



Digestive Care

align™

probiotic
supplement

Your Daily Digestive
TRACKER & GUIDE
to using Align

Discover the difference
Align can make

WELCOME TO ALIGN[®]

a daily probiotic supplement

What is Align?

Align is a daily probiotic supplement that helps promote a healthy digestive system.* When taken daily, Align works by providing an ongoing natural defense against occasional digestive upsets.*



What is Bifantis®?

Bifantis is the trademarked name for a special, patented strain of beneficial bacteria, *Bifidobacterium infantis* 35624. Bifantis is the natural probiotic ingredient found only in Align. The specific and pure-strain of Bifantis found in Align helps build and maintain a strong and healthy digestive system.* Align is the only probiotic supplement that contains Bifantis.

How does Align work?

Not having enough beneficial bacteria in the digestive system can lead to digestive imbalance. Occasional digestive upsets can also be caused by changes in your routine, diet, stress, travel, antibiotic use, or other factors. By replenishing your system with healthy bacteria, Align helps restore your natural balance and brings peace to your digestive system.*

How do I know if Align is working for me?

Using the Daily Digestive Tracker will help you see how you are promoting your digestive balance. Restoring digestive balance is a process. Like an exercise program, it takes time to build a strong and healthy digestive system. With daily use, you can see the full benefit of Align: help build and maintain a strong defense against occasional digestive upsets.*

How long do I need to take Align?

Taking Align once a day, each day, just like a vitamin, is a healthy habit to get into for life to promote an ongoing defense against occasional digestive upsets that can interfere with your plans.*

Can I take Align with other supplements and medications?

Yes. There are no known interactions with Align and medications or other foods or dietary supplements. Please consult with a healthcare provider first if you have a serious digestive condition, are wondering if Align is right for you, or have questions or concerns about taking Align with your medications (including antibiotics).

Are there any side effects with Align?

In clinical studies, there was no difference in side effects between Align and placebo. In the first few days of taking Align (or other probiotics), you may experience some gas and bloating. This may be temporary while Align is working to balance your system.

What should I expect when taking Align?

Align delivers Bifantis®, a probiotic, to your digestive system beginning with the very first capsule.* If you take Align once a day, each day, you can help build and maintain a strong and healthy digestive system.* To get off to the right start, be sure to sign up for [My Align Advisor at AlignGI.com](#). This weekly email contains tips to help you along your journey to healthy digestion, and includes recipes and other information to help you get the most out of Align. Keep in mind that everyone responds to Align at a different pace, so be patient, and for best results, keep taking Align daily.

How do I take Align?

Take one Align capsule every day with water. You can choose to take Align any time during the day, with or without a meal.

What if I forget to take my daily Align capsule?

Align is most effective when taken daily. If you forget to take your Align capsule every now and then, there's no need to double up on Align capsules when you remember—just take the next capsule at your usual time as part of your routine. We recommend that you try to make taking your Align capsule part of a regular routine, as some people have told us that when they miss taking their capsule for several days in a row, they begin to notice some of the ups and downs that come with occasional digestive imbalance. Getting into a regular routine will help you avoid these ups and downs.

To get off to the right start, be sure to sign up for My Align Advisor at AlignGI.com.

This weekly e-mail contains tips to help you along your journey to healthy digestion, and includes recipes and other information to help you get the most out of Align.

Your personal 4-week DAILY DIGESTIVE TRACKER

Why use a daily digestive tracker?

Experience shows that people who use the Align® daily digestive tracker may notice results sooner. We recommend you use the tracker for the first 4 to 8 weeks of Align use to help see how Align is promoting your digestive balance!*

Take Align once a day, every day to help build and maintain a strong and healthy digestive system.*

To make Align part of your daily routine, start by choosing a time when taking Align fits your lifestyle.

I plan to take Align every day when I:

- Wake up and brush my teeth
- Take my other vitamins and supplements
- Eat a meal (note which one) _____
- Go to bed
- Other: _____

How to use your Align Daily Digestive Tracker

Every day: Use the “How am I today?” criteria to record your progress. Each day when you take Align, put an “X” in the color bar that matches how you feel. Because things like changes in routine, diet, antibiotic use, travel, and stress can trigger occasional digestive upsets, use the white bar to record any “triggers” that may apply to you.

How am I today?



Great! I’m free to plan my day, my way!



Good – few, if any interruptions from digestive upsets



Occasionally bothered – some interruptions from digestive upsets



Often bothered – frequent interruptions from digestive upsets

Common digestive triggers

SP = Spicy/problem food

S = Stressful day

T = Travel

SM = Supplements/Medications
(other than Align)

MC = Menstrual cycle

MA = Missed taking
Align today

	DAY 3	DAY 4		
			X	
		X		
X	X			
	SP	SM	T	

Every week:

Make sure to monitor your progress by using this daily tracker. Look for changes in the number of “good” to “great” days to see what Align is doing for you. Keep in mind that everyone responds to Align at a different pace, so be patient, continue to take your Align every day, and track your progress.

Every year:

Visit your doctor to review your digestive health. Be sure to share any progress that you have made with Align.

MONITOR YOUR

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

Personal notes

What to expect:

In the first few days of taking Align (or other probiotics), you may experience some gas and bloating. This may be temporary while Align is working to balance your system.* Remember, the path to digestive health is a journey—stick with Align and you'll be on your way to digestive peace.*

PROGRESS DAILY OVER THE

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

Personal notes

What to expect:

If you have been taking Align every day, you should already be noticing how easy it is to make Align part of your daily routine. If you stick with it, you can be on your way to ongoing protection against occasional digestive upsets.* And, you're working to promote a healthy digestive system, so keep it up.*

NEXT 4 WEEKS

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

Personal notes

What to expect:

Now that Align is part of your daily routine, putting your digestive health first should be second nature by now. Don't forget that you can also control other common digestive triggers such as spicy foods, stressful days, travel, and changes in diet or schedule. **Remember to obtain your next supply of Align—you won't want to miss a day of healthy digestive balance!**

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

Personal notes

What to expect:

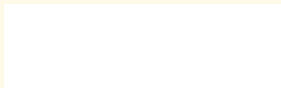
You may find that you now have fewer interruptions to your life due to occasional digestive upsets.* In fact, other people may be noticing you are doing something new. Continue to take Align once a day, each day, to help maintain your defense against occasional digestive upsets, and to keep your digestive system strong and healthy.*

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

You should feel good about doing something positive to promote the health of your digestive system!*

NOTE: The information in this Daily Digestive Tracker was based on the average experience of a large group of people. Because the experience of occasional digestive upsets varies from person to person, your body may respond somewhat faster or slower to Align. If you have persistent days rated "often bothered -- frequent interruptions from digestive upsets," this could be a sign of a serious illness, and you should consult a healthcare professional.

To learn more about Align visit AlignGI.com or call 1-800-208-0112.



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