



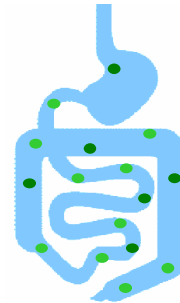
## smarter probiotics™

- ✓ Great-tasting drink mix formulated to help digestion and overall health
- ✓ Convenient add-to-water packets with probiotics and all-natural flavor



### get your phd™ in probiotics

Probiotics, or active cultures, are naturally-occurring, beneficial bacteria that form a protective layer in our digestive tract. 70% of our immune system is in our gut and is regulated by these bacteria. It's important to maintain a balanced supply of friendly "gut bugs" to help digestive and immune function, as well as remove toxins, process vitamins, and crowd out harmful bacteria. Learn more about probiotics at [www.drinkphd.com](http://www.drinkphd.com).



### why is phd to go a smart choice?

- Delivers live cultures** powder packs keep probiotics dry and alive until mixed with water
- Provides significant probiotic dose**
  - ✓ 6 probiotic strains that are clinically tested
  - ✓ 10 billion live cultures
  - ✓ 3g prebiotic fiber to help efficacy
- 3 Formulas** each with different probiotic strains



**berry balance**  
(strains chosen to balance digestion)

This blend has 6 probiotics in addition to high-quality ingredients to help maintain and restore your body's digestive balance.



**orange detox**  
(strains chosen to cleanse and purify)

This formula contains specific probiotic strains that help you detoxify and cleanse your body or reset your system after an antibiotic regimen.



**citrus boost**  
(strains chosen for immune function)

Formulated to naturally strengthen your immune system for when you feel a cold coming or are about to enter germ-filled environments.

### instructions:

1. Tear open packet
2. Add to 8-10oz water
3. Stir well and enjoy!



As a microbiologist, I'm passionate about gut health and wanted to create smarter probiotic products: more effective, great-tasting and with the best ingredients.

Thanks for choosing phd products!

Dave Tabaczynski, Founder

learn more at [www.drinkphd.com](http://www.drinkphd.com)



smarter  
probiotics™

## what probiotic strains are in each formula?

Strain	Berry Balance	Orange Detox	Citrus Boost
<i>lacto. acidophilus</i>	⊙	⊙	⊙
<i>bifido. bifidum</i>	⊙		⊙
<i>b. lactis</i> *	⊙	⊙	⊙
<i>l. rhamnosus</i>	⊙	⊙	⊙
<i>l. casei</i> **			⊙
<i>l. paracasei</i>			⊙
<i>l. plantarum</i> ***	⊙		
<i>b. breve</i>	⊙	⊙	
<i>b. longum</i>		⊙	
<i>l. salivarius</i>		⊙	

\* Used in Activia (for regularity) \*\* Used in Danactive (for immune function) \*\*\* Used in Goodbelly

## prebiotic fiber is key

The prebiotic fiber in **phd** enhances the effectiveness of the probiotics because:

1. It feeds them so that they can better grow in your system, and
2. It slows the transit time throughout your body so that they can stick to your insides!

We use the best fibers available, designed to help the probiotics colonize your body without making you gassy.

## bountiful bifidos

There are 2 types of probiotic strains out there: *lactobacilli* and *bifidobacteria*. A healthy gut is about 85% bifido, so we make sure that all **phd to go** products have lots of bifido cultures to promote a healthy balance in your system. Most other probiotic products, including kefir and pill formats, are either exclusively or mostly lactobacillus.

## frequently asked questions

### Is it possible to consume too many probiotics?

There is no research to suggest that you can overdose on probiotics or cause a gut imbalance by ingesting too many. What your body doesn't use is passed through with the rest of your food waste.

### The label says “contains milk, soy and barley” – can I have **phd to go** if I'm allergic to these?

Yes, the allergens are below detectable limits (about 1 part per billion) in the dried probiotic cultures in **phd to go**. When the probiotic bacteria are being grown, they eat these allergens for food, then they're washed and dried, leaving behind minimal amounts of milk, soy, barley. After other ingredients are added and you add water, the potential allergens are less than 1 part per quadrillion in the finished product. If you have any of these in the kitchen, you'd actually get more exposure just from that than in your **phd to go**!

### How long before I see results?

Everyone's different. Some people notice positive effects right away, others may need daily dosages to reset their system over the span of a few weeks. It really depends on the state of your gut.

### How long does the product last after releasing the probiotics?

Drink your **phd to go** within several hours (about 6) so that you get the maximum number of live cultures.

### What other health benefits can I get from **phd to go**?

Hydration, 3g fiber, low glycemic index, lower calorie refreshment, all-natural, organic. Oh, and it makes you fly :)

### Can I mix up different formulas or is it better to stick with just one flavor or formula of **phd to go**?

Although each formula is designed to give you the stated benefit, you can absolutely mix and match formulas. Because your body has about 600 species of bacteria in its “ecosystem” it's hard to know exactly which one will benefit you the most. However, all the formulas are designed to give you a solid round-up of different strains (types of bacteria) that help balance your gut.

more FAQs at [www.drinkphd.com](http://www.drinkphd.com)