



NATURE'S SUNSHINE

Probiotic Eleven

GOOD FOR

Digestive System

Immune System

Colon (Large Intestine)

SIZE **90 Capsules**

ITEM # **1510**

SERVING **3**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 3 VegCaps daily with a meal. Keep refrigerated.

— How the Key Ingredients Work

Probiotic Eleven brings together eleven carefully chosen probiotic strains plus prebiotic fiber to help seed and nourish a balanced gut community. Each strain plays its own role — from calming everyday digestive discomfort to supporting your immune system and beyond.

Lactobacillus acidophilus — One of the most well-studied friendly bacteria around, *L. acidophilus* helps ease abdominal pain and discomfort, supports a healthy balance of microbes in the gut, and has been shown in clinical studies to help reduce heartburn frequency. It also helps keep yeast populations in check.

Bifidobacterium longum — A workhorse *Bifidobacterium* strain with strong research behind it. *B. longum* has been shown in clinical trials to ease IBS-related abdominal discomfort, support healthy blood sugar levels, and even help reduce feelings of anxiety during stressful moments — a nice reminder of how closely the gut and mind are connected.

Lactobacillus rhamnosus — Widely recognized as one of the most researched probiotic strains in the world, *L. rhamnosus* has shown real results in clinical trials for reducing abdominal pain, supporting gut barrier health, and helping ease heartburn. It has also been studied for its role in supporting clearer skin through the gut-skin connection.

Bifidobacterium bifidum — This strain has impressive clinical backing for digestive comfort. In a well-designed study, *B. bifidum* MIMBb75 helped more than half of participants feel meaningful relief from IBS symptoms including bloating, pain, and distension — compared to about one in five in the placebo group. It also supports a healthy gut lining.

Lactobacillus plantarum — A versatile and resilient strain, *L. plantarum* has been studied for its ability to reduce abdominal bloating and discomfort in IBS, ease heartburn symptoms, and support the body's natural antioxidant defenses. Multiple clinical trials back its benefits for digestive comfort and gut barrier integrity.

Bifidobacterium infantis — Best known as the dominant friendly bacteria in breastfed babies, *B. infantis* is uniquely equipped to support a healthy gut environment. Clinical research shows it helps ease IBS-related abdominal discomfort and supports a balanced immune response, making it a foundational strain for gut wellness at any age.

Lactobacillus casei — A well-rounded strain with a long history of use in fermented foods, *L. casei* has been studied in clinical trials for IBS symptom relief and digestive comfort. It also appears in research looking at immune balance and blood pressure support, showing just how far-reaching a healthy gut microbiome can be.

Streptococcus thermophilus — A friendly lactic acid bacterium best known from yogurt cultures, *S. thermophilus* contributes to a balanced gut environment and has been included in probiotic blends shown to reduce abdominal pain and bloating in IBS patients. It also produces natural antioxidant compounds and supports healthy digestion of dairy.

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