



NATURE'S SUNSHINE

AIVIA Performance Probiotic

Vegetarian

Non-GMO

GOOD FOR

Digestive System

Immune System

Musculoskeletal System

SIZE **30 packets**

ITEM # **23287**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Pour the contents of 1 stick pack (2.5 g) directly into your mouth once a day when you drink an AIVIA protein shake.

— How the Key Ingredients Work

AIVIA Performance Probiotic brings together a carefully chosen team of live cultures, prebiotic fibers, and a natural enzyme — each one playing its own role in keeping your digestive system balanced, your gut lining strong, and your whole body feeling its best day after day.

Bacillus subtilis — This tough, spore-forming probiotic survives the journey through your digestive tract and gets to work where it matters most. It helps crowd out unfriendly bacteria, supports the lining of your gut, and encourages a healthier balance of good microbes in your colon — so your digestive system runs more smoothly.

Lactobacillus plantarum — One of the most well-studied friendly bacteria around, *L. plantarum* helps ease abdominal discomfort and bloating, supports your gut's natural defenses, and even plays a role in healthy-looking skin. It also helps your body maintain its antioxidant balance, especially during times of physical stress or exercise.

Lactobacillus rhamnosus — Widely recognized for its digestive benefits, *L. rhamnosus* has been shown in multiple clinical studies to help reduce abdominal pain and support a healthy gut barrier. It also supports immune balance and has been studied for its role in the gut-skin connection, making it a true all-rounder in this formula.

Bifidobacterium animalis — A friendly bacteria naturally found in a healthy gut, *B. animalis* helps reduce abdominal distension and general digestive discomfort. It has been extensively studied in both adults and children, and research supports its role in keeping your digestive system comfortable and your gut microbiome in good shape.

FOS (Fructooligosaccharides) — Think of FOS as food for your good gut bacteria. These naturally occurring prebiotic fibers pass through your stomach undigested and feed the beneficial microbes living in your colon, helping them thrive. FOS also supports healthy calcium absorption and has been studied for its role in helping the body manage blood sugar levels.

Inulin — Inulin is a gentle, plant-based prebiotic fiber that nourishes your gut's friendly bacteria from the inside out. By supporting the growth of beneficial microbes, it helps keep your digestive environment balanced. Research also shows it may support appetite management and help the body absorb calcium more effectively for healthy bones.

Serratiopeptidase — Derived from a natural source, serratiopeptidase is a proteolytic enzyme that has been studied for its ability to help the body manage swelling and discomfort. It is commonly used to support comfort in the joints and muscles, and research points to its potential role in supporting a healthy inflammatory response throughout the body.

Sunflower Oil — Sunflower oil is included as a natural carrier rich in vitamin E, one of the body's key antioxidant nutrients. Vitamin E helps protect your cells from everyday oxidative stress, supports healthy skin, and contributes to overall cellular wellness — making it a smart, functional addition to this formula.

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