



NATURE'S SUNSHINE

Bifidophilus Flora Force

GOOD FOR

Digestive System

Immune System

Colon (Large Intestine)

SIZE **90 Capsules**

ITEM # **4080**

SERVING **2**

SUPPLY **45–90 days**

DIRECTIONS FOR USE Adults: Take 2 VegCaps daily with a meal. Children 4 and older: Take 1 VegCaps daily with a meal. Keep refrigerated.

— How the Key Ingredients Work

Bifidophilus Flora Force combines four well-researched probiotic strains with a prebiotic fiber that feeds them, working together to help keep your digestive system balanced, your immune defenses strong, and your overall wellness on track.

Lactobacillus rhamnosus — One of the most studied friendly bacteria in the world, *L. rhamnosus* helps ease everyday stomach discomfort and supports a healthy gut lining. Research shows it can help reduce abdominal pain, support a balanced immune response, and even play a role in the gut-skin connection that influences how clear and healthy your complexion looks.

Lactobacillus casei — *L. casei* is a resilient, well-traveled probiotic strain found naturally in fermented foods and your own digestive tract. Studies show it helps relieve uncomfortable digestive symptoms, supports a healthy immune balance, and has been looked at for its role in keeping blood pressure in a normal range as part of a gut-friendly lifestyle.

Lactobacillus acidophilus — Perhaps the most recognized probiotic name on the shelf, *L. acidophilus* is a workhorse for digestive comfort. Clinical trials show it helps reduce abdominal pain, supports a healthy response to occasional heartburn, and helps keep yeast populations like *Candida* in check — making it a true all-rounder for gut and whole-body balance.

Bifidobacterium longum — *B. longum* is one of the first beneficial bacteria to colonize us at birth, and it keeps working for us throughout life. Research links it to reduced abdominal discomfort, calmer responses to everyday stress and anxiety, and modest support for healthy blood sugar levels — a remarkable range of benefits from a single friendly microbe.

FOS (Fructooligosaccharides) — FOS is a natural prebiotic fiber — think of it as food for the good bacteria in this formula. It travels through your digestive system undigested until it reaches the colon, where your probiotic strains feast on it. This helps the beneficial bacteria grow and thrive, and research also shows FOS supports healthy calcium absorption and may help you feel more satisfied after meals.

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