

VITAL FLORA — probiotics

30 capsules with the MICROCORE™ complex. One with breakfast.

INTB049

In short

- MICROCORE™ complex
- 30 capsules of 350 mg — one month at one a day
- Gluten-free and lactose-free

How to use it

One capsule a day with a main meal, with a glass of water.

Worth knowing before you buy

- One capsule carries 25 billion live cells of three strains: 5 billion *Lactobacillus acidophilus* LA1, 10 billion *Lactiplantibacillus plantarum* LP09 and 10 billion *Lacticaseibacillus rhamnosus* CRL1505.
- The capsule shell is plant-based, not gelatin.

Full ingredient list

MICROCORE™ complex (*Lactobacillus acidophilus* LA1, *Lactiplantibacillus plantarum* LP09, *Lacticaseibacillus rhamnosus* CRL1505); plant-based capsule (hydroxypropyl methylcellulose, zinc oxide, carrageenan); bulking agent: microcrystalline cellulose; anti-caking agents: magnesium stearate, micronised silica.