



# ProBio IQ®

Probiotics with Purpose



## Probiotics with a Higher Purpose

Probiotics are much more important—and versatile—than most people realize. In addition to playing a vital role in our immune system and digestive and intestinal tract, probiotics are increasingly being studied for their role in other body functions, including mood and circulatory health. Daily supplementation with probiotics is slowly being seen as the norm for people who want to enjoy a consistently healthy lifestyle. ProBio IQ™ is formulated with specific strains studied for their concurrent body and mind benefits, in addition to long-proven GI tract and immune system activity. ProBio IQ™ is combined with our clarifying herb blend which includes adaptogenic herbs and herbs for mental focus, making our formula truly a next generation probiotic.

### Multi-strain probiotics

Six proven, effective probiotic strains provide 6 billion Colony Forming Units per serving.

#### **Saccharomyces Boulardii**

Viewed by some as the preferred probiotic for conditions of stress, this beneficial yeast is well-proven and a key part of our clarifying probiotic blend.

#### **Lactobacillus Helveticus**

An effective stress-probiotic, this strain has been a key inclusion in clinical studies, combining it with B. Longum (described next). Participants were measured for improvement in anger, anxiety, problem solving, and other symptoms of stressful conditions (reported in the British Journal of Nutrition).

#### **Bifidobacterium Longum**

Shown in clinical studies to support improved mood in addition to the traditionally understood probiotic benefits.

#### **Propionibacterium Freudenreichii**

This anti-viral and anti-fungal probiotic strain inhibits the growth of yeast and mold and generates short-chain fatty acids which protect the intestinal lining. This unique strain produces conjugated linoleic acid (CLA) which can then be converted into DHA and/or EPA. It also supports absorption of calcium, magnesium and potassium and is the only microorganism that has been both granted GRAS status and shown to produce the active form of vitamin B12.

#### **Lactobacillus Casei**

A recent study of this strain showed improved mood-related symptoms versus the placebo group. Specifically, participants expressed a reduction in feelings of anxiousness.

#### **Lactobacillus Sporogenes**

A thermo-resistant strain, L. sporogenes has been studied clinically for a variety of immune and intestinal benefits. This strain is one of the best at getting safely to the intestine and colonizing even when not refrigerated (also called Bacillus Coagulans).

### Mind-clarifying herbs

#### **Red Reishi**

One of the most studied and revered adaptogenic herbs, Reishi nourishes both body and mind as a broad health tonic. Its unique plant compounds are also strong immune system boosters.

#### **Bacopa Monnieri**

An often-quoted clinical study showed bacopa's significant positive impact on information retention and memory, something important to all of us. This ayurvedic herb also supports healthy mental focus, among other benefits.

#### **FiberTract™ Blend**

Our unique blend of these two acid-resistant soluble fibers carries the other ingredients deep into the GI tract for maximum efficiency.

### The Solle Difference

Specifically blended as a clarifying formula, ProBio IQ® combines mind/body herbal benefits with proven strains of probiotics to deliver a health supplement in vegetarian capsules. In addition, FiberTract™ our unique blend of Konjac and Xanthan carries our product further into the GI tract for enhanced results.

### 5 key benefits for ProBio IQ®

**Mood:** Helps the body manage mood and anxiety

**GI Tract:** Healthy bacteria to support GI Tract

**Memory:** Bacopa Monnieri supports memory and information retention

**Immunity:** Healthy bacteria help strengthen your body's immune system

**Regularity:** Promotes consistent waste elimination of the bowels

### Product Use

Take two vegetable capsules per day.

### Complementary Product

Combine with Solle Vital® for a strong daily foundation, and enliven and energize your health.

