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Align 42 Capsules

Align Probiotic Daily Supplement User Manual

Your guide to supporting digestive health with Align Probiotic.

INTRODUCTION

Align Probiotic is a daily probiotic supplement designed to support your digestive system's natural balance. It contains the unique strain Bifidobacterium 35624™, which has been studied for over 20 years. This supplement naturally helps to soothe occasional abdominal discomfort, gas, and bloating, contributing to overall digestive confidence.

IMPORTANT SAFETY INFORMATION

- Parental supervision is recommended for the use of this product.
- Keep out of reach of children.
- You must be 18 years and older to order.
- This product is not intended to diagnose, treat, cure, or prevent any disease.

INGREDIENTS

Active Ingredient: Bifidobacterium 35624™ bacteria.

Other Ingredients: Microcrystalline cellulose, hypromellose, sucrose, magnesium stearate, sodium caseinate, titanium dioxide (color), trisodium citrate dihydrate, propyl gallate (antioxidant preservative), gellan gum. Contains: Milk.

DIRECTIONS FOR USE

Take one capsule per day. For best results, it is recommended to store Align below 86°F (30°C) in the original blister unit. The capsules are not too large or hard to swallow, making them easy to incorporate into your daily routine.

KEY FEATURES

- **Physician Recommended:** Align Probiotic is the #1 probiotic recommended by Gastroenterologists for over 15 years.
- **Well-Studied Strain:** Contains the unique Bifidobacterium 35624™ strain, backed by over 20 years of research.
- **Digestive Support:** Naturally helps build and support a healthy digestive system, reducing occasional abdominal discomfort, gas, and bloating.
- **Guaranteed Potency:** Contains guaranteed levels of live probiotic CFUs in each dose, with each lot DNA tested for strain authenticity.
- **Dietary Friendly:** Gluten-free, vegetarian, and soy-free.
- **No Refrigeration Needed:** Advanced packaging ensures potency and survivability without refrigeration, making it convenient for travel.

PRODUCT SPECIFICATIONS

Attribute	Detail
Brand	Align
Flavor	Unflavored
Primary Supplement Type	Probiotic
Unit Count	42 Count
Item Form	Capsule
Item Weight	3.05 ounces
Item Dimensions L x W x H	2.3 x 2.3 x 5.5 inches
Special Ingredients	Bifidobacterium 35624™ bacteria.
Diet Type	Gluten Free
Date First Available	June 23, 2006

STORAGE AND MAINTENANCE

To maintain the potency and effectiveness of Align Probiotic, store the capsules in their original blister unit below 86°F (30°C). Refrigeration is not required. Ensure the packaging is sealed properly after each use to protect the capsules from moisture and air.

TROUBLESHOOTING

When first starting a probiotic supplement like Align, some individuals may experience mild, temporary digestive changes such as increased gas or bloating as their system adjusts. This is generally normal and should subside within a few days or weeks as your body adapts to the new beneficial bacteria. If discomfort persists or worsens, discontinue use and consult a healthcare professional. Ensure you are taking the supplement consistently as directed for optimal results.

VISUAL GUIDE



Front view of the Align Probiotic 42-capsule packaging, highlighting 24/7 digestive support and doctor recommendation.



Illustration showing the transition from old blister pack packaging to the new bottle packaging for Align Probiotic.



Graphic illustrating how Align Probiotic helps relieve occasional bloating and gas, with a stylized digestive tract icon.

Make it a routine

WHAT TO EXPECT DURING YOUR FIRST MONTH OF TAKING ALIGN:



- With daily use, you are on your way to helping fortify your digestive system with good bacteria*
- You may experience some gas and bloating while your system is adjusting to probiotics!
- Continue to take Align once a day, every day to help soothe occasional bloating and gas*

Information on what to expect during the first month of taking Align, including digestive system adjustment and continued use benefits.



Icons indicating key product attributes: no refrigeration needed, vegetarian, and gluten-free.

CHOOSE THE BEST CAPSULE FOR YOU:

			
Helps support gut health*	✓	✓	✓
Helps relieve occasional bloating*	✓	✓	✓
Helps support feminine health*			✓
Helps support food breakdown**		✓	
Ingredients	Bifidobacterium 35624™	Bifidobacterium 35624™ Vitamin B12 Complementary Digestive Enzymes	Bifidobacterium 35624™ 2 feminine health probiotics Chaste tree

* HELPS SUPPORT THE BREAKDOWN OF FATS AND PROTEINS INTO CELLULAR ENERGY

Comparison chart helping users choose the best Align capsule for their needs, detailing benefits and ingredients across different Align products.

Official Product Videos

Video: Align Procter & Gamble

An official video from Procter & Gamble introducing Align Probiotic and its benefits for digestive health.

Video: Align Testimonials Procter & Gamble

Official testimonials from Procter & Gamble featuring individuals sharing their positive experiences with Align Probiotic.

Video: What are Probiotics?

A short informational video explaining what probiotics are and their role in digestive health.

Video: What to expect when starting probiotics

A brief guide on what to anticipate when you begin taking probiotic supplements, including potential initial adjustments.

Video: Why choose Align?

A concise video outlining the reasons to choose Align Probiotic for your digestive health needs.

WARRANTY AND SUPPORT

Specific warranty or detailed support information for Align Probiotic is not provided in this manual. For comprehensive details regarding product guarantees, customer support, or to address specific concerns, please refer to the official Align website or contact Procter & Gamble customer service directly. Always consult with a healthcare professional for medical advice related to your digestive health.

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