

### How does Florify help support digestive health?

All-new *Florify* replenishes the natural balance of good flora in your digestive tract and boosts the absorption of nutrients consumed in food and nutritional supplements.\*

### What are the major health functions Florify helps support?

All-new *Florify* contains an incredible 10 billion colonies of flora from 7 different strains to provide superior digestive health while helping optimize your immune system.\*

### How do I know I need probiotics?

While probiotics can generally benefit everyone, there are a number of key indicators that suggest an imbalance in intestinal flora:

**Occasional gas, or digestive upsets:** With low counts of healthy bacteria there can be an increase in unhealthy bacteria, causing occasional gas, digestive upsets.

**Upon recommendation of your physician:** If you are under the care of a physician or taking medications prescribed by a doctor, ask your physician whether probiotics will help with your treatment. Depending on your course of treatment (such as antibiotics), your physician may feel probiotics are helpful in maintaining your digestive balance.

**Nutrient utilization:** Probiotics are essential to helping the body digest—and gain nutrients from—complex carbohydrates (such as polysaccharides) and fibers that digestive enzymes cannot breakdown. Probiotics are also critical to the body's ability to synthesize a number of vitamins including folate and Vitamin K. They also play an important role in helping the body absorb minerals and other nutrients.\*

**Bad breath:** Active culture levels affect how food digests. An imbalance of bacteria in your mouth can cause bad breath.

### What are the ingredients in Florify and how do they help?

All-new *Florify* contains probiotics from 7 different sources (*Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Bifidobacterium lactis*, *Bifidobacterium bifidum*) as well as the prebiotics fructooligosaccharides (FOS).

Each source (strain) of probiotics benefits different parts of your body in different ways. For example, the strains of *Lactobacillus* have been shown to support your body's immune system and help food move properly through the digestive tract. Strains of *Bifidobacterium* can help relieve feelings of occasional cramping, bloating, and gas. The more diverse the sources, the more widespread the benefits. Fructooligosaccharides act by promoting the growth and/or activity of probiotic bacteria in the gut.\*

### Where do the beneficial bacteria in Florify come from?

Florify probiotic bacteria are isolated from natural origin using a highly controlled process that purifies and concentrates them, allowing Melaleuca to deliver high doses. The process utilizes the latest research to ensure an optimal blend of nutrients that yields the strongest and healthiest bacteria.

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**What makes the Florify product different/better than other supplements I can purchase from the competition?**

Each daily dose of *Florify* probiotic contains an incredible 10 billion colonies of flora from 7 different sources; most competitor products contain a single strain and at a lower dose of around 1-2 billion colonies.

**Why is Florify a trusted leading brand in probiotics?**

Like all Melaleuca products, the ingredients in *Florify* were rigorously studied and carefully chosen based on their long history of use and published benefits. They meet Melaleuca's rigid standards of acid-resistance, stability, safety and efficacy.

**What is unique about the Florify capsule?**

Strains of probiotics are extremely sensitive to stomach acid and moisture. *Florify* is encapsulated in hydroxypropyl methylcellulose (HPMC) capsules that can help protect the probiotics from stomach acidity and target capsule disintegration for the small intestine. The low moisture capsule also helps protect the probiotics against moisture during storage to help ensure the shelf life.\*

**How much support or research has been done on these probiotics and prebiotics?**

There is a large body of evidence in the scientific literature supporting the GI and immune benefits of each strain of probiotics and fructooligosaccharides contained in *Florify*, including human clinical testing as well as *in vitro* mechanistic studies.

**Can I take more than the recommended dosage of Florify for even more benefit? What's the limit?**

While one capsule per day is sufficient for most, those looking to support healthy flora or those wanting an additional probiotic boost may take up to two capsules daily for a total of 20 billion cfu. Consult your healthcare professional for your limit.\*

**What other lifestyle changes can I do to support my digestive and immune system health?**

Healthy diet, daily exercise, adequate sleep, and healthy stress management.

**Why is Florify in the Vitality Essential™ Nutrition Pack and all of the Peak Performance packs?**

*Florify* is one of the core daily supplements recommended for all adults for daily energy and overall well-being. It is crucial to helping build and maintain a healthy digestive system while supporting immunity, boosting nutrient uptake from foods and nutritional supplements, and protecting against occasional digestive upsets.\*

**Why should I take the Peak Performance Packs?**

The *Peak Performance Pack* was created for those who want the finest research-backed formulas that deliver essential nutrition and core systemic benefits for better health today and for years to come.\* Melaleuca recommends the *Peak Performance Pack* for all adults. It has been shown to deliver benefits to heart health, metabolic health, and cellular health.\*

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**If I eat probiotic-containing foods, do I need to take a supplement like Florify or will I get enough probiotics and prebiotics from my diet?**

Foods contain only certain strains of probiotics, and usually they do not guarantee live probiotics. *Florify* provides 10 billion colonies of flora from 7 different strains to provide widespread GI and immune benefits.\*

**Can't I just eat some yogurt?**

Yogurt is an excellent source of probiotics, but it's not for everyone. Some people can't tolerate dairy, and others simply don't enjoy the taste. Plus, there are questions about the actual live probiotic count found in the yogurt by the time you eat it.

*Florify Probiotic* is an ideal solution. It offers more probiotics than yogurt without the fat, sugar or calories. Plus, *Florify* is protected by an acid-resistant capsule to support the delivery of beneficial microflora where you need it most.\*

**Do I need to refrigerate the new Florify supplement?**

Refrigeration is not necessary, but it will enhance stability.

**Is Florify gluten-free?**

Yes.

**Does Florify contain dairy or any allergens?**

Florify is dairy-free and does not contain any allergens.

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