



RECOVERY CARE PRODUCTS  
THE GIFT OF RECOVERY

## PURE PROBIOTIC POWER HEALING



### **What is RCP Pure Probiotic?**

RCP Pure Probiotic is a highly dynamic multi-probiotic, formulated with 21 Billion CFU's, 11 synergistic strains and prebiotic fiber Inulin. Each capsule contains DR DE111, a clinically tested strain of bacillus subtilis, proven to survive stomach acid and colonize throughout the lower intestine for greater digestive relief and optimal colon health.

### **Why Should I take Pure Probiotic Before and After Surgery?**

Taking a probiotic supplement before and after a surgical procedure can counteract the negative effects of antibiotics, anesthesia and pain meds (such as post-surgical infections and digestive disturbances) resulting in a more comfortable and stronger recovery.

### **Why Should I take a Pure Probiotic Daily?**

The human body harbors nearly 100 trillion bacterial cells in the intestines that keep pathogenic microbes in check, promote healthy digestion and aid in nutrient absorption. Maintaining a healthy population of probiotic bacteria can be difficult as our bodies endure environmental and lifestyle factors that can compromise probiotic activity, such as overuse of prescription antibiotics, eating processed foods, eating a diet high in sugar, exposure to environmental toxins and chronic stress. Taking a probiotic daily may help and support digestive and immune health.

### **What Exactly are Probiotics?**

**Probiotics** are live bacteria and yeasts that are good for you, especially your digestive system. Probiotics are living organisms that need food to stimulate growth and replication. The good bacteria in the gut helps to control populations of potentially harmful organisms, like bad bacteria and Candida, in the digestive tract. Digestive disturbances and infections can occur when populations of bad microorganisms outnumber the good.

### **What is Prebiotic Inulin?**

Prebiotics are a nutritional source to feed and stimulate probiotic (good bacteria) activity. Prebiotic fibers like inulin also support nutrient absorption during the digestion process. Prebiotics are specialized plant fibers. They act like fertilizers that stimulate the growth of healthy bacteria in the gut.

### **What are CFU's?**

CFU stands for "colony forming units" and is used to quantify how many bacteria are in **probiotics** that can divide and form colonies. We know that **probiotic** bacteria are alive and active if they colonize.

### **What are Probiotic Strains?**

Probiotic effects are *strain* specific. Even though bacteria may come from the same species and may share certain characteristics, their functions can vary by strain. Specific strains can benefit your body in different ways.



RECOVERY CARE PRODUCTS  
THE GIFT OF RECOVERY

## PURE PROBIOTIC POWER HEALING



### **What are the Substrains Listed next to Each Strain?**

These indicate that a specific strain has undergone clinical studies. Avoid probiotic formulas that do not name the substrain. When omitted, this typically indicates cheaper strains were used that were neither studied nor proven to be effective. Find a probiotic that includes the substrains to ensure credibility and optimal effectiveness.

### **What is the Definition of a Clean Supplement Label?**

A Clean Label product is one that does not use extra chemical ingredients such as magnesium stearate and silicone dioxide. Many probiotics are riddled with toxic materials such as preservatives, bulking agents, fillers and excipients, animal by-products, artificial colors and dyes.

### **What are some Probiotic Tips to Prolong the Cell Life?**

- Make sure to seal your probiotic bottle tight after each use
- Don't expose the probiotics to excessive heat or temperatures
- Don't handle the supplements and then put them back in the bottle, this may introduce moisture into the bottle from your hands
- May refrigerate for optimal viability

### **What are the Directions?**

- Please adhere to your physician's protocol for this product
- Begin taking two weeks prior to surgical procedure
- Take 2 capsules on an empty stomach once daily
- Continue using for one month after procedure or indefinitely

### **How many Capsules are in a Bottle?**

There are 60 capsules in a bottle that will last 30 days if 2 capsules are taken daily.

### **What Warnings Should I be Aware of?**

If you are pregnant, nursing or taking any medications, consult your doctor before use. If any adverse reactions occur, immediately stop using the product and consult your doctor. If seal under cap is damaged or missing, do not use. **Keep away from children.**

### **Are there any Side Effects?**

Because probiotics already exist naturally in the body, probiotic supplements are generally considered safe. They may trigger allergic reactions and may also cause mild stomach upset for the first few days.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.