



Plexus® VitalBiome™

Healthy gut. Happy mind.™

A revolutionary probiotic supplement that contains eight clinically studied probiotic strains that help improve health and mood while reducing feelings of stress and anxiety.*



NUTRITION

HEALTH, HAPPINESS, AND ... GUT FRIENDLY MICROBES?

Want health and happiness? (Who doesn't?) Start in your gut. Your microbiome (the trillions of microbes in your gut) has an enormous impact on how you feel—physically, and emotionally. That's because:

- 70% of immune cells live in your gut
- 90% of your body's serotonin (a mood boosting neurotransmitter) is produced in your gut
- Gut microbes secrete neurotransmitters like GABA and dopamine
- Gut microbes produce essential nutrients like vitamins B12, folate, and K
- Gut microbes aid nutrient digestion and absorption
- Certain gut microbes have the ability to actually reduce stress and anxiety

As long as your microbiome stays in balance, you're well on your way to health and happiness.

The problem is this: your microbiome is under attack every day. A typical modern lifestyle—with processed foods, artificial sweeteners, high stress, lack of sleep, and other environmental factors—damages the beneficial microbes in your gut, leading to dysbiosis (unbalanced gut). What does this look like? GI discomfort, stress, bloating, digestive issues, mood swings, anxiety, the inability to relax, and any number of other problems related to your health or your mood. Sound familiar?

HOW VITALBIOME WORKS

Plexus VitalBiome is a revolutionary probiotic supplement that contains eight clinically studied probiotic strains with over 279

scientific studies that support improved health and mood, while reducing feelings of stress and anxiety.*

- *Lactobacillus helveticus* (R0052)
- *Bifidobacterium longum* (R0175)
- *Bacillus coagulans* (MTCC 5856)
- *Bifidobacterium lactis* (BI-04)
- *Saccharomyces boulardii* (1-3799)
- *Bifidobacterium lactis* (BI-07)
- *Lactobacillus plantarum* (LP-115)
- *Lactobacillus acidophilus* (NCFM)

These powerful, clinically demonstrated probiotics help bring your microbiome into balance, boosting your immune and digestive systems, and improving your mood.*

VitalBiome works to make you healthier—and happier—from the inside out.*

VITALBIOME PRIMARY BENEFITS

- Helps reduce feelings of stress and anxiety*
- Promotes relaxation*
- Stabilizes stress hormones*
- Improves mood*
- Helps combat bloating and relieves bowel discomfort*
- Boosts immune and digestive systems*
- Helps reduce GI distress*

VITALBIOME ADVANTAGE

- Contains eight probiotic strains that have been clinically demonstrated to improve health and happiness*
- 20 billion live probiotics at time of manufacture
- Clinically studied levels of probiotics even at the time of expiration



MICROBIOME ACTIVATING FORMULA

VitalBiome's formula has been tested in an independent, highly advanced and scientifically validated in vitro study created to mimic the gastrointestinal system. This study demonstrated VitalBiome's ability to help beneficial microbes flourish in the gut, improving your overall health.^{◊*}

Preliminary findings indicate:

- Increased beneficial lactobacillus by 418%^{◊*}
- Increased beneficial bifidobacterium by 158%^{◊*}
- Increased beneficial Akkermansia microbe by 165%^{◊*}
- Increased butyrate by 67%^{◊*}
- Increased propionate by 45%^{◊*}

- Delayed release capsule protects living organisms from stomach acid*
- Gluten free, Non-GMO, 100% vegetarian

WHO SHOULD USE THIS PRODUCT?

VitalBiome™ is the best probiotic choice for anyone who wants to bring their gut back in balance, so they can feel healthier and happier.*

DID YOU KNOW?

- Dysbiosis in an increasingly common problem in North America, affecting as many as 60% of adults.
- Indications of dysbiosis include – bad breath, bloating, gas, constipation, moodiness, and anxiety. If these conditions go unnoticed things like digestive problems, skin conditions, and impaired immune system may occur.
- Many probiotic products promise high CFU counts, but use cheap, ineffective strains that have little to no impact on the microbiome.

FREQUENTLY ASK QUESTIONS

Why do I need a probiotic supplement?

Things like poor diet, medications, lack of exercise, and even stress directly impact the number of good microbes found in our microbiome. This imbalance keeps us from enjoying life at its fullest. Reseeding our GI tract with VitalBiome helps restore balance and helps our body functions optimally.*

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

	Amount Per Serving	% DV
Probiotic Blend	20 billion CFU [^]	**
<i>Lactobacillus helveticus</i> (R0052)		**
<i>Bifidobacterium longum</i> (R0175)		**
<i>Bacillus coagulans</i> (MTCC 5856) (LactoSpore®)		**
<i>Bifidobacterium lactis</i> (Bi-04)		**
<i>Saccharomyces boulardii</i> (I-3799)		**
<i>Bifidobacterium lactis</i> (Bi-07)		**
<i>Lactobacillus plantarum</i> (LP-115)		**
<i>Lactobacillus acidophilus</i> (NCFM®)		**
** Daily Value (DV) not established		

Other Ingredients: Brown rice flour, hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides

Contains Milk, Soy, and Yeast

How does VitalBiome “Seed” the gut?

The majority of American's experience dysbiosis which means that their gut is out of balance. To help get your gut back in balance you need to weed, seed, feed and protect your gut. VitalBiome helps seed your gut with 20 billion[^] beneficial microbes that help crowd out unhealthy ones making your gut more healthy. The clinically studied strains selected in VitalBiome provide significant health benefits, and were also selected because of their ability to survive the journey through your GI tract and be able to adhere to the gut wall.*

What are the strains used in VitalBiome?

VitalBiome contains 8 beneficial probiotic strains that include: *Lactobacillus helveticus* (R0052), *Bifidobacterium longum* (R0175), *Bacillus coagulans* (MTCC 5856), *Bifidobacterium lactis* (Bi-04), *Saccharomyces boulardii* (I-3799), *Bifidobacterium lactis* (Bi-07), *Lactobacillus plantarum* (LP-115), and *Lactobacillus acidophilus* (NCFM). The strains are supported by over 279 scientific studies.

What is the difference between VitalBiome and ProBio 5?

VitalBiome is a probiotic supplement that is formulated to SEED your gut with significant levels of good microbes. It contains 20 billion CFU[^] (8 different probiotic strains) that help reduce feelings of stress and anxiety, improve mood, reduce GI distress, bloating, and discomfort, and help improve immune health. VitalBiome utilizes clinically studied probiotic strains protected in a delayed release capsule. ProBio 5 is a powerful enzyme blend that is designed to help keep intestinal yeast in balance to help keep your gut microbiome healthy. ProBio 5 contains 2 billion CFU[^] (5 different probiotic strains).*

[^]At the time of manufacture

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[◊]The results of an in vitro human gut simulator study suggest that VitalBiome's formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

Can I take both VitalBiome™ and ProBio 5?

Yes. While VitalBiome is best taken on an empty stomach, the probiotic formula can also be taken with food. For convenience purposes VitalBiome can be taken in the morning and ProBio 5 should be taken at night.

Can I take VitalBiome with other Plexus® products?

Absolutely! VitalBiome is the perfect complement to other Plexus products. The general guidelines below are for anyone who wants to simplify their supplement routine. These are just suggestions, and ultimately as everyone's body is unique, you should do what works best for your body and lifestyle.

3X DAILY GUIDELINES		
AM OR WITH MEAL	30-60 MIN. BEFORE MEAL	BEFORE BED
XFactor Plus™	Slim	ProBio 5
VitalBiome		Bio Cleanse**
[Accelerator+ or Boost]		MegaX**
[Nerve]**		[Ease]
** May be taken AM, before meal, or before bed		

Can I take VitalBiome with TriPlex?

Yes. VitalBiome is a great companion to TriPlex. We understand it is difficult to remember which supplements to take throughout the day so we recommend taking VitalBiome in the morning, Slim 30 minutes before a meal and BioCleanse and ProBio 5 at night.

When can I expect to see results?

Results can vary from individual to individual, but participants of the strain clinical tests reported reduced feelings of stress, improved mood, and improved digestive health after 30 days.*

What is CFU count and is it important?

CFU, or colony-forming units, is a term often seen in conjunction with probiotic supplements. It is a measurement of *viable* microbial cells that can replicate to form one visible colony. CFU count is as important as the clinical study it is tied to. VitalBiome was formulated to deliver clinically demonstrated CFU counts at the time of expiration.

What is the CFU count of VitalBiome?

VitalBiome contains over 20 billion CFU per capsule at the time of manufacture and delivers clinically tested levels of probiotics through the time of expiration.

What is a delayed-release capsule and why is it important?

VitalBiome utilizes a delayed release capsule that has been engineered to better withstand the harsh acidic conditions found in the stomach. Studies show these capsules take 45

minutes to dissolve while traditional capsules are less than 30 minutes. Protecting probiotics from these harsh conditions insures the maximum number of live probiotics make it to the intestinal tract.

Will I experience any side effects with VitalBiome?

No, however those not used to consuming higher doses of probiotics may experience some gas and bloating. Interestingly, this is good as it indicates the good microbes are crowding out bad microbes and improving your GI tract. Be sure to drink plenty of water and give it some time. These conditions usually pass within a few days as your GI tract gets rebalanced with more good microbiota. Consult a physician if you have concerns with taking probiotic supplements.*

When is the best time to take VitalBiome?

While VitalBiome is best taken on an empty stomach, it can also be taken with food.

Do I need to refrigerate VitalBiome?

It is not necessary to refrigerate VitalBiome. While the general rule for probiotics storage is the colder the better, VitalBiome uses a protective delayed-release capsule, which better protects the product from oxygen and moisture. VitalBiome is guaranteed to deliver clinically efficacious amounts of probiotics if stored below 70 degrees.

Can I take half a dose or multiple capsules?

VitalBiome was formulated to deliver product claims based on individual strain clinical testing results. Therefore, we recommend taking the suggested dose of one capsule per day.

I don't like swallowing pills; can I break open the capsule to take it?

While not recommended, you can open the capsule to consume. You simply lose the benefits of added stomach acid protection that the capsule provides.

Does VitalBiome contain any of the eight most common food allergens (Dairy, Egg, Peanut, Soy, Shellfish, Tree-Nut, and Wheat)?

Yes, it contains dairy and soy.

Which VitalBiome ingredient contains dairy?

Bifidobacterium longum (R0175) utilizes dairy products during the fermentation process and is manufactured in a facility that processes dairy ingredients. The clinically demonstrated benefits that this strain provides are so incredible, this strain was thus added to the formula. Anyone with dairy allergies should consult a physician prior to using VitalBiome.

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Which VitalBiome™ ingredients contain soy?

Lactobacillus helveticus (R0052) and *Bifidobacterium longum* (R0175) utilize soy products during the fermentation/ manufacturing process. They, along with brown rice flour, are also produced in a facility that processes soy containing ingredients. The clinically demonstrated benefits that these strains provide are so incredible, these strains were thus added to the formula. Anyone with soy allergies should consult a physician prior to using VitalBiome.

Can I use VitalBiome with my medication?

Consult with your physician if you have any questions or concerns with medication interactions.

Is VitalBiome safe for children?

Consult with your pediatrician prior to giving VitalBiome to your child.

Is VitalBiome safe for pregnant or nursing women?

While most physicians approve the use of probiotics with pregnant or nursing women, please consult with your physician prior to use.

What is the benefit of using probiotic yeast?

VitalBiome™ contains *Saccharomyces Boulardii* (I-3799), a hardy probiotic yeast that can survive the harsh journey to the intestinal tract where it is shown to support digestive health.

Does VitalBiome contain magnesium stearate or silicon dioxide?

No, VitalBiome contains no magnesium stearate or silicon dioxide.

INGREDIENT GLOSSARY

NATURAL INGREDIENTS

Our number one priority of Plexus® is to use natural, non-GMO ingredients in our products whenever possible. Ingredients in this category are primarily obtained directly from a natural source, or they may be obtained through simple chemical reactions like fermentation. Such reactions do not significantly alter the chemical structure of the original natural ingredient. For example, probiotics often utilize fermentation during the manufacturing process. Ingredients like this are categorized as natural.

NATURALLY DERIVED INGREDIENTS

Although an ingredient may be found in nature, it may not occur in a concentration that is high enough for our high potency formulations. Fortunately, such ingredients can often be derived from natural sources through a series of chemical processes including many of those described for natural ingredients.

Naturally derived also includes ingredients originating from natural sources which undergo significant modifications so that their final form is structurally and functionally different from the starting material. Although properties of such ingredients have been changed, they are extensively tested for safety and efficacy. This subcategory of “naturally sourced” ingredients like cellulose which is a natural plant fiber, originating from wood pulp. In this case, it is custom tailored by a series of chemical modifications so that it takes on different properties that make it functionally advantageous to certain products.

SCIENTIFICALLY FORMULATED INGREDIENTS

Sometimes, a sufficiently concentrated source of an ingredient cannot be found in nature, nor can it be derived from natural sources. In these instances, advances in nutritional technology allow us to use highly bioavailable ingredients formulated from biochemical building blocks. Whenever we use these types of ingredients, they are tested thoroughly to ensure bioavailability, purity, and potency.

VITALBIOME™

VitalBiome consists of 8 clinically studied probiotic strains that have been demonstrated to positively rebalance the gut microbiome and help improve overall health. Not all probiotic strains are alike. To be effective, strains need to be selected that survive the journey through the gastrointestinal tract (stomach pH and bile acid) to reach the colon, and adhere to the intestinal tract lining to exert health benefits and act as a barrier against harmful microorganisms. It is also important that they have been clinically demonstrated – many products on the market do not identify the specific probiotic strains used in their products.*

VitalBiome highlights both the probiotic species as well as the strains (the specific type) from clinically demonstrated probiotic cultures which are supported by multiple human clinical studies published in leading journals. VitalBiome strains are of the highest quality; they are well-suited for intestinal survival, high tolerance to the gastrointestinal conditions (e.g., stomach acid, and bile acids), and strong adhesion to intestinal cell lining. VitalBiome is designed to deliver verified health benefits as well as improve mood and reduce feelings of stress and anxiety.*

Probiotics

Probiotics are beneficial, live microorganisms, also known as good bacteria or good microbes, and are normally found in the healthy human gastrointestinal tract. Probiotics help achieve a normal, balanced gut microbiome and are essential to good health. Probiotics help promote healthy digestive and immune function, improve mood, suppress biological stress response, and act as a barrier against harmful microorganisms. Probiotics can also impact your metabolism and help protect against harmful microorganisms.*

LACTOBACILLUS

Lactobacillus is a 'friendly' microbe that lives in our digestive system. *Lactobacillus* produce lactic acid which helps make your digestive system less hospitable for undesirable microbes. *Lactobacillus* helps improve the digestion of foods and also help support a healthy immune system. *Lactobacillus* stimulates powerful defense cells like natural killer cells to help counter unhealthy invaders. VitalBiome™ includes the following highly studied strains of *Lactobacillus* to deliver a number of health benefits.*

***Lactobacillus acidophilus* NCFM (Natural)** is one of the most highly studied probiotic strains that are supported by over 100 scientific studies, including 50 human clinical studies. *L. acidophilus* NCFM survives the journey through the gastrointestinal tract and helps crowd out bad microbes

while producing compounds that overpower bad microbes to help improve gut health and maintain the balance of healthy microbiota.*

***Lactobacillus helveticus* R0052 (Natural)** has been validated by 82 scientific studies, 45 of which are human clinical studies, to enhance gut microbiome health and help improve mood. *L. helveticus* R0052 can adhere to the intestinal cell lining, thereby helping to maintain the intestinal barrier of the gut, while promoting immune and gut health. *L. helveticus* R0052 has also been clinically demonstrated to help reduce feelings of stress and anxiety while helping improve mood when combined with *Bifidobacterium longum* R0175.*

***Lactobacillus plantarum* LP-115 (Natural)** has been validated by four scientific studies, and has a long history of safe use. *L. plantarum* LP-115 has exceptional survival ability through stomach acid and helps produce lactic acid which helps inhibit growth of undesirable microbes. *L. plantarum* LP-115 has excellent adhesion to the intestinal lining, which brings this healthy bacterium in close contact with the intestinal immune system, giving the probiotics a better opportunity to modulate immune response.*

BIFIDOBACTERIUM

Bifidobacterium is one of the best-studied probiotics. *Bifidobacterium* attaches to the cells of the intestine and helps protect the physical lining of your intestine against damage from bad microbes. *Bifidobacterium* also helps produce important vitamins like vitamins B12, biotin and K. When you were born, *Bifidobacterium* made up 95% of your intestinal bacteria which helps to promote gut microbiome health. Bifidobacteria are broadly recognized for their key role in the gut microbiome throughout life. VitalBiome uses highly studied strains of the *Bifidobacterium* to promote balance in the intestinal tract and benefits health.*

***Bifidobacterium lactis* BI-04 (Natural)** has been validated by 13 scientific studies, and well is suited for intestinal survival with its ability to tolerate stomach acid and for its ability to adhere to the human intestinal tract. *B. lactis* BI-04 helps improve gastrointestinal health and has been shown in a clinical study to help maintain and more rapidly restore microbiota after antibiotic treatment. *B. lactis* BI-04 has been shown in clinical studies to improve immune system health.^{1*}

***Bifidobacterium lactis* Bi-07 (Natural)** is a very powerful probiotic that has been demonstrated in over 36 scientific studies to help improve digestion and enhance immune

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system response. In a human clinical study, *B. lactis* Bi-07 has been shown to help reduce bloating, improve intestinal regularity and provide relief for gastrointestinal problems.^{1*}

***Bifidobacterium longum* R0175 (Natural)** is clinically shown to support mood and relaxation when combined with *L. helveticus* R0052. Stress and anxiety impacts a significant percent of Americans, and an imbalance of gut microbiota can negatively impact the biochemical functioning of brain cells. The combination of *L. helveticus* R0052 and *B. longum* R0175 helps reduce stress induced digestive distress. The combination also helps reduce stress hormone (cortisol) levels while significantly decreasing stress reaction, promoting greater sense of relaxation and improving mood.^{2,3*}

SACCHAROMYCES BOULARDII

Saccharomyces boulardii is not considered a bacteria, but is a yeast that happens to function like a probiotic in the body, and survives passage through stomach acid to deliver its benefits to the intestinal tract. *S. boulardii* is gut-healthy probiotic that helps regulate intestines microbiota and protect against harmful microbes.*

***Saccharomyces boulardii* I-3799 (Natural)** is a highly studied probiotic which protects and maintains normal intestinal microbiota, helps restore disruptions to microbiota imbalance, and supports digestive health.*

BACILLUS COAGULANS

Bacillus coagulans is a spore-forming bacterial species within the genus *Bacillus*. *B. coagulans* forms reproductive structures called spores. Spores are very hardy and are activated in the acidic environment of the stomach and begin germinating and proliferating in the intestine. *B. coagulans* is a lactic acid producing probiotic which provides a wide range of intestinal health benefits.*

***Bacillus coagulans* MTCC 5856 (Natural)** has been demonstrated by 11 clinical studies to reduce GI distress and relieve bowel discomfort and benefit health^{1*}.

Hydroxypropyl Methylcellulose (Natural)

Hydroxypropyl methylcellulose is found in the delayed release veggie capsule shell and is made from natural cellulose obtained from softwood trees, mainly pine and spruce. The natural cellulose is then modified to a form of gum or gel like material. VitalBiome's™ delayed release capsule is non-GMO, vegan, kosher and halal.

Brown Rice Flour (Natural)

Brown rice flour is made from rice hulls that are sterilized and ground into a fine powder. Brown rice flour is a natural ingredient used as an excipient to ensure consistent capsule fill weight.

Medium Chain Triglycerides (Natural)

This is used as a natural excipient that prevents both powder and capsules from sticking to surfaces during encapsulation.

SOURCES

- ¹ <http://www.globalhealingcenter.com/natural-health/bifidobacterium-bifidum-the-health-benefits-of-probiotics/>
- ² http://www.probion.com/files/2012/01/TM_BI-04_June20101.pdf
- ³ <https://www.ncbi.nlm.nih.gov/pubmed/21436726>
- ⁴ <https://www.ncbi.nlm.nih.gov/pubmed/22483040>
- ⁵ <https://www.ncbi.nlm.nih.gov/pubmed/21983070>
- ⁶ <https://www.ncbi.nlm.nih.gov/pubmed/20974015>
- ⁷ <https://www.ncbi.nlm.nih.gov/pubmed/26922379>

ADDITIONAL CLINICAL STUDY REFERENCES

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