



Optibac Range

Benefits of probiotics

Probiotics are good bacteria that help crowd out the harmful bacteria in order to keep you healthy. This is important because more than 70% of your immune defences can be found in your digestive tract. **Optibac®** are the highest quality and most researched range of pre and probiotics. They are clinically proven to remain stable at room temperature and survive stomach acidity

Why would you take more than one?

You can take two OptiBac Probiotics products at the same. It is possible to 'mix and match' products within the OptiBac range. There are a few factors you may consider if doing so.

Saccharomyces boulardii in the product **For bowel calm** has a different mode of action to other probiotics, and can therefore be taken alongside any other product in the OptiBac range. Many people with conditions such as Candida, IBS or IBD take both **For daily wellbeing EXTRA Strength** and **For bowel calm** on a regular basis.

Many people have difficulty choosing between **For daily wellbeing** (primarily for overall health, in particular digestive health) and **For daily immunity** (made to support immunity). If you are having trouble deciding between the two; try 'mixing and matching' by taking one capsule of each product every day. This way, your body receives the antioxidants from **For daily immunity**, with extra probiotics & prebiotics from **For daily wellbeing**. Complete cover for both your immune and digestive system.

For a flat stomach and **For daily wellbeing** each contain 5 billion micro organisms per daily dose, both with added prebiotics, hence it is not necessary to take them at the same time. If you did buy these products together, we recommend starting with the 7 day intensive course of **For a flat stomach**, then going on to **For daily wellbeing** maintenance.

Can I over dose on Probiotics?

Taking too many probiotics, or 'overdosing' on good bacteria, is an extremely unlikely. The human gut is home to roughly 100 trillion bacteria, whereas Optibac probiotics contain between 2.5 to 40 billion micro organisms per dose (depending on the product)

Safety

It is not recommended to give probiotics to severely immunosuppressed patients, infants with short bowel syndrome (SBS), post cardiac surgery, patients with pancreatitis, patients in the Intensive Care Unit (ICU) or patients with blood in the stool unless under doctor's care

- ✓ Vegetarian
- ✓ No added sugar
- ✓ Gluten free
- ✓ Yeast free
- ✓ Free from artificial colours

- ✓ Probiotic
- ✓ Prebiotic
- ✓ Natural
- ✓ Digestion
- ✓ Immunity
- ✓ Energy