



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Probiotics

Our bio-algae concentrates products, BioPreparation and BioSuperfood, have ample nutrition that may encourage the maintenance of friendly bacteria in the gut to thrive and repopulate themselves. However, if the gut is too deficient (for example because of antibiotics) or is not getting enough live, raw nutrients (for example from fermented foods and yogurt), then isolated probiotic supplements may be needed in the interim. We have used the following products successfully in our family and with our clients:

1. For Pets — ***Pet Flora*** from Vitality Science, Inc., this is a soil-based product which is better for pets than traditional dairy-based products for people.
Pet Flora for Cats (from <https://vitalityscience.infusionsoft.com/go/PFC/optimum/>).
Pet Flora for Dogs (<https://vitalityscience.infusionsoft.com/go/PFD/optimum/>).
2. For Pets — ***Rx Biotics*** by Rx Vitamins, this is a veterinary-grade product available from holistic vets and on the internet (from <http://www.pureformulas.com>).
3. For People — ***Life 5 - Hi-Potency Probiotic*** from Young Living (from <http://oc-yleo.younglivingworld.com>, do a product search for ***Life 5***).