

Week...

(Keep track of your
12 week progress here)



500ml

Lid - check locally

SYMPROVE™



Gluten Free



Dairy Free



**Suitable for Vegans
and Vegetarians**



No Added Colours

Ingredients

Water, extract of germinated barley, live activated cultures of: *L. rhamnosus* NCIMB 30174, *E. faecium* NCIMB 30176, *L. plantarum* NCIMB 30173, *L. acidophilus* NCIMB 30175; acidity regulators: ascorbic acid, trisodium citrate; preservative: potassium sorbate.

Manufactured and distributed by Symprove Ltd.
The Sands Business Centre, Sands Road,
The Sands, Farnham. GU10 1PX, UK.

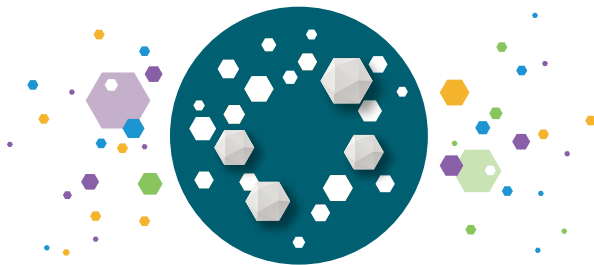
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SYMPROVE™

Water-based food supplement with
Live & Active Bacteria



**Original
Flavour**

Instructions

Shake bottle gently before use.
Take one full cup (70ml) of
Symprove every morning
**10 minutes before
you eat or drink.**

Designed to deliver approximately
10 billion colony forming units
(CFUs) per cup.

Food supplements should not be used as
a substitute for a balanced and varied diet.

Do not exceed the recommended
daily dose.

Storage

Keep in the fridge once opened. Store in
a cool, dry place out of reach of children.

**Please do not heat or freeze as you may
damage the live and active bacteria.**

See accompanying leaflet for
further details.

For FAQs visit www.symprove.com