

OptiFlora+ Lemon Lime Chewable Tablets

Daily gut health support for the whole family

OptiFlora+ Lemon Lime Chewable Tablets modernises probiotic supplementation into a convenient, enjoyable, affordable and wellness-focused product that supports gut health and wellbeing, powered with Rooibos.

This lemon and lime flavoured chewable tablet contains a 9-strain probiotic blend delivering 5 billion CFU, formulated to help support digestive balance, gut health and daily wellness, with the addition of green Rooibos for antioxidant support. Healthy skin and wellness start from within.

Benefits

- 9-strain probiotic blend delivering 5 billion live cultures per serving
- Convenient lemon & lime flavour suitable for the whole family
- Chewable format to encourage daily use
- Includes prebiotics that help probiotics grow and green Rooibos for antioxidant support
- Probiotics may help support:
 - Digestive comfort
 - Gut balance
 - Healthy bowel regularity
 - Healthy microbiome diversity
 - Wellness during stressful periods
 - Recovery after antibiotics
 - Everyday immune support

Recommended Dosage

Adults:

- Morning:** Take 1-2 tablets with breakfast or 30 minutes before breakfast.
- Evening:** If preferred, take it with your evening meal.

If you are taking antibiotics, take your probiotic at least 2 hours before or after the antibiotic dose to help maintain the viability of the beneficial bacteria.

Children 4+ years:

- Take 1 chewable tablet daily, preferably with a meal.

What are Probiotics?

Probiotics are beneficial live microorganisms that help support the natural balance of bacteria in the digestive system.

Understand the Gut Microbiome

Your digestive system contains trillions of microorganisms, known as the gut microbiome. Think of it as an ecosystem. When the good bacteria outnumber the harmful bacteria, your digestive system functions more efficiently.

A healthy microbiome helps support:

- Digestion
- Nutrient absorption
- Immune function
- Gut barrier integrity
- Overall wellbeing

When disrupted, people may experience:

- Bloating
- Gas
- Constipation
- Diarrhoea
- Digestive discomfort
- Feeling run down

