



# PROBIVITA

*DOUBLE YOUR STRENGTH*

Whey supplement enriched with probiotic for the optimal absorption of protein

Almost 60% of runners and endurance athletes who train intensely experience gut dysbiosis

Whey protein is a popular sports nutrition ingredient, known for its high quality, and superior content of essential amino acids. In combination with probiotic, it provides complete health benefits to athletes.

PROBIVITA contains *Bacillus coagulans* Unique IS-2 and whey for better absorption and utilization of protein and for improved gut performance.

## INDICATION AND CAUSES

A sport activity generates physiological stress in the body and gut. This also raises gut core temperature and reduces blood flow to the intestine, which may

- Disturb gut flora
- Reduce the absorption of nutrients
- Lead to poor immunity
- Potentially shift the microbial composition

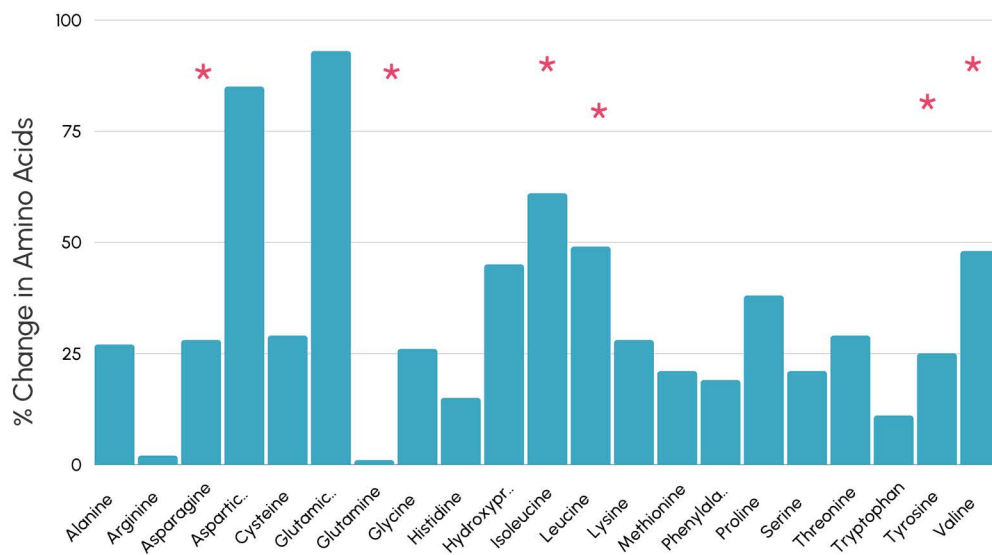
Poor absorption of protein and nutrients will cause

- Microscopic damage to the muscle fibers
- Muscle soreness or stiffness.

## BENEFITS

- Enhances the absorption of amino acids especially the branched chain amino acids important for muscle synthesis
- Improves athletic performance
- Enhances recovery from fatigue
- Improves immune function
- Helps maintain a healthy gut

## CLINICAL STUDIES



\* Significant difference between *Bacillus coagulans* Unique - IS2 and placebo group ( $p < 0.01$ )

PROBIVITA consumption led to

- Significant increase in absorption of all the essential amino acids
- Significant increase in BCAAs (leucine, isoleucine, valine) which are required for muscle synthesis

### COMPOSITION

Each scoop contains:  
Bacillus coagulans Unique IS-2 - 2 bn cfu  
Whey protein - 20 g

### DOSAGE

One scoop daily with milk or water