

MentaBiotics Frequently Asked Questions

1. How and when should I take MentaBiotics?

For adults 18 years and over, mix one scoop with 2-8 oz. of smoothie, yogurt or a beverage of your choice, up to twice daily. Do not expose to boiling temperatures. Maintain adequate fluid intake. Take at least 2-3 hours before or after antibiotics, other medications or natural health products. Consult a health care practitioner for use beyond 3 months.

2. Is it vegan?

No. We list that MentaBiotics contains milk because of how it is produced. It contains probiotic strains and a galactooligosaccharides (GOS) prebiotic that are produced using milk and soy as a growth median and processing aid however, there is no milk in the final product.

3. Is it gluten free?

No. This product may contain gluten.

4. Can I take MentaBiotics if I'm pregnant or breastfeeding?

Please consult your health care practitioner prior to use if pregnant or breastfeeding.

5. Can children take MentaBiotics?

No. This product is not approved for use in children.

6. Can I take MentaBiotics while I am on prescription medication?

Please consult a healthcare practitioner prior to use if taking prescription medication.

7. What is the difference between the MentaBiotics and Probiotics?

While MentaBiotics contains specific strains of probiotics and prebiotics designed to help reduce mild to moderate symptoms of stress, Probiotics is targeted more towards supporting gastrointestinal health. The type of strains of probiotics in MentaBiotics are different than the strains in Probiotics, and they are complementary to each other when both products are consumed together.

8. What benefits can I expect to experience when taking MentaBiotics?

MentaBiotics helps support the growth and vitality of a range of friendly gut bacteria to support a healthy mood balance.