



NATURE'S SUNSHINE

Eleven Elevated (NutriBiome)

GOOD FOR

Digestive System

Immune System

Colon (Large Intestine)

SIZE **60 capsules**

ITEM # **1514**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take two VegCaps daily with a meal. Keep refrigerated.

— How the Key Ingredients Work

Eleven Elevated brings together eleven carefully chosen probiotic strains and two prebiotic fibers that work as food for your good bacteria, helping your digestive system, immune defenses, and overall wellness stay in balance every day.

Lactobacillus rhamnosus — One of the most widely studied friendly bacteria around, *L. rhamnosus* helps ease everyday stomach discomfort and supports a healthy gut lining. Research shows it may also play a role in skin clarity through the gut-skin connection, and it has been studied for its positive effect on immune responses linked to seasonal allergies.

Bifidobacterium bifidum — *B. bifidum* is a well-researched strain with strong evidence for calming bloating, abdominal discomfort, and digestive upset. Studies show that more than half of participants in clinical trials reported meaningful relief. It also supports healthy blood sugar balance and has been studied for its role in a calm, resilient gut environment.

Lactobacillus acidophilus — A cornerstone probiotic strain found naturally in the gut, *L. acidophilus* has been shown in clinical trials to reduce abdominal pain and support healthy digestion. It has also been studied for helping maintain a balanced environment that keeps unwanted yeast in check, and for supporting healthy blood pressure levels in at-risk groups.

Lactobacillus plantarum — *L. plantarum* is a hardy, versatile strain that survives well through the digestive tract. Clinical research supports its ability to reduce bloating and abdominal symptoms, ease heartburn discomfort, and support clearer skin. It also helps the body maintain its natural antioxidant defenses, especially during times of physical stress.

Bifidobacterium longum — *B. longum* is a foundational gut resident with a broad range of benefits backed by clinical trials. It has been shown to support a calmer mood and lower stress-related anxiety, help maintain healthy blood sugar levels, and ease IBS-related abdominal discomfort — making it one of the most versatile strains in this formula.

Lactobacillus casei — *L. casei* has been studied for its ability to support digestive comfort and overall gut health, particularly in combination probiotic formulas. Research also points to its role in supporting healthy blood pressure and immune balance, with clinical evidence exploring its effects on the body's inflammatory response in autoimmune-related conditions.

Bifidobacterium infantis — *B. infantis* is a naturally dominant strain in a healthy gut and has strong clinical evidence for relieving IBS-related abdominal discomfort. It has also been studied for supporting immune development and helping children's digestive systems thrive, making it a meaningful addition for whole-family gut wellness support.

Streptococcus thermophilus — Best known for its role in yogurt fermentation, *S. thermophilus* also contributes real wellness benefits. It has been studied for supporting digestive comfort, helping the body manage blood sugar in animal models, and producing natural antioxidant compounds. It also produces lactase, which helps the gut break down dairy more comfortably.

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