**What Is It?**

Each great-tasting chewable probiotic tablet provides 3 billion CFU of the beneficial bacteria *Streptococcus salivarius BLIS K12*, *Lactobacillus salivarius*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Lactobacillus reuteri* and *Bifidobacterium lactis*. This formula is designed to support microflora balance and normal immune system function in the oral cavity, including nasopharynx, throat, adenoid and gum tissue.*

**Uses For Ora-Probiotic**

**Oral Health:** *S. salivarius* is the predominant bacterial species in the human mouth. It has been detected in breast milk and is used in the production of certain fermented dairy products. Each tablet provides a minimum of 1 billion CFU *S. salivarius BLIS K12*. Studies indicate that regular supplementation supports a healthy microflora balance in the oral cavity, nasopharynx, throat and adenoid tissue. In addition to competing for nutrients and attachment sites, it also produces two powerful microbial defense proteins, Salivaricin A and Salivaricin B. Furthermore, research indicates that *S. salivarius BLIS K-12* supports healthy immune system function at the genetic level, promoting healthy cytokine production, epithelial cell function, cell development and cell signaling. It may also promote healthy breath by supporting a healthy microflora balance on the tongue. Similar support for healthy microflora balance, respiratory tract health and microbial defense in the oral cavity has been revealed with *L. plantarum*, *L. rhamnosus*, *L. salivarius* and *B. lactis*, while *L. reuteri* promotes healthy cytokine production in the mouth and gum tissue.*

**What Is The Source?**

*Streptococcus salivarius BLIS K12*, *Lactobacillus salivarius*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Lactobacillus reuteri* and *Bifidobacterium lactis* are grown on a dairy medium and may contain small amounts of residual dairy peptides.

---

**Recommendations**

Pure Encapsulations recommends:
- **Children ages 2 and up:** chew slowly 1 tablet per day.
- **Adults:** chew slowly 1-2 tablets per day, in divided doses.

**Are There Any Potential Side Effects Or Precautions?**

Probiotics may result in mild flatulence, which should subside with continued use. They may be contra-indicated for use with immunocompromised individuals. If pregnant or lactating, consult your physician before taking this product.

**Are There Any Potential Drug Interactions?**

Probiotics may be contra-indicated with immunosuppressant medications. Consult your physician for more information.