

# PHYSIQ™

✦ FAQs ✦

## PREBIOTIC

### WHAT IS PHYSIQ PREBIOTIC?

PhysIQ Prebiotic is a revolutionary combination of prebiotics to support the “good” bacteria in your gut and at the same time support a healthy microbiome. Resulting in a healthier digestive tract and a healthier metabolism.\*

### WHAT ARE THE ACTIVE INGREDIENTS IN THE PHYSIQ PREBIOTIC?

The active ingredients include PreticX®, Fructooligosaccharide, and Inulin. These are dietary fibers that create the PhysIQ prebiotic blend. They are the main fuel of the good microflora naturally present in the gut (probiotics) and help with mineral absorption in the colon.

### WHAT IS PRETICX®?

PreticX® is a researched backed ingredient that has been proven to significantly modify gut microbiota, helping to grow more species of good gut bacteria and support a healthy microbiome.\*

### WHAT'S THE DIFFERENCE BETWEEN A PREBIOTIC AND PROBIOTIC?

Prebiotics are food for the probiotic and helps keep the probiotics alive and thriving in your gut. The relationship between the prebiotic and probiotic is to promote a healthy gut environment. The healthy balance of bacteria helps your body absorb nutrients you need from all other supplements and food you eat to help your body perform and feel good.

### WHAT IS YOUR MICROBIOME?

The human microbiome is composed of microbes that reside in and on our bodies. These microbes have potential to impact our bodies both positively and negatively. They contribute metabolic functions, protect against pathogens, and can educate the immune system. There are a few things that can affect our gut microbiome throughout our life, including physical environment, long-term diet and daily supplements, stress, and usage of antibiotics.

### HOW DOES YOUR MICROBIOME AFFECT WEIGHT MANAGEMENT?

If your microbiome does not consist of the right balance of bacteria, then you may not digest all your food appropriately. Therefore, you may not absorb the correct nutrients to support healthy weight management.

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

### CAN PHYSIQ PREBIOTIC BE TAKEN WITH A PROBIOTIC?

Yes.

### ARE THERE ANY SIDE EFFECTS WHILE USING PHYSIQ PREBIOTIC?

Some may experience gas or bloating if your current diet does not contain much fiber.

### HOW DO I TAKE PHYSIQ PREBIOTIC?

Mix one scoop with 8 fl oz of water every day.

### IS THE PHYSIQ PREBIOTIC FLAVORED?

Yes, PhysIQ Prebiotic is a naturally sourced blood orange flavor.

### HOW SHOULD MY PHYSIQ PREBIOTIC BE STORED?

This product should be stored at room temperature in a cool, dark place.

### WILL MY PHYSIQ PREBIOTIC INTERFERE WITH MEDICATION?

Please contact your physician with any questions or concerns.

### IS THE PHYSIQ PREBIOTIC RECOMMENDED FOR PREGNANT OR NURSING MOTHERS?

Please consult your physician before using any dietary supplements if you're pregnant or nursing.

### IS THE PHYSIQ PREBIOTIC FDA APPROVED?

Dietary supplements are not formally approved by the FDA before they're put on the market. However, by law, all products have to be safe, legal and do what they claim to do. The FDA does regulate products once they are on the market.

### CAN I USE OTHER LIFEVANTAGE NUTRITIONAL PRODUCTS WITH PHYSIQ PREBIOTIC?

Yes, you can use other LifeVantage nutritional products with PhysIQ Prebiotic.