

**SUGGESTED USE** Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**NOTE** This product should be stored in a cool, dry place and kept away from sources of heat or humidity. It does not require refrigeration.

**UNSURPASSED.**  
Purity. Quality. Integrity. Effectiveness.

*Andrew Lessman*  
Andrew Lessman  
Founder of PROCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM

**HSN**  
800.944.9999  
www.HSN.com

**PROCAPS LABORATORIES**  
800.808.1200  
PROCAPSLABS.COM

**COMPREHENSIVE PROBIOTIC COMPLEX**

**ULTIMATE FRIENDLY FLORA**

**30 BILLION CFU**

**FIVE BENEFICIAL PROBIOTIC STRAINS**



240 Easy-to-Swallow Capsules

**Andrew Lessman's ULTIMATE FRIENDLY FLORA** is a comprehensive blend of five established, beneficial probiotic strains, delivering an exceptional 30 Billion Colony Forming Units (CFU) per capsule. Probiotic means "for life" and probiotic-rich foods have been consumed for thousands of years. However, our diet is no longer rich in microflora with yogurt remaining one of its only sources, which typically contains unwanted calories and sugar and only provides unreliable levels of a single strain of microflora. There are trillions of beneficial microorganisms (microflora) in our body and their healthy balance is essential to the health of our digestive and immune systems. Our *Friendly Flora* is designed to enhance the balance of these microorganisms in our digestive, immune, urinary and genital systems. It is well established that the microflora in our GI (gastrointestinal) tract play a vital role in promoting healthy digestion, including nutrient absorption and regularity. Maintaining a proper balance of our microflora is also essential to healthy immune system function. The delicate balance of microflora is easily upset by stress, poor diet, digestive issues and aging. This fragile balance is further disrupted by medications that affect the digestive system and its pH balance, such as antacids or antibiotics, which can entirely wipe out our microflora. **Ultimate Friendly Flora** provides 30 Billion Colony Forming Units per capsule of five carefully selected varieties of established, beneficial microflora to ensure the essential benefits of these remarkably healthy "friends."

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or common allergens.

**Supplement Facts**

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving		%DV*
Magnesium (as magnesium malate)	60 mg	15%
Total CFU (Colony Forming Units)	30 Billion	†
Lactobacillus acidophilus (La-14)	12 Billion CFU	
Lactobacillus plantarum (Lp-115)	6 Billion CFU	
Lactobacillus salivarius (Ls-33)	6 Billion CFU	
Bifidobacterium lactis (BI-04/Bi-07)	6 Billion CFU	

\* Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.

Other Ingredients: Natural plant cellulose (acid resistant) vegetarian capsule, ascorbyl palmitate (vitamin C), silicon dioxide.