



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

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 aiding 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.



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

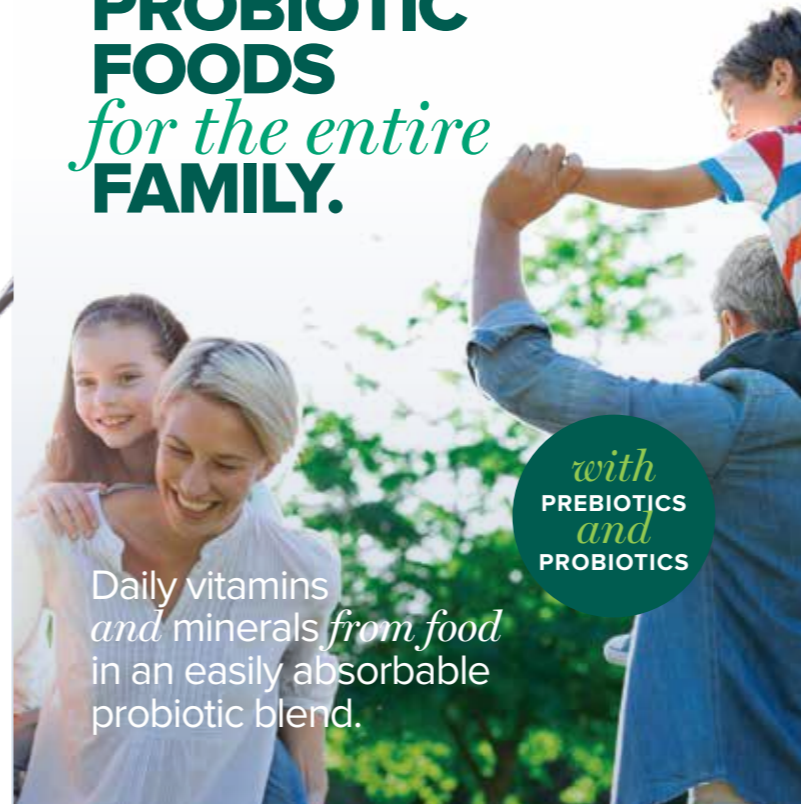
We are
sure your body
will love you for
using Probiotic
Foods!



www.probioticfoods.com.au



PROBIOTIC FOODS *for the entire* FAMILY.



with
PREBIOTICS
and
PROBIOTICS

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

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.

The mother culture used in the fermentation process contains over 12 strains of organic, friendly bacteria with each strain resilient and exposed 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.

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.

- GLUTEN FREE FOODS
- FREE FROM GMO
- FREE FROM DAIRY
- VEGAN FRIENDLY
- PRODUCT OF AUSTRALIA

Proudly AUSTRALIAN MADE.



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.

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.



- SPRINKLE ON MEALS
- ON A SPOON
- ADD TO RECIPES
- SPRINKLE ON SMOOTHIES



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.

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, 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.

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: Hemp Protein, Amaranth, Millet, Quinoa, Alfalfa Grass, Chia Seed, Hemp Seed, Linseed, Pepitas, Sunflower Seed, Molasses Liquid, Lactobacilli.

FERMENTED HEMP+ lectin free SUPERFOOD

Hemp is a high protein superfood, rich in omega 3, 6 and 9 fats known to help reduce inflammation, improve immunity, circulation and skin repair. The foods are lectin free and broken down by a super-culture of probiotics for easy absorption into the body.

How much?

START WITH 1/8 TSP

INCREASE GRADUALLY +++

1/2 TSP DAY + NIGHT