customers feel the benefits at this moment so the statistics are on your side.

Want to learn more?

Tuck into the gut-friendly recipes on our blog or call our experts if you have any questions.



Beyond 3 months...

Savour that good gut feeling

Like any relationship, the one you have with your gut needs love. To continue feeling the benefits, keep taking Symprove every day. It's that simple.

Want to learn more?

Check you're getting our best price by taking a look at our website [symprove.com](https://www.symprove.com)

94% of people feel the difference after 3 months*

Our secret is science

Unlike powders and dairy-based supplements Symprove is water-based. We made it this way because the science is clear. Our bacteria are live and active when they enter your body. And, crucially, when they reach your gut too.

One independent study at University College London proved that they can:

- **Survive** the acidity of your stomach
- Reach your gut **alive**
- And **thrive** there!

“ Bacteria are living and like to live in water, so a water-based product is the most effective at delivering live bacteria to the gut. ”

PROFESSOR SIMON GAISFORD,
Head of Pharmaceutics at UCL School of Pharmacy

Frequently asked questions

How long does it take to work?

Maintaining a healthy gut is a lifelong act of self-care. There are no quick fixes when it comes to gut health. So beware of any products that promise a miracle cure!

We recommend trying Symprove for at least three months. 94% of people say they feel the difference after three months, and many choose to take Symprove for life.

How is Symprove made?

We make Symprove in a controlled environment. That's because our bacteria are living organisms and need nurturing at every stage. We transform Symprove from grain and good bugs into our famous gut-loving water-based dairy-free formula.

What are the active ingredients in Symprove?

Our active ingredients – also known as the fab four – are types of live and “activated” lactic acid bacteria.

These are:

- *Lactobacillus rhamnosus*
- *Enterococcus faecium*
- *Lactobacillus acidophilus*
- *Lactobacillus plantarum*

All four are safely used in food.

How do I store it?

We recommend storing your packs in a cool, dry place. Once each bottle is open, pop it in the fridge and consume it within 10 days.

Scan the QR code to read all our FAQs or visit symprove.com/faq



We're here to support you


Need some help?

Call us on 01252 413600 (Monday-Friday, 8.30am-5.30pm) and one of our experts will happily chat you through your options.

Meet a community you can count on

To hear life-changing and inspiring stories join our Facebook community. Just search for 'Symprove Supporters'.



 Trustpilot