



## *What Are Probiotics?*

Probiotics are living microorganism or bacteria that provide health benefits to humans, animals, and other living organisms. Probiotics specifically target the intestinal tract and intestinal microbiota. *Lactobacillus* (Lactic Acid Bacteria) and bifidobacteria are the most common bacteria group found in probiotics. Probiotics work by competing or hindering the adhesion of pathogens to receptors on the gastrointestinal (GI) surface.

Some studies have shown *Lactobacillus casei* (found in EM® products) to have anti-inflammatory effects by stabilizing the gut microbial environment. Naturally synthesized vitamins, enzymes and other antioxidant compounds produced by probiotic bacteria are detoxifying agents that break down various toxic compounds that can have negative effects on the body. Probiotics also work to boost the body's ability to absorb nutrients and antioxidants.

**Contents:**

One bottle of Pro EM-1 contains a 31-Day Supply.

Guaranteed minimum of one million colony forming units per milliliter (cfu/ml) including the following species: *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus fermentus*, *Lactobacillus bulgaricus*, *Saccharomyces cerevisiae*, *Rhodopseudomonas palustris*

Purified Water and Organic Aloe Vera Gel

Certified Organic Molasses\* and Natural Honey\* used in fermentation growth only - no sugar in final product – safe for diabetics and those avoiding sugar

100% wheat, gluten, GMO, dairy and soy free

All Organic, No Preservatives, No Animal Products

BPA Free bottle

\* Notes on molasses and honey. Both of these sugars are used to grow the microbes during fermentation. For people concerned about glycemic indexes, diabetes, or are trying to avoid sugar, the sugars are fully digested by the microbes and will not cause blood sugar spikes nor will the product increase any other sugar-related issues. If you are on a diet that is trying to avoid sugars, there is no need to be concerned with these sugars being used as ingredients since there are no sugars present in the finished product after fermentation.

*This Product has not been reviewed by the FDA and is not intended to treat or cure any health condition. As with all dietary supplements, please consult a health care practitioner before using. The user takes full responsibility for using this product.*

**Directions:**

Take one Tablespoon Daily

May be mixed into your favorite liquids. Also may be taken one teaspoon, 3 times daily.

**Storage and Handling:**

- Store at room temperature

*\*Sometimes when people start detoxification or cleanse programs they can feel gas or bloating and runny stool. If you notice discomfort, decrease the recommended dose and continue taking at that lower rate until symptoms subside. Some customers may take as little as one drop per day for 4-5 days to acclimate their body to the probiotic. Once you feel comfortable with this amount, begin increasing daily until you are up to the recommended daily dose.*

*Pro EM-1® Probiotic is very potent. If you have never taken a probiotic before, we suggest starting with one to two drops per day and gradually increasing the daily amount until you reach the maintenance dosage of three teaspoons per day.*

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