needed.®

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of Needed's prenatal Pre/Probiotic.

Needed.® is a nutrition company on a mission to empower real nourishment in women on their motherhood journey. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at **thisisneeded.com.** If you have questions, drop us a note at **practitioners@thisisneeded.com.**

A tailored Pre/Probiotic is key to a healthy microbiome for mama and baby.

- ✓ The right strains support mama's health today, and baby's for a lifetime to come
- ✓ Foods like fermented vegetables, yogurt, kefir, and kombucha can be helpful, but often aren't enough

A better prenatal Pre/Probiotic is needed.

- ✓ Targeted strains of spore-forming and non–spore-forming bacteria needed before, during, and after pregnancy
- ✓ Optimal quantities (26 Billion CFU) and forms that survive digestion
- ✓ Prebiotics for additional support in cultivating healthy bacteria
- ✓ Powder in clean capsules for safe keeping
- ✓ Expertly formulated in partnership with the leading microbiome researchers at Microbiome Labs, naturopathic and functional medicine doctors, and other practitioners and researchers
- ✓ Every batch is third-party tested

healthy immunity for mama and baby

seeding baby's microbiome

mama's microbiome, including vaginal health

mama's digestion and nutrient absorption

mama's balanced mood and healthy blood sugar/pressure

"From all the research that we have done and what we know collectively as a society about the microbiome, we know how critical pregnancy focused microbiome support is for both mom and baby. We were thrilled to finally find the right company to partner with to bring a pregnancy focused probiotic to life with."

– MICROBIOLOGIST KIRAN KRISHNAN OF MICROBIOME LABS

We offer a comprehensive formula that provides unmatched cultivation of the vaginal and gut microbiomes in order to support positive health outcomes for mama and baby.

3 Lactobacillus strains (17 Billion CFU)

- ✓ Lactobacillus bacteria are found in fermented foods like yogurt and kefir, but often without the exact strains and amounts needed
- ✓ Lactobacillus bacteria convert sugars into lactic acid which help increase the acidity of the gut and vagina, which helps reduce the growth of unfriendly bacteria
- ✓ These Lactobacillus strains cultivate healthy vaginal and gut microbiomes; support baby's health skin; boost maternal and infant immune functions; balance maternal mood; support healthy breastmilk; reduce the risk of infections[1]

Bifidobacterium strain (5 Billion CFU)

- ✓ Bifidobacterium are found in fermented foods like sauerkraut, but often without the exact stains and amounts needed
- ✓ This Bifidobacterium strain supports overall gut health, as a keystone species; cultivates healthy vaginal microbes; supports healthy digestion; supports baby's health skin; boosts maternal and infant immune functions; reduces allergic symptoms[2]

3 Bacillus Spores (4 Billion CFU)

- ✓ Bacillus spores were abundant in the foods consumed by our ancestors. Modern food systems and soil degradation have mostly eliminated our exposure to these needed organisms
- ✓ These Bacillus spores cultivate healthy vaginal and gut microbiomes; boost maternal and infant immune functions; balance maternal mood; improve B vitamin status; enhance butyrate production; support a healthy inflammatory responses; balance blood sugar[3]

2 Prebiotics (450mg)

- ✓ Natural prebiotics from citrus polyphenols and kiwi fruit enhance growth of healthy bacteria
- ✓ The prebiotics cultivate healthy vaginal and gut microbiomes; boost maternal and infant immune functions; pregnancy viability; enhance healthy short-chain fatty acid production; support a healthy inflammatory responses; balance blood sugar; reduce allergic symptoms[4]

Supplement Facts

Serving Size 2 Capsules
Servings Per Container about 30

Amount Per 2 Capsule Serving		
Needed.® Probiotic Blend	260 mg	26 Billion CFU
Lactobacillus acidophilus La-14®		9 Billion CFU **
Lactobacillus rhamnosus HN001		6 Billion CFU **
Bifidobacterium longum BI-05		5 Billion CFU **
Bacillus subtilis HU58™		2 Billion CFU **
Lactobacillus reuteri 1E1		2 Billion CFU **
Bacillus coagulans SC208		1 Billion CFU **
Bacillus clausii SC109		1 Billion CFU **
Needed.® Prebiotic Blend		
Citrus bioflavonoid complex (MicrobiomeX®)		250 mg **
Organic gold kiwifruit concentrate (Livaux® FOS)		200 mg **

** Daily Value not established.

Other Ingredients: Cellulose, Vegetable Capsule.

OTHER INGREDIENTS: CELLULOSE AND VEGETABLE CAPSULE

Our Products Work Best Together.

We designed our Pre/Probiotic to be taken with our Prenatal Multi, Omega-3, and Collagen Protein. Together, these products optimally nourish mama and baby before, during, and after pregnancy – and beyond.

Interested in sharing Needed?
We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit **thisisneeded.com/pages/practitioner.**

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WOMEN-OWNED BUSINESS
Certified B Corporation PENDING
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.