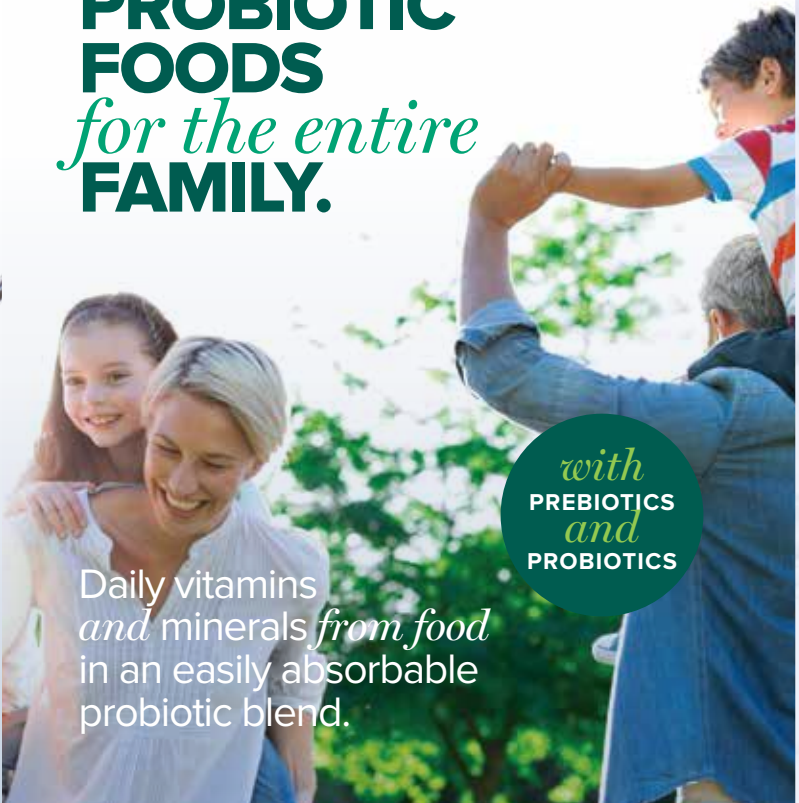




PROBIOTIC FOODS *for the entire* FAMILY.

Daily vitamins
and minerals *from food*
in an easily absorbable
probiotic blend.

with
PREBIOTICS
and
PROBIOTICS



INTRODUCING A *complete* RANGE OF PROBIOTIC FOODS, SUITABLE FOR THE *entire* FAMILY.

Why Probiotics?

A healthy digestive system should have over 1.5 kilograms of 'friendly' bacteria. However, poor dietary habits and lifestyle factors such as pesticides, chlorine, fluoride, pollution, stress and antibiotics can compromise digestive health. Probiotics replace the 'good' bacteria depleted by these factors. Our bodies need vitamins, minerals and amino acids that are readily absorbed to nourish and repair the damage.

Studies have shown probiotics assist with digestive problems, IBS, reducing sugar cravings, allergies, increased energy, immune support, weight loss and general well being.

Why Our Blends?

Our Probiotic Foods range is Certified Organic, highly absorbable nutrition. Free from dairy, GMO, colours, flavours, preservatives or fillers, and free of gluten. A super-culture of food-based probiotics has broken down the wholefood ingredients in our blends, releasing their precious cargo of nutrients for easy absorption.

With a mother culture of over 12 strains of organic, friendly bacteria with each strain having been exposed to and resilient to heat (50°), freezing (0°) and selected chemicals. This creates what we call a super-culture. Super-cultures are shelf stable and alive in their own food source (prebiotics). After opening, they can be kept in a cool, dark place—they do not need refrigeration, making them perfect for travelling and easy storage.

Over 25 years of research has created what we believe is Australia's premium range of nutritionally released foods.

WITH
80% OF OUR
immune
SYSTEM INSIDE
THE GUT, THERE IS
no better REASON
TO GET STARTED ON
THESE *functional*
FOODS.



“Taking Probiotic Foods every day has changed my definition of real health. I can't remember the last time I felt sluggish, had a cold or an upset stomach.

BROOKE

the PROBIOTIC FOODS range

The foods in our blends have been fermented and broken down by a super-culture of natural, organic bacteria, releasing their precious cargo of vitamins, minerals and amino acids for easy absorption.



Proudly AUSTRALIAN MADE.



Organic Ingredients: Spirulina, Lentils, Chick Peas, BD Rice, Mung Beans, Linseed, Adzuki Beans, Amaranth, Dimaliella Salina, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Ginger, Beetroot, Cabbage, Molasses, Lactobacilli.

PROBIOTIC FOODS for KIDS

It is essential for growing bodies to obtain the nutrition to build a foundation for good health. Provide your child with a balance of vitamins, minerals and amino acids in an absorbable wholefood form.

Organic Ingredients: BD Rice, Spirulina, Linseed, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Amaranth, Ginger, Broccoli, Molasses, Lactobacilli.

PROBIOTIC FOODS for GLUTEN & FRUCTOSE INTOLERANT

People with gluten intolerance often suffer from fructose malabsorption. This blend contains 14 specially selected foods, all gluten free and low in fructose.

Organic Ingredients: Whole Wheat, Rolled Oats, Pearl Barley, Rye Grain, BD Rice, Linseed, Maize, Mung Beans, Soya Beans, Whole Millet, Alfalfa Seed, Buckwheat, Spirulina, Sweet Potato, Alfalfa Grass, Barley Grass, Wheat Grass, Brown Linseed, Adzuki Beans, Quinoa, Calcium, Kelp, Glucosamine, Agave, Shark Cartilage, Molasses.

PROBIOTIC FOODS for PETS

Pets need nutrition and probiotics too! A healthy gut means less smelly litter trays, wind and better quality stools. Observe the difference in your pet! Contains gluten and animal products.



NOW IN CAPSULES TOO!

Organic Ingredients: Spirulina, Lentils, Chick Peas, BD Rice, Mung Beans, Linseed, Adzuki Beans, Amaranth, Dimaliella Salina, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Ginger, Beetroot, Cabbage, Molasses, Lactobacilli.

PROBIOTIC FOODS for EVERYONE

Our original blend of Probiotic Foods that we have been perfecting for over 25 years. Specially selected wholefoods for daily gut support, energy and absorbable, natural nutrition. Available in a powder or vegetable capsules.



Organic Ingredients: Spirulina, Adzuki Beans, Chick Peas, Mung Beans, Lentils, Pomegranate, Chia Seeds, Quinoa, Sunflower Kernels, Dandelion Root, Goji Berries, Queen Garnet Plum, Sweet Potato, Cinnamon, Beetroot, Broccoli, Cabbage, Parsley, Spinach, Molasses.

PROBIOTIC FOODS for WOMEN

Women's bodies have different needs so we chose foods high in iodine as iodine is known to support the thyroid and the thyroid is known to support hormones. Suitable of women of all ages and especially vital during pregnancy and breast feeding.



Organic Ingredients: Rice Protein Powder, Spirulina, Soya Beans, Red Lentils, Amaranth, Quinoa, Linseed, Brown Rice, Molasses, Lactobacilli.

PROBIOTIC FOODS SPECIALLY FORMULATED with NATURAL PROTEIN

For vegans, vegetarians, sport and exercise enthusiasts. Our body needs a source of good quality, clean protein on a regular basis. This blend is a special selection of foods with the intention of delivering protein in its most natural form.

How much?

START WITH 1/8 TSP

INCREASE GRADUALLY + + +

1/2 TSP DAY + NIGHT



FAQs

How are they made?

By feeding organic food to a mother culture of good bacteria (probiotics) the food is then broken down, releasing the vitamins, minerals and amino acids for easier absorption, essential for good health and aid in body repair at the cellular level.

Do I need to keep them refrigerated?

Probiotic Foods blends do not need refrigeration—they only need to be stored in a cool, dark place. The probiotics have been stressed to heat and cold so they will survive where others will not. One reason for this is that the probiotics (good bacteria) are lying dormant in the powder. They stay this way until the pH changes when you ingest the powder, once activated they multiply by the millions.

When should I take the Probiotic Foods?

First time users start with 1/8 tsp on rising and gradually build up to 1/2 tsp morning and 1/2 tsp at night. Good nutrition and probiotics can support elimination in the morning and detoxification and repair at night.



**SPRINKLE
ON MEALS**



**ON A
SPOON**



**ADD TO
RECIPES**




**SPRINKLE ON
SMOOTHIES**

Which one is the best for me?

You cannot choose a wrong product! We have made different blends for specific requirements, but start with the one that attracts you the most and try another at some stage—for each blend offers different ingredients which in turn offers different nutritional value.

Read more at www.probioticfoods.com.au/faqs

YOUR STOCKIST



*We are
sure your body
will love you for
using Probiotic
Foods!*



www.probioticfoods.com.au