



— PRODUCT GUIDE

MONAT Balance

Dual Layer Pre+Probiotic Complex

A Great Gut Feeling.

Gut Health/Immune Support

Why you'll love it

A unique combination of pre-and-probiotics with a technologically advanced capsule-in-capsule delivery system to support gut, immune, and skin health.*

FEATURES & BENEFITS

- Supports digestive health and regularity*
- Supports healthy skin and immune system*
- Boosts good bacteria within the gut*
- 5 Billion CFUs (Colony Forming Units) and 13 clinically studied strains
- Delayed-release, capsule-in-capsule technology

HOW TO USE

Take one (1) capsule daily with a full glass of water before your first meal.

FAQ

Q: Why are pre- & probiotics important for optimal health?

A: The body normally has “good” or “helpful” bacteria and “bad” or “harmful” bacteria. Maintaining the proper balance between these bacteria is necessary for optimal health. Good bacteria thrive when we feed them a healthy diet rich in fiber from fruits and vegetables. However, bad bacteria proliferate in diets high in simple carbohydrates and refined sugar. That’s why prebiotics are just as important as probiotics. Prebiotics provide probiotics with the nourishment they need to thrive and function at their best.

Q: Why is capsule-in-capsule technology important?

A: MONAT probiotics are safely placed inside a vegan capsule, featuring a slow-release coating. The capsule is then encapsulated in a second layer brimming with prebiotics that feed the probiotics, helping them thrive. This capsule-in-capsule technology ensures friendly bacteria stay alive and effective until reaching the colon, where they are needed. This novel technology also means MONAT Pre+Probiotic Complex is shelf stable for 24 months; requiring no refrigeration.*

KEY INGREDIENTS



Probiotic Blend

MONAT Balance contains 5 Billion CFUs of 13 different strains of clinically studied, live, beneficial organisms that offer many health benefits to the body.*



Prebiotics: Inulin, Rice Bran

Prebiotics provide probiotics the nourishment they need to thrive and function at their best.

Inulin Along with other dietary fibers, inulin has been shown to promote regularity and provide other health benefits, such as increasing the absorption of minerals and nutrients. MONAT inulin is sourced from chicory root.*

Rice Bran Stabilized Prebiotic Powder Rice bran supplies several minerals, vitamins, and antioxidants. It is a great source of fiber, which helps support digestion and maintain gastrointestinal health.*



Ginger

An herb shown to help support digestion and benefit the gastrointestinal system.*



Turmeric

A powerful antioxidant to help combat free radicals throughout the body, keeping the gut healthy and supporting the digestive system.*



Licorice Root Powder

This herb helps digestive support by lining the digestive tract and contributing antioxidant-like properties.*

Supplement Facts

Servings 30, Serv. Size: 1 Capsule,

Amount Per Serving: Probiotic Blend 5 B CFU †

[*Bifidobacterium breve* BBr60, *Bifidobacterium lactis* BLa80, *Lactobacillus plantarum* Lp90, *Lactobacillus casei* LC89, *Lactobacillus paracasei* LC86, *Lactobacillus rhamnosus* LRa05, *Bifidobacterium bifidum* BBi32, *Bifidobacterium longum* BL21, *Lactobacillus reuteri* LR08, *Lactobacillus acidophilus* LA85, *Lactobacillus salivarius* LS97, *Lactobacillus fermentum* LF61, *Streptococcus thermophilus* ST81], **Oil Blend** 350 mg † [Flaxseed Oil (std. to 50% omega 3 alpha-linolenic acid), Turmeric (*Curcuma longa*) Essential Oil (std. to 50% tumerones), Ginger (*Zingiber officinalis*) CO2 Extract (supplying Gingerols, Zingerones, and Shogaols), Medium Chain Triglycerides], **Prebiotic Fiber and Herb Blend** 87.5 mg † [Extruded Rice Bran, Inulin (from Chicory Root), Licorice (root)]. † Daily Value (DV) not established.

Other Ingredients: Hypromellose, Stearic Acid, Magnesium Stearate (vegetable), Silica, Hypromellose Acetate Succinate, dl-alpha Tocopherol Acetate, Titanium Dioxide, FD&C Blue #1, FD&C Yellow #6, FD&C Red #3 and Gellan Gum

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**