

The Four Building Blocks of Functional Nutrition

1
Nourish

2 ✓
Energize

3
Protect

4
Renew

Bifidus



Supports Lower Digestive Tract Health*

All of our products are designed to effectively address the body's need for one or more of the **Four Nutritional Building Blocks of the Functional Nutrition Health Model**.

Bifidus belongs to the **Energize with Digestive Nutrition** building block. Some of the health benefits and key product attributes include:

- ◆ *Helps repopulate the large intestine with friendly bacteria*
- ◆ *Is a source of natural energy*
- ◆ *Creates a favorable environment for the growth of “good” bacteria that supports large intestine health*
- ◆ *Contains beneficial Bifidobacteria*
- ◆ *Promotes regular bowel movements to help eliminate toxins from the system**
- ◆ *Contains nutrient-rich [Omega Sun®](#) organic microalgae*
- ◆ *Includes the prebiotic inulin, considered a functional food for probiotics**
- ◆ *Vegetarian, soy-free, and certified kosher dairy*

Energize

“**Probiotics**” (“for life”) are organisms such as friendly bacteria that inhabit a healthy intestinal tract. *Bifidobacterium bifidum* lower the pH of the large intestine, manufacture specific B-vitamins, and promote immune function and overall health.* Integral functions of the large intestine include absorption of water from food and the passage of remaining waste products. The all-important presence of good intestinal flora not only promotes efficient digestion but also helps inhibit gas and bloating.*

Simplexity Health's **Bifidus** is freeze-dried and manufactured into powder form rather than liquid, which helps preserve the viability—and thus the effectiveness—of the bacterial organisms. Each capsule is micro-blended with the prebiotic **inulin** to further promote the growth of friendly bacteria and 85 mg of **Omega Sun®** microalgae to provide growth-promoting nutrition for the Bifidobacteria.* **Bifidus** is especially effective when combined in a regular program with **Acidophilus** and **Spectrabiotic®**. Each serving (2 capsules) of **Bifidus** provides at least 3.0 billion viable *Bifidobacterium bifidum* colonies.



60 Vegetarian Capsules
USA Item # 21-213



Bifidus



A Word about *Bifidobacterium bifidum*

The large intestine, also known as the colon, absorbs water, minerals, and vitamins from the intestinal contents and eliminates undigested material. *Bifidobacterium bifidum* are natural inhabitants of the gastrointestinal system, particularly of the colon, so to keep the system working properly, it is essential to maintain a balance of healthy flora. *B. bifidum* work synergistically with other lactic acid bacteria, such as *Lactobacillus acidophilus*, for the health of the entire intestinal tract. *B. bifidum* work synergistically with other lactic acid bacteria, such as *Lactobacillus acidophilus*, for the health of the entire intestinal tract.

What people are saying...

"Acidophilus and Bifidus (our probiotics supported by microalgae) are the best I have found; they have kept my digestive system stable and healthy."—Celeste

"I have used Simplexity Health products since January 1996. Over the years, I have tried most of the products as they were introduced. I have always felt that the concept of ingesting microalgae was of great benefit to my overall health. I now regularly take Omega Sun®, Omega Gold, Acidophilus, and Bifidus. I chose the first two for their healthy nutrients and the latter for my digestive and immune systems. I am confident that the Simplexity Health products I am taking are helping to keep me as healthy as I am."—Carolyn

Supplement Facts

Serving Size: 2 capsules

	Amount Per Serving
Proprietary Blend	530 mg*
<i>Bifidobacterium bifidum</i>	3.0 Bil. CFU
Inulin	
Organic Microalgae (<i>Aph. flos-aquae</i>)	170 mg

* Daily Value not established.

Other Ingredients: Cellulose, plant fiber.

Suggested Use: 2 capsules with water each day. You may wish to adjust this amount based on your individual needs.

Best if refrigerated.

Allergens: Contains soy. (Soy is contained in the growing medium for bifidus.)

Certifications: Dairy.



Testimonials www.simplexityhealth.com/emails/voices/vff_digestion.html

Prebiotic Inulin www.simplexityhealth.com/resources/prebiotics-inulin.html

Probiotics—Great Digestion for Life! www.simplexityhealth.com/resources/itnews/122100.html

Facts & Fallacies about Probiotics www.simplexityhealth.com/resources/factsandfallacies.html

AFA—Earth's First Food www.simplexityhealth.com/associatenew/specsheets/sbga.pdf

For more information please contact: