



AUSSIE HEALTH CO

# CORE 4 PROBIOTIC GUIDE



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# GETTING STARTED

We're so glad you decided to use Aussie Health Co's [CORE 4 Probiotic](#) to help promote and support your digestive health and rebuild your healthy gut bacteria!

As with all probiotics on the market, some have reported experiencing some gas and bloating in the first few days of taking CORE 4. This may be temporary while your system is adjusting to the effects of probiotics and intake of good bacteria. If it persists beyond 2 weeks, then we suggest speaking to a health professional.

## Directions for Use

The word *probiotic* literally means “for life”. Probiotics have been proven effective in aiding healthy digestion and immune function, reducing inflammation, maintaining beautiful skin, and supporting emotional and mental well-being.

To make [CORE 4](#) part of your daily routine, take one capsule at the same time, daily. Choose a time that fits your lifestyle.

It's best to take an empty stomach first thing in the morning about 45 minutes before breakfast and at night about two hours after last meal. This allows the capsule to bypass stomach acid and open in the intestinal track providing maximum benefit.

## Storage

Store your probiotics in a cool, dry place at 77°F (25°C) or below (such as on the counter or in the pantry with your other supplements).

The only reason you might consider keeping your probiotics in the refrigerator is if you live in a humid climate in order to *keep out* moisture and help those good-for-your-gut bacteria last as long as possible. However, if refrigeration is not an option—no worries!

# CORE 4 FORMULATION

## Our Ingredients

We worked with experts to create the perfect probiotic that is powerful and effective. We've even included a plant-based SUNFIBER® prebiotic to which regulates digestive health and nourishes and stimulates the growth and activity of beneficial bacteria in the gut.

There are 4 essential strains of bacteria in our CORE 4 formulation:

1. ***Lactobacillus Acidophilus DDS-1***

Supports abdominal health, bloating and occasional elimination irregularities.

2. ***Lactobacillus Rhamnosus***

Assists your elimination and occasional intestinal discomfort by working to promote healthy intestinal microflora.\*

3. ***Bifidobacterium Bifidum***

Helps promote a healthy balance of flora in your intestine. This organism provides excellent support for a healthy balance of microflora.

***Bifidobacterium Longum***

4. Helps keep your digestive system running smoothly, and helps support your immune system.

While the bacteria in many other probiotics die after intake before they can make it to the gut, our Capsugel® DRcaps™ are plant-based, vegetarian capsules made with an innovative **hypromellose (HPMC)** formulation that helps protect the probiotic from the low pH environment of the stomach so that it can reach your gut safely.

# SUBSCRIPTIONS

While the benefits of probiotics may be noticed right away, studies have shown that repopulating the colonies of your digestive tract takes time, and best results are achieved by a daily, long-term routine of probiotics.

We welcome our customers to try our CORE 4 Probiotics as a one-time purchase. However definitely encourage you to subscribe, save, and never have to worry about running out again.

## Monthly Subscribers

When you place your order, we'll charge your payment method immediately, and then bill and ship orders every 30 days onwards to keep you on track with your new probiotics routine!

## Pausing or Cancelling Subscription

Your happiness is guaranteed and you may pause your subscription for up to 3 months or you can cancel whenever you'd like. Just send a message to [hello@aussiehealthco.com](mailto:hello@aussiehealthco.com) with your name and the email address you purchased your order with and a member of our support team will assist you as soon as possible.

# CONTACT US

## Contacting Customer Support

If you have a general question about your order that is not covered above, please email us at [hello@aussiehealthco.com](mailto:hello@aussiehealthco.com).

# CORE 4 FAQs

Here are some of the top most frequently asked questions we receive.

## **1. Can I take it with my vitamins, supplements?**

Yes. It is safe to take CORE 4 with vitamins and other supplements.

## **2. Can I generally take with medications?**

Yes, but always check with your Health Care Provider.

## **3. Can I take the Probiotics with antibiotics?**

Yes. However, it is best that they are taken at different times..

## **4. Will they cause diarrhea, bloating or gas?**

Not normally, however, it's possible for a few days while your body is adjusting to the new Probiotics.

## **5. Can I take if I am pregnant, breastfeeding or attempting to get pregnant?**

Yes, but always check with your Health Care Provider.

## **6. I've always heard bacteria are bad. Why is taking bacteria good?**

“Good” bacteria, also known as beneficial bacteria, are defined as any bacteria that are beneficial to the body and enhance health. One of the most well-known types of good bacteria is probiotics. Around 100 trillion good bacteria live in and on our bodies. Many of these bacteria reside in our gut, helping our body break down food and absorb nutrients. Not only do we live in harmony with these good bacteria, but they are [essential to our survival](#).

## **7. Can children take CORE 4 Probiotics?**

Yes. If they cannot swallow the capsule it should be opened and the powder contents mixed in with their food. No more than one capsule per day should be taken. As always check with your health care provider first though.