



Balance Your Body, Balance Your Life

Now is the time to take control of your health and finally achieve total-body wellness. Restore your body's natural balance with **Nutrifiil™ Culturix™**, offering an advanced formulation of 15 different strains of broad-spectrum live cultures.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 28

	Amount Per Serving	%DV
Probiotic Blend	20 billion CFU	*
Lactobacillus gasseri, Lactobacillus plantarum, Bacillus subtilis, Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium longum, Lactobacillus casei, Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus reuteri, Lactobacillus salivarius, Streptococcus thermophilus, Lactobacillus fermentum, Saccharomyces boulardii, Lactobacillus acidophilus		
Prebiotic Inulin	250 mg	

*Daily Value (DV) Not Established.

Other Ingredients: Hypromellose, Gellan Gum, Rice (*Oryza Sativa Cera*) Bran.



CLEANSE



FORTIFY



BOOST



20 BILLION CFU OF GOOD BACTERIA STRAINS



BROAD-SPECTRUM GOOD BACTERIA WITH 15 DIFFERENT STRAINS



CONTAINS PLANT FIBRES



DELAYED-RELEASE VEGGIE CAPSULES

TRUST YOUR GUT, FEEL YOUR BEST

When you keep your body in check, you become a happier, healthier version of you! Supplementing a wholesome diet with Culturix can help support your body by giving it the tools it needs in your everyday life.

HEALTHY LIVING STARTS HERE

With 15 varied good bacteria strains in addition to fermentable fibre from Inulin, Culturix is a unique product made specially for you. Don't underestimate how powerful live cultures can be for your body! Over time and with consistent daily use, you'll notice a difference in your overall health and wellness.



NON GMO



SOY FREE



DAIRY FREE



GLUTEN FREE



VEGAN



NO REFRIGERATION REQUIRED



Make the Change, See the Difference

Are you getting a sufficient amount of nutrients in your diet each and every day? You may not realize it, but a well-rounded diet paired with the right supplements can be extremely powerful. When your body is out of balance, it can cause you to feel run-down. By adding Culturiix to your daily routine, you can help bring your body back to centre, thanks to the variety of health benefits that this tiny capsule provides.

WHY IT'S DIFFERENT

- Wide variety of bacteria strains - 20 billion CFU
- 15 strains in one product, more than most other products
- Slow release capsule benefits
- Ideal pairing of Inulin and bacteria strains
- Boosts mood & wellbeing

RECOMMENDED USAGE

It's best to take 1 capsule per day, 1-2 hours before or after eating. When used in conjunction with antibiotics, take the product 1-2 hours AFTER antibiotic ingestion and 3-7 days beyond antibiotic completion. Store in a cool, dry place, protected from light. Keep out of reach of children.



WHAT MAKES CULTURIIX DIFFERENT?

1. 15-strain diversity for whole-body benefits

Most live culture supplements you'll find at your average grocery store or vitamin shop only incorporate a few different strains of good bacteria, which aren't varied enough to support proper balance. The multiple good bacteria strains found in Nutrifii Culturix ensure that your body benefits in the most optimal and holistic way.

2. Superior storage & packaging

Live cultures are living organisms that are very sensitive to moisture, light and oxygen, and can easily be affected by extreme temperatures. In order to provide a quality product with a high CFU count that's guaranteed through the expiration date, ours are packaged in a brown glass bottle – the perfect environment for these delicate veggie capsules! They have a fondness for darkness, so it's best to store them in your kitchen cabinet or anywhere that's out of direct sunlight. Just be sure to keep them OUT of your fridge and away from any heat or moisture.

3. Delayed-release veggie capsules

To reach the intestines, a supplement must pass through the stomach – a highly acidic environment. By nature, stomach acid inhibits bacteria so they cannot survive. Depending on the material used to create the capsule, it'll most likely dissolve in the stomach acid before it can actually get to work, resulting in a less effective product. Our delayed, slow-release capsules ensure that the live bacteria strains included in every serving of Culturix will reach both your small and large intestines, where they can maximize their beneficial effects.

4. Listed substrains to guarantee effectiveness*

Some supplements don't list sub-strains, which could be a warning sign that they use low-quality or less effective strains in their formulations. With Culturix, we only use bacteria strains proven in effectiveness, so you never have to question what's included in our formula – just check out the ingredient list!

1. **Lactobacillus gasseri UALg-05™**
A normal commensal microorganism of the gastrointestinal tract as well as a dominant member of the healthy vaginal tract.
2. **Lactobacillus plantarum UALp-05™**
A widely used bacteria strain found in a variety of environments including the respiratory, gastrointestinal and genital tracts.
3. **Lactobacillus casei UALc-11™**
Found naturally in fermented foods.
4. **Lactobacillus paracasei UALpc-04™**
A widely used bacteria strain that has been isolated from a variety of environments, including plants as well as the gastrointestinal tract, where it's part of the healthy flora.
5. **Lactobacillus rhamnosus UALr-06™**
Found in a variety of environments including the respiratory, gastrointestinal and genital tracts of healthy humans, *L. rhamnosus* is one of the most common *Lactobacillus* species in breast-fed infants.
6. **Lactobacillus reuteri UALre-16™**
Found in a variety of environments including the respiratory, gastrointestinal and genital tracts.
7. **Lactobacillus fermentum LF 33**
A live cultures bacterium that is located naturally in the mouth, gastrointestinal tract and vaginal tract.
8. **Lactobacillus salivarius UALs-07™**
Found in a variety of environments including the respiratory, gastrointestinal and genital tracts.
9. **Streptococcus thermophilus St-21**
Often found in the colon and benefits digestive and immune systems
10. **Lactobacillus acidophilus UALA-01™**
Can be found in a variety of environments including the respiratory, gastrointestinal and genital tracts. Particularly well-suited to survive gastrointestinal transit.
11. **Bifidobacterium bifidum UABb-10™**
A common resident of the colonic microbiota.
12. **Bifidobacterium lactis UABla-12™**
Assists with overall digestive health and comfort while potentially improving quality of life impacted by digestive health.
13. **Bifidobacterium longum UABI-14™**
Among the most prevalent species in the healthy human gastrointestinal tract. The species is particularly well studied in human clinical trials.
14. **Saccharomyces boulardii**
Helps to maintain normal balance of friendly bacteria in the intestine that modulates immunity.
15. **Opti-biome® bacillus subtilis MB40**
This strain is naturally protected by its spore coating, which provides resistance to pH and temperature extremes and ensures long-term stability.

*Sources: <https://uaslabs.com/offerings-services/probiotic-contract-manufacturing/probiotic-species/>
<https://www.ns-healthcare.com/pressreleases/gnosis>
<https://bcmicrobials.com/wp-content/uploads/2020/02/BCM-MB40-Manuscript-Final-Draft-20205.pdf>



Frequently Asked Questions

What are live cultures?

Live cultures are beneficial bacteria or natural cultures found in our gastrointestinal tract that contribute to our overall health and wellbeing.

Who should use Culturiix?

Consult your primary care or gastroenterologist before taking supplements if you have any serious illnesses or weakened immune system.

Should Culturiix be taken with food?

It's recommended to take Culturiix 1-2 hours before or after eating food, for maximum benefit.

Is Culturiix free of allergens?

Culturiix is gluten-free, vegan, dairy-free, soy-free and non-GMO.

Is it ok to take Culturiix while consuming other products containing good bacteria, such as Slenderiiz™ Pure Nourish™, Giving Greens™, yogurt or kombucha etc.?

Yes, having a variety of nutrients and good bacteria in your diet is always beneficial. It is also just as important to check in with your body and see how you feel as you introduce new foods, supplements, etc.

Can I take Culturiix with other Nutrifi supplements?

Yes, it's always recommended to include various supplements in your daily routine.

How were the bacteria strains chosen for Culturiix?

Each strain was specifically chosen to support overall health and wellness.

Will the strains weaken as they approach the expiration date?

The efficacy of each bottle of Culturiix is guaranteed through the expiration date.

Can some strains of good bacteria actually worsen your gut health?

In select cases, introducing live cultures can create some sensitivity. Consult your primary care or gastroenterologist before taking supplements if you have any serious illnesses or weakened immune system.

Can breastfeeding or pregnant women take Culturiix?

If you have specific concerns, consult your primary care physician or gastroenterologist before taking supplements.

Are there any risks of taking a live cultures supplement?

If you have specific concerns, consult your primary care physician or gastroenterologist before taking supplements.

Why does Culturiix not need refrigeration like other live cultures I've used?

Because live cultures are living organisms, they are very sensitive to moisture, light and oxygen, and can easily be affected by extreme temperatures. Placing your Culturiix in the refrigerator can weaken the potency of the product due to too much moisture. Since live cultures tend to have a fondness for darkness, it's best to store them in your kitchen cabinet or anywhere that's out of direct sunlight.