

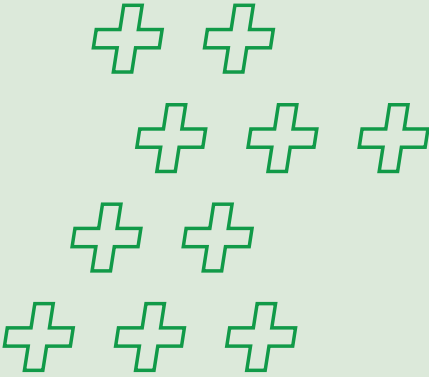

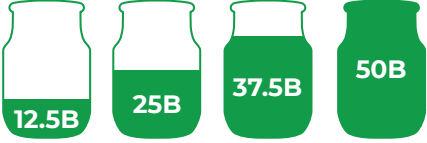




# Recommended dosage Chart

DRINKABLE PROBIOTICS	RECOMMENDED DAILY DOSE	GENERAL RECOMMENDATIONS
<p><b>Original Dairy – 50B</b></p> 	<p><b>Each bottle contains 1 to 4 servings.</b></p> <p>When new to probiotics, start gradually and increase intake to target your needs.</p> 	<ul style="list-style-type: none"> <li>+ Always shake the bottle before drinking. Since the fermentation process keeps evolving, the texture may vary over time and the taste can be more tart when close to the best before date.</li> <li>+ Must be refrigerated.</li> <li>+ Once opened, a Bio-K+ bottle can last up to 7 days in the fridge, when the bottle is properly closed.</li> <li>+ You can take Bio-K+ at any time of the day, with or without food. Take it at the same moment on a daily basis.</li> <li>+ Don't mix your probiotic with warm foods and do not cook it.</li> </ul> 
<p><b>Original Vegan – 50B</b></p> 	<p><b>Each bottle contains 1 to 4 servings.</b></p> <p>When new to probiotics, start gradually and increase intake to target your needs.</p> 	
<p><b>Extra Line – 80B</b></p> 	<p><b>Each bottle contains 1 serving.</b></p> <p>1 bottle daily to fully benefit from the active ingredients. A great option for regular probiotic users looking for extra support.</p>	
PROBIOTIC CAPSULES	RECOMMENDED DAILY DOSE	GENERAL RECOMMENDATIONS
<p><b>Original Line – 30B, 50B or 80B</b></p> 	<p><b>1 capsules once daily.</b></p> <p>at any time of the day, with or without food. Take it at the same moment on a daily basis.</p>	<ul style="list-style-type: none"> <li>+ Capsules are recommended for adults only.</li> <li>+ Do not open the Bio-K+ capsules. All of our capsules feature targeted release technology to protect the probiotic bacteria and ensure they are deployed after reaching the intestinal tract.</li> </ul>