








Recommended dosage Chart

DRINKABLE PROBIOTICS	RECOMMENDED DAILY DOSE	GENERAL RECOMMENDATIONS
<p>Original Line – 50B</p> 	<p>Each bottle contains 1 to 4 servings.</p> <p>When new to probiotics, start gradually and increase intake to target your needs.</p> 	<ul style="list-style-type: none"> + Always shake the bottle before drinking. Since the fermentation process keeps evolving, the texture may vary over time and the taste can be more tart when close to the best before date. + Must be refrigerated. + Once opened, a Bio-K+ bottle can last up to 7 days in the fridge, when the bottle is well closed. + You can take Bio-K+ at any time of the day, with or without food. Take it at the same moment on a daily basis. + Don't mix your probiotic with warm foods and do not cook it.
<p>Bio-Kidz – 12.5B</p> 	<p>Each bottle contains 1 serving.</p> <p>1 bottle daily to benefit from the active and alive bacteria.</p>	
<p>Extra Line – 80B</p> 	<p>Each bottle contains 1 serving.</p> <p>1 bottle daily to fully benefit from the active ingredients. A great option for regular probiotic users looking for extra support.</p>	
PROBIOTIC CAPSULES	RECOMMENDED DAILY DOSE	GENERAL RECOMMENDATIONS
<p>Original Line – 12.5B, 25B or 30B</p> 	<p>1-2 capsules once daily</p> <p>at any time of the day, with or without food. Take it at the same moment on a daily basis.</p>	<ul style="list-style-type: none"> + Capsules are suitable for children of 6 years and older provided they can swallow the capsules. + Do not open the Bio-K+ capsules. All of our capsules feature targeted release technology to protect the probiotic bacteria and ensure they are deployed after reaching the intestinal tract. + We recommend asking a doctor before taking the Bio K+ capsules if you have a compromised immune system. You can refer to our packaging for more details on contraindications.
<p>Antibio Pro – 50B</p> 	<p>1-2 capsules once daily</p> <p>and take at least 2-3 hours after taking the antibiotics and for the following 5 days.</p>	
<p>IBS Pro – 50B</p> 	<p>2 capsules per day at breakfast</p> <p>Take as recommended by a health professional.</p>	

