Made from 100% Organic Wheat, Oats, Flax + Barley Malt

ProBiotein®
A Multi-Prebiotic Fiber & Protein Source

Prebiotic FIBERS 4 + 4 Digestive ENZYMES

High in Fermented Protein
High in Functional Fiber
4 Oligosaccharides (Prebiotics)
A Natural Source of Omega-3
Antioxidants from Lignans
Beta-glucans

2.5 g Protein per serving
2.3 g Dietary Fiber per serving
600 mg Prebiotics per serving
225 mg Omega-3 per serving
37 mg Lignans per serving
From oats, barley and wheat

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Non-GMO
70% of your body’s immune system response is in your gut. That’s very important to know.

**PROBIOTEIN®**

**Immune Response**
Your gut is more than just a processing system for food and dietary waste. It’s the main organ in your daily battle against illnesses and pathogenic invaders. From avoiding colds and flu, to preventing serious long-term diseases, your GI tract plays a key role.

**Prebiotic Fibers**
Critical to maintaining the healthy function of your gut, is the proper nourishment of the 100 trillion probiotic (good) bacteria that reside there. They affect everything. And they can thrive when a good supply of prebiotic plant fibers from food are available in your diet. But if your meals are low in prebiotic fibers, your gut and immune system can suffer.

**ProBiotein**
ProBiotein® is a non-GMO blend of 4 prebiotic fibers from natural grains, that support the probiotic bacteria in your gut. Plus 4 digestive enzymes, omega-3, amino acids, antioxidants and protein. ProBiotein® is made from organic wheat, organic oats and organic flax, plus barley malt. We ferment this blend to remove the starches, concentrate the proteins and provide key amino acids.

**4 Prebiotics**
While other prebiotic products have 1 or 2 prebiotic fibers (oligosaccharides – OS), ProBiotein®

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has 4: Arabino-xylo (AXOS), Xylo (XOS), Mannan (MOS), Fructo (FOS) plus Beta-glucans. It’s a “multi-prebiotic”, with multiple benefits. These plant fibers survive undigested through your stomach and small intestine, to be fermented in your large intestine, so they can nourish your probiotic bacteria.

4 Digestive Enzymes
Getting nutrients from any food requires the right levels of digestive enzymes, which can sometimes be deficient. ProBiotein® gives you amylolytic, fibrolytic, phospholytic and proteolytic enzymes, to help you better digest starch and sugar, fiber, minerals and protein.

Omega-3, Antioxidants, Beta-glucans
The flax in ProBiotein® provides omega-3 fatty acids, which have been connected to maintaining a healthy heart, reducing harmful cholesterol, and resisting type 2 diabetes, rheumatoid arthritis and strokes. The lignans in flax also have strong antioxidant properties. And 3 grams of total Beta-glucan intake a day may help reduce cholesterol and heart disease.

Amino Acids
Your body needs amino acids for the normal synthesis of serotonin, dopamine, nitric oxide, nucleotides, proteins and biomolecules. Of the standard 22 amino acids, 9 are essential and come primarily from food. The amino acids provided in ProBiotein® may help your body to perform its normal, healthy best.
**BETTER DIGESTION**

**Good Bacteria**
Each of us may have up to 1,000 species of bacteria – microscopic, single cell organisms – in our large intestine. Roughly 99% of the 100 trillion bacteria in our guts belong to only 30 or 40 species. Most of these microbes are doing good things and protecting us. But about 1% may be harmful or “pathogenic”, and can cause trouble if their numbers grow.

**Here to Help**
Good or “probiotic” bacteria do good things. They help regulate your immune system, digest your food, create energy and even synthesize vitamins. When they thrive, you’re at your healthiest. But when they’re diminished by antibiotics, illness or an unhealthy diet, they can’t work at their best.

**Key for Health**
Beneficial bacteria are crucial to vital health processes, including creation of short chain fatty acids (SCFA), maintenance of intestinal villi and proper permeability of your intestinal wall. Plus the release of “signaling” molecules that travel from your gut, to your brain. The SCFA are critical to your liver and the wall of your large intestine. They may also increase mineral absorption, provide anti-inflammatory benefits, stabilize glucose levels, suppress cholesterol synthesis, and keep levels of immune system agents and antibodies normal.
Food Fiber
Diets high in whole grains, vegetables and fruits may provide sufficient levels of fiber to feed your digestive tract’s probiotic bacteria. If your bacteria thrive, they can “competitively exclude” dangerous increases in pathogenic bacteria. But with unhealthy diets, stress and environmental challenges, your numbers of bad bacteria can rise.

Undigestible but Fermentable
Plant foods have two types of fiber. Soluble and insoluble. Soluble can dissolve in water and insoluble can’t. All fiber-containing foods have a combination of both. Prebiotic fibers are not digested in your stomach or small intestine, but travel to your large intestine where they are fermented. Fermentation breaks these soluble fibers down to provide nutrient nourishment to your probiotic bacteria.

Absorption by Fibers
Both soluble and insoluble fiber types can absorb and carry significant volumes of water as they pass through your GI tract. This helps in softening your waste material, easing demands on your digestive system transport and reducing constipation. Plus, insoluble fibers collect carcinogens and other toxins, keeping them from being absorbed into your cells and bloodstream, and helping to move them out of your system more quickly.
STRONGER IMMUNITY

3 Immune Systems
Your gut is the primary location for the prevention of, resistance to, and recovery from illness. And your 3 built-in immune systems provide the protection: the physical, the innate and the adaptive.

Physical System
Pathogenic invaders usually enter your system through your mouth. Your physical system includes the mucous layers on the walls of your digestive system. They keep pathogens from coming into contact with the epithelial cells of your intestines and from entering your bloodstream. Keeping your gut healthy promotes the physical barrier protection.

Innate System
Your GI tract has your body’s largest reserves of gut-associated lymphoid tissue, or GALT. It stores your immune cells including B and T lymphocytes. These are part of your innate immune system. They defend against and attack pathogenic bacteria and toxins. By keeping the lymphoid tissue in your gut healthy, your reserves of pathogen fighting immune cells can be ready to defend your health.

Adaptive System
Your adaptive immune system has a memory. That’s why vaccines work. Once exposed to a specific pathogen, your adaptive system remembers it, through gene regulated responses that affect the B and T lymphocytes in your GALT. These changes are passed down to the offspring of those
cells, allowing you to generate stronger responses each time the pathogen is encountered again.

**Pathogenic Bacteria**
About 99% of the bacteria in your gut are good. In fact, we can’t get along without them. But about 1% are bad. The key is keeping their numbers in check. When your good bacteria flourish, they leave little room and food for the pathogens. This crowding out is called “competitive exclusion.” It can reduce the harmful gut antigens and the secretion of mediators that cause inflammation.

**Leaky Gut**
Normally, your intestinal walls are semi-permeable, allowing important ions and nutrients to pass through and into your bloodstream. That’s good. But pathogenic bacteria, viruses, parasites, fungi and toxins can alter the “tight junctions” of your intestinal epithelial cells, allowing pathogens and toxins to enter the bloodstream on the other side of the gut wall. That’s bad. Leaky gut may contribute to many of the 80+ known autoimmune diseases. Keeping your gut performing well, may help to avoid these.

**Antioxidants & Lignans**
Free radicals are molecules created when food is broken down in your digestive system. They’re a source of potential damage or death to your healthy cells, and are indicated in a number of serious diseases. Antioxidants can counteract the missing electrons of free radicals to keep them from doing harm. Flax provides a good source of antioxidants from its lignan, and can help defend against free radicals.
GET HEALTHIER

Arthritis
Osteoarthritis often occurs as the culmination of years of wear and tear on joints. But rheumatoid arthritis can happen even in younger individuals, when the immune system attacks your tissues as foreign invaders. Keeping your gut, and your immune system healthy, may reduce the chance of your immune system dysfunctioning and attacking itself. And may help in the fight against rheumatoid arthritis.

IBS, IBD, Colitis & Crohn’s
Intestinal tract illnesses vary in their causes, symptoms and treatments. But almost all benefit from a healthier gut. IBS may be linked to a rise of pathogenic bacteria in the gut, known as dysbiosis. Fiber, omega-3, antioxidants and digestive enzymes may help. IBD, Colitis and Crohn’s may be a result of autoimmune problems and/or dysbiosis. The butyrate produced by prebiotic fiber fermentation in your gut may help.

Diabetes
One in 12 Americans has diabetes. And 90% of American diabetes is type 2, perhaps due to our diet and inactive lifestyles. It’s suggested that the onset of diabetes involves a key inflammatory process. Prebiotic fibers may contribute to a better functioning immune system that may moderate inflammatory responses. Higher levels of pathogenic bacteria have been noted in the guts of some diabetics, and may be helped by the prebiotic xylo-oligosaccharide (XOS).
Immune Disorders
An overactive or dysfunctioning immune system can lead to a surprising number of illnesses, ranging from simply troubling to life threatening. These include autoimmune disorders, immunodeficiency and hypersensitivity. While the causative factors are complex, maintaining a robust microbiota in your gut can give you an advantage.

Inflammatory Diseases
Chronic inflammation can affect not only localized tissues, but entire organs and systems. Asthma, arthritis, allergies, atherosclerosis and heart disease may be among this troubled group. Here too, keeping an immune system well nourished, may help keep the odds in your favor.

Obesity
Two thirds of American adults are overweight. Half of those are obese. Research suggests that an elevated level of pathogenic bacteria in the gut may favor an increased fiber break down and extra caloric uptake. And a “leaky gut” may allow pathogens and toxins to enter your bloodstream, which may promote inflammation throughout your body.

Osteoporosis
Calcium intake only helps strengthen your bones if it’s absorbed and delivered properly. Mineral uptake is dependent upon a normally functioning GI tract. A dysfunctioning, overly permeable gut can be trouble here. But having the range of needed digestive enzymes can help you achieve the nutrient balance you need.

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**FAQS**

**What is ProBiotein®?**
ProBiotein® is a multi-prebiotic fiber and protein source made from fermented organic wheat, organic oats and organic flax, plus barley malt, organic flax meal and nutritional yeast. It has 4 prebiotic fibers, Beta-glucans, 4 digestive enzymes, amino acids, omega-3 and concentrated protein.

**How does ProBiotein® work?**
Over 70% of your immune system is in your gut. ProBiotein’s 4 prebiotic fibers nourish the 100 trillion probiotic bacteria in your gut, to help maintain better digestion, better health and a better immune response.

**How do I take ProBiotein®?**
ProBiotein® is a granulated powder. Adults take 1 Tablespoon once a day, by adding it to foods or beverages. Children 3 to 12 should take half the adult amount.

**What are prebiotics?**
Prebiotics are food fibers from plants. They’re not digested by your stomach, but instead arrive in your large intestine where they undergo fermentation to provide important nourishment for your probiotic (good) gut bacteria.

**What are probiotics?**
The 100 trillion good bacteria in your gut are called probiotic bacteria. There are up to 1,000 species of them in most of us, though 99% of them are of just 30 to 40 species. Pathogenic (bad) bacteria make up 1% of the gut microbiota,
and are kept in check when probiotic bacteria thrive. Nourishing the probiotics with prebiotic fibers is key in keeping a healthy gut.

**Will my digestion change?**
Most people notice a good change in 3 to 5 days. ProBiotein® promotes a healthier GI tract, which includes a shorter, improved transit time. That can mean less chance for pathogens to linger and do harm.

**How does it work with antibiotics?**
While antibiotics are good at killing pathogenic organisms, they can also kill many of the good probiotic bacteria in your gut. But the 4 prebiotic fibers in ProBiotein® feed your beneficial bacteria, and help their numbers to flourish, which may help you stay stronger and recover faster.

**Can I take it with medications?**
You should always consult with your physician regarding medications. Since ProBiotein® is made from 4 grains, it’s really just food. It does contain some gluten, but if you can eat grains while on your medication, you should be able to take ProBiotein®.

**Does it have any side effects?**
Most people have no problems taking ProBiotein®. It does have gluten, but only 1/30 of 1%. You can start with 1 tsp a day, and gradually work up to 1 Tbsp a day if digestive issues are a concern. And digestion usually improves as your probiotic bacteria begin to flourish. ProBiotein’s real “side effects” may be a wide range of benefits to your overall health.*
* The Food and Drug Administration has not evaluated these statements. This product is not meant to diagnose, prevent, treat or cure any disease.

ProBiotein®
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