

Probiotics Frequently Asked Questions

1. How and when should I take Probiotics?

For children aged 6-12, adolescents aged 13-17, and adults 18 years and over, take two capsules with 8 oz. of water once daily. If you are on antibiotics, take at least 2-3 hours before or after.

2. Is it vegan?

No, Probiotics is not vegan.

3. Is it gluten free?

Yes, Probiotics is gluten free.

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

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

5. Can children take Probiotics?

Yes, Probiotics is approved for use in children aged 6 and up.

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

Please consult a healthcare practitioner prior to use if taking prescription medication. If you are on antibiotics, take at least 2-3 hours before or after.

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

While Probiotics is targeted more towards supporting overall gastrointestinal health, MentaBiotics contains specific strains of probiotics and prebiotics designed to help reduce mild to moderate symptoms of stress. 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 Probiotics?

Probiotics provides a source of probiotics, helps to promote favourable gut flora, and supports gastrointestinal health.

THIS PRODUCT INFORMATION IS FOR CANADA ONLY. The ingredients and claims are intended for products sold in Canada. If you are in a different market, please see the product sheet for that market.