



Information Guide *for our* Wholesale Partners

www.probioticfoodswholesale.com

**Since the beginning of time,
Mother Nature provided
us with our *essential* gut
bacteria (probiotics) from
the natural food we ate.**

**Our gut has developed to
work with this bacteria,
which is why our range
of probiotics only use
food-based bacteria in the
fermentation process. Who
knows better than Mother
Nature herself?**





What are probiotics?

Often referred to as 'good bacteria', probiotics are live bacteria essential for a healthy, functioning digestive system.

Throughout history, ancient cultures have been mimicking nature's process by fermenting foods with natural probiotic strains, to not only preserve food for longevity, but to make food more nutritious. These cultures have a record of long, healthy lives, with little or no disease.

The fermentation process preserves the food and assists in releasing beneficial enzymes, vitamins, minerals, amino acids and essential fatty acids, making the foods more readily absorbable. It also creates an environment where beneficial strains of probiotics flourish.

Why do we need probiotics?

If we lived in the wild and picked our food fresh from the ground, consumed fresh meat, drank pure clean water and had a pollution and stress free life, we wouldn't need to top up our good bacteria every day. But daily we compromise our life giving, good bacteria, killing it off with:

- Chemicals, such as chlorine and fluoride.
- Toxic and processed foods, GMO, pesticides and herbicides.
- Sugar, alcohol and damaged fats.
- Medications, e.g. antibiotics, birth control and pain relief.
- Anti-bacterial ingredients in our personal care products.
- Pollution, stress and cigarettes.

Once our gut becomes compromised we lose the ability to extract the precious nutrients from the food we eat.

Our gut should have over 500 species and nearly two kilograms of good bacteria. These bacteria are our immunity—of which 80% is in the gut alone—and **without a full complement of life giving bacteria, we would not survive.** Not only do they assist our immune system, but they break down our food to release the vitamins and minerals.

Probiotic Foods not only offer good bacteria, but the benefits of the ingredients broken down by the fermentation process, ready for your body to absorb.

The importance of maintaining a healthy gut.

Most people have poor gut health due to a variety of lifestyle and environmental factors such as poor diet, toxic exposure, stress and antibiotics.

Now more than ever, research is recognising the importance of gut friendly bacteria. Probiotics play an important part in keeping the body healthy. Ongoing medical studies are now finding that many conditions are the result of compromised gut bacteria.

With the ever increasing decline in human health we have to look at the basics if we ever intend to change the illness epidemic. ***The basics of a healthy body is as simple as being hydrated, with a healthy digestive system that can break down food and a gut full of healthy viable probiotics.***

Probiotics assist by replenishing the gut with the essential good bacteria, allowing us to absorb the nutrients from the food we eat. It is these vitamins and minerals from food that repair our cells and help prevent future illness.

What are the signs that we need probiotics?

- Fatigue / weakness
- Tiredness
- Flatulence
- Sugar cravings
- Irregular bowel movements
- IBS
- Nausea
- Indigestion / digestive problems

Probiotics during pregnancy

Studies show mothers and their babies can benefit from probiotics during pregnancy. A newborn's gut bacteria reflects what is in the mother's gut, so probiotics during pregnancy are essential to give your little one the best possible start.

Children and probiotics

Probiotics are essential for children in our over sanitised world that destroys not only bad bacteria but also beneficial bacteria. Daily probiotics support digestion and absorption of nutrients assisting the immune system, growth and development.

“**All disease
begins in the gut.**

HIPPOCRATES



MORE

THAN JUST

A PROBIOTIC ...

PRE-RELEASED



VITAMINS

MINERALS

AMINO

AND  **ACIDS**

A range of Probiotic Foods for the *entire* family.



POWDER
or
CAPSULES



150g BLEND or
200 VEG CAPSULES

PROBIOTIC FOODS *for* EVERYONE

Our blend of Probiotic Foods for Everyone contains specially selected foods containing vital nutrients, all broken down by a super-culture of probiotics for easy absorption into the body.

ORGANIC INGREDIENTS:

Spirulina, Lentils, Chick Peas, BD Rice, Mung Beans, Linseed, Adzuki Beans, Amaranth, Dunaliella Salina, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Ginger, Beetroot, Cabbage, Molasses, Lactobacilli. *These foods have been through a natural, organic fermentation process using organic bacteria.*

NUTRITION INFORMATION:

Servings per container: **60**
Serving size: **2.5g**

	QTY PER SERVE	PER 100g
Energy	39.25kJ	1570kJ
Cal	9.38	375
Protein	0.58g	23.0g
Carbohydrate	112g	44.6g
Sugars	0.1g	4.5g
Fat Total	0.24g	9.4g
Fat Saturated	0.04g	1.6g
Sodium	0.16g	6.58g

POWDER
or
CAPSULES



150g BLEND or
200 VEG CAPSULES

PROBIOTIC FOODS *for* WOMEN

Womens bodies have different needs. Our blend of Probiotic Foods for Women contains specially selected foods rich in nutrients that support hormone balance. Easily absorbed for women of all ages and safe for use during pregnancy and breastfeeding.

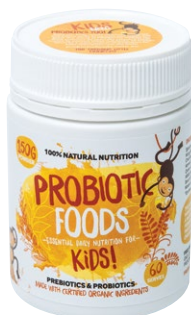
ORGANIC INGREDIENTS:

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*, Lactobacilli*. **Certified organic ingredients. These foods have been through a natural, organic fermentation process using organic bacteria.*

NUTRITION INFORMATION:

Servings per container: **60**
Serving size: **2.5g**

	QTY PER SERVE	PER 100g
Energy	41.7kJ	1668kJ
Cal	9.95	398
Protein	0.64g	25.9g
Carbohydrate	1.45g	58.1g
Sugars	0.3g	12g
Fat Total	0.16g	6.5g
Fat Saturated	0.027g	1.1g
Sodium	3.75mg	150mg



150g BLEND

PROBIOTIC FOODS *for* KIDS

Little bodies especially need vitamins, minerals and amino acids to nourish, repair and grow. Our Kids blend contains specially selected foods broken down by a super-culture of probiotics for easy absorption into growing little bodies.

ORGANIC INGREDIENTS:

Spirulina, Lentils, Chick Peas, BD Rice, Mung Beans, Linseed, Adzuki Beans, Amaranth, Dunaliella Salina, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Ginger, Beetroot, Cabbage, Molasses, Lactobacilli. *These foods have been through a natural, organic fermentation process using organic bacteria.*

NUTRITION INFORMATION:

Servings per container: **60**
Serving size: **2.5g**

	QTY PER SERVE	PER 100g
Energy	39.25kJ	1570kJ
Cal	9.38	375
Protein	0.58g	23.0g
Carbohydrate	112g	44.6g
Sugars	0.1g	4.5g
Fat Total	0.24g	9.4g
Fat Saturated	0.04g	1.6g
Sodium	0.16g	6.58g

100% NATURAL NUTRITION, CERTIFIED ORGANIC *with* PREBIOTICS & PROBIOTICS



150g BLEND

New! FERMENTED HEMP+ VEGAN PROTEIN SUPERFOOD

Hemp is a high protein superfood, rich in essential omega fats known to help reduce inflammation, improve immunity, circulation and skin repair. All the foods in Fermented Hemp+ are lectin free and broken down by organic bacteria for easy absorption by the body.

ORGANIC INGREDIENTS:

Hemp Protein, Amaranth, Millet, Quinoa, Alfalfa Grass, Chia Seed, Hemp Seed, Linseed, Pepitas, Sunflower Seed, Molasses Liquid, Lactobacilli. *These foods have been through a natural, organic fermentation process using organic bacteria.*



150g BLEND

PROBIOTIC FOODS *for* GLUTEN & FRUCTOSE INTOLERANT

People with gluten intolerance often suffer from fructose malabsorption. With this in mind, this blend contains specially selected foods all gluten free and low in fructose. Broken down by a super-culture of probiotics for easy absorption into the body.

ORGANIC INGREDIENTS:

BD Rice, Spirulina, Linseed, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Amaranth, Ginger, Broccoli, Molasses, Lactobacilli. *These foods have been through a natural, organic fermentation process using organic bacteria.*

NUTRITION INFORMATION:

Servings per container: **60**
Serving size: **2.5g**

	QTY PER SERVE	PER 100g
Energy	42.5kj	1810kj
Cal	10.8	432
Protein	0.61g	24.5g
Carbohydrate	1.24g	49.4g
Sugars	0.11g	4.6g
Fat Total	0.37g	14.8g
Fat Saturated	0.055g	2.2g
Sodium	12mg	480mg



150g BLEND

PROBIOTIC FOODS *for* PETS

Pets need daily nutrition and probiotics, just like their owners. Healthy guts mean less smelly litter trays, less wind and assists your pet with various health problems and allergies. Suitable for all animals.

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*, Lactobacilli*. **Certified organic ingredients. These foods have been through a natural, organic fermentation process using organic bacteria.*

NUTRITION INFORMATION:

Servings per container: **60**
Serving size: **2.5g**

	QTY PER SERVE	PER 100g
Energy	39.9kj	1596kj
Cal	9.53	381
Protein	0.328g	13.1g
Carbohydrate	1.77g	70.8g
Sugars	0.39g	15.4g
Fat Total	0.12g	4.6g
Fat Saturated	<0.03g	<1g
Sodium	6.3mg	252mg

*Non vegan.



Why our range *of* Probiotic Foods?

Over 25 years of research has crafted what we believe is the best and most functional probiotic food range on the market.

	PROBIOTIC FOODS	PHARMACY BRANDS
Certified Organic Mother-Culture	✓	✗
14 Strains of Good Bacteria (Probiotics)	✓	✗
Batch Tested for Active/Live Colony Forming Units (CFU)	✓	?
Made Entirely from Certified Organic Whole Foods	✓	✗
Multivitamins from Whole Foods, Digestive Enzymes	✓	✗
Prebiotics and Resistant Starch	✓	✗
High Bioavailability due to the Fermentation Process	✓	✗
72 Omni Minerals	✓	✗
Vegan	✓	?
Gluten Free	✓	✓
Dairy Free	✓	?
No Artificial Colours or Flavours	✓	✓
No Preservatives	✓	✓
Non GMO	✓	?
Shelf Stable—No Refrigeration Required	✓	?
Made in Australia	✓	?



Probiotic Foods are made in small batches with an organic mother culture in a traditional fermentation process taking 3-4 weeks. Every batch is unique and contains the goodness of the foods in which they are grown, ensuring bacteria arrive in the gut alive and in their natural state.

Clean food, no hidden ingredients, non-GMO, prebiotics, nutrient dense, Certified Organic by the Organic Food Chain and made in Australia.

Absorbed nutrients coupled with the viability of the bacteria makes Probiotic Foods a powerful functional food, that comes with a warning. First time users start with an 1/8 of a teaspoon only.

Our Probiotic Foods are FREE from:

- Artificial Flavours or Colours
- Preservatives
- Sweeteners
- Fillers or Binders
- GMOs
- Dairy
- Gluten

What is a super-culture?

We call our probiotics a super-culture because all of the strains have been stressed to cold, heat and some chemicals. They can survive freezing and

temperatures up to 55°C, making them perfect for use in your favourite recipe.

What are prebiotics?

Prebiotics are the nourishing food matrix in which the bacteria are cultured. The prebiotics provide a protective package of essential co-factors to help bacteria survive the journey through the gut and arrive alive to support healthy intestinal flora. Probiotic Foods contain both prebiotics and probiotics.

No need to refrigerate!

Probiotic Foods can be left on a bench out of direct sunlight and away from heat sources. Easy to see, easy to take.

What is the shelf life?

Lab reports show that even after nine years of sitting on a shelf, the product is still safe and even showed live bacteria after all that time. We know our product passes all shelf life tests.

Bacteria sources

Our probiotics are sourced from food as nature intended not dairy, soil or faecal matter. The bacteria in our gut has evolved with us and the food we eat that is typical of the environment in which we live. At Probiotic Foods we believe that the best source of bacteria for human health is derived from food.

The ingredients in our products have been through a *natural, organic* fermentation process using organic bacteria, *all cultured from food*:

- Lactobacillus Acidophilus
- Lactobacillus Delbrueckii
- Lactobacillus Caseii
- Lactobacillus Bulgaricus
- Lactobacillus Caucasus
- Lactobacillus Fermenti
- Lactobacillus Plantarum
- Lactobacillus Brevis
- Lactobacillus Helveticus
- Lactobacillus Leichmannii
- Lactobacillus Lactis
- Bifidobacterium Bifidum
- Saccharomyces Boulardii
- Saccharomyces Cerevisiae

Our range is Certified Organic by the Organic Food Chain, ensuring you and your family are receiving a *quality assured* product.





We are the health shop specialists.

You won't find us in discount outlets, supermarkets or pharmacies. We support your customers with an expanding range of Certified Organic Probiotic Foods and premium gut support products.

- ❌ No dairy, gluten, soy, GMO, fillers or refined sugars.
- ❌ No refrigeration required, shelf stable products.
- ✅ Supported by education and research, with instore training and events available.
- ✅ Gut Hotline open Monday to Friday for you and your customers.



Ask about our
NEW products!



**We are *not*
what we eat,
we are what
we *absorb*.**

DON CHISHOLM

*Contact us to discuss wholesale partnerships,
educational resources and more*

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