

What is Align®?



Align is a daily probiotic supplement that help fortify your digestive system with healthy bacteria 24/7*§. When taken daily, Align works by supplementing your digestive system with healthy bacteria to help maintain your digestive balance.* Align comes in three forms: capsules, Banana Strawberry Smoothie flavored chewable tablets for Adults, and Cherry Smoothie flavored chewable tablets for Kids 6+ years old.

Is Align an antacid?



No, Align is a daily probiotic supplement that naturally helps promote and support a healthy digestive system.*

Is Align a laxative?



No, Align is a daily probiotic supplement that naturally helps promote and support a healthy digestive system.*

What is normal, healthy bowel function?



Gastroenterologists say that normal, healthy, normal bowel function can range from three bowel movements per day to three bowel movements per week. Because the definition of normal bowel function varies from person to person, you may want to talk to your doctor about what is normal for you. Align is intended for people who are interested in promoting and supporting a healthy digestive system.*

Who should take Align?



Healthy people who are interested in promoting their digestive wellness would benefit from taking Align. With continued daily use, Align helps fortify your digestive system with healthy bacteria 24/7 to help support a healthy digestive system and maintain digestive balance.*

How does Align help maintain digestive health?*



Align supplements your digestive system with good bacteria to help promote and support a healthy digestive system and maintain digestive balance.*

What is Bifidobacterium 35624™, also known as Bifidobacterium infantis 35624™?



Bifidobacterium 35624™ is the trademarked name for a strain of beneficial bacteria, Bifidobacterium infantis 35624™ (or Bifidobacterium 35624). Bifidobacterium 35624™ is the natural probiotic ingredient found only in Align. The specific and pure strain of Bifidobacterium 35624™ found in Align helps promote and support a healthy digestive system.* Align is the only probiotic supplement that contains Bifidobacterium 35624™.

What are probiotics and what are they good for?



The word “probiotic” means “for life.” Probiotics are good bacteria that provide a health benefit and are essential for many vital body functions, including healthy digestion. Probiotics are increasingly being used and evaluated in the management of digestive health. When you were very young, most of the bacteria in your digestive system were good Bifidobacteria. Your body needs beneficial bacteria like Bifidobacteria for a number of things, including healthy digestion. But they’re fragile. Common issues such as diet and stress can disrupt your natural balance of

good bacteria. Align contains the pure-strain probiotic Bifidobacterium 35624™ (Bifidobacterium 35624™), which helps maintain your digestive system's natural balance.*
Is Align a drug or medicine?



No, Align is a daily probiotic dietary supplement—it is not a drug or a medicine.
Does Align help with constipation?



Align helps you promote a healthy digestive system.* Because bowel functions vary from person to person, consult with your Gastroenterologist to see how Align can help maintain your digestive health.*

I've always heard bacteria are bad. Why is taking bacteria good?



Your body needs beneficial bacteria for a number of things, including healthy digestion. These essential bacteria are sensitive to things such as changes in diet and schedule, stress and travel. Probiotics may help by delivering healthy bacteria to the digestive system.

Why does Align have a statement that it has not been reviewed by the FDA?



Align is a dietary supplement. Dietary supplements that make claims to benefit structures or functions of the human body (such as gastrointestinal health) are required by the FDA to carry this statement, which is called the "DSHEA (Dietary Supplement Health and Education Act) Disclaimer." The safety of Bifidobacterium 35624™—the probiotic ingredient in Align—has been reviewed by the FDA as part of the "new dietary ingredient" (NDI) notification process and was accepted by the FDA for filing.

Questions About Taking Align



What form does Align come in?



Align comes in capsules and in great-tasting chewable tablets.

What's the difference between Align capsules and Align Chewable Tablets?



Align Capsules and Align Chewable Tablets are daily probiotic supplements that help fortify the digestive system with healthy bacteria 24/7.§* Align Chewables contain the same great probiotic strain as Align Capsules, but in a great-tasting Banana Strawberry Smoothie flavored chewable tablet. When taken daily, Align works by supplementing the digestive system with healthy bacteria to help maintain digestive balance.*

How often do I need to take Align?



We recommend that you take Align once a day, each day.

How long does it take for probiotics to work?



Each person is different, as it depends on your guts' flora and the specific strain of the probiotic supplement. As in other probiotics, in the first few weeks of taking Align some consumers have reported experiencing some gas and bloating. This may be temporary while your system is adjusting to Align. But if you take Align once a day, each day, you can feel confident that you are promoting a healthy digestive system.* There are some healthy tips you can take to facilitate that healthy transition. Check out The Align Companion for advice during your first weeks of taking Align.

What happens if I stop taking Align for a few days?



Align is most effective when taken daily. If you miss a day, there's no need to take two Align doses in one day to make up for the dose you missed. Just start again the next day to stay on track for healthy digestive balance.*

Can I take two Align capsules or chewables daily?



We recommend that you follow the usage instructions and take one capsule or chewable daily. You should review the labeling to ensure Align is right for you and consult your healthcare professional if you have severe or chronic digestive problems or if you have questions.

When is the best time of day to take Align?



It doesn't matter what time of day you take Align. We recommend that you take Align as part of your daily routine, at a time that will be easy to remember.

Are there any special instructions for how to take Align?



No. You can take Align at any time of the day, with food or without. We recommend that you take Align as part of your daily routine, at a time of day that will be easy to remember.

What should I do if I forget to take Align for a day or two?



If you forget to take your Align every now and then, you shouldn't notice anything different. There's no need to take any extra Align when you remember – just take the next capsule or chewable tablet at your usual time as part of your routine. Taking Align every day will help you stay on track to maintain digestive health.*

Can I take Align with my prescription medications?



If you are concerned about taking Align with your medications, you should check with your healthcare provider before using Align.

Can I take Align with antibiotics?



Some antibiotics may make Align less effective. If you are taking an antibiotic, consult your doctor for advice.

Should I stop my digestive medications when I start Align?



No. Align is not intended to replace any of your digestive system medications. Align is a daily probiotic supplement that naturally helps promote and support a healthy digestive system with continued daily use.* If you are taking digestive medications, you should check with your healthcare provider before using Align to ensure it is right for you.

Are there any restrictions on how to take Align?



No, Align is designed to be taken daily as part of your healthy lifestyle. We recommend that you take Align as part of your daily routine, at a time that will be easy to remember. If you do have any additional health concerns or allergies, read the label and talk to a health care professional.

Can my child take Align?



Align comes in three forms: Capsules, Banana Strawberry Smoothie flavored chewable tablets for Adults, and Cherry Smoothie flavored chewable tablets for Kids 6+ years old. Align Jr.

Cherry Smoothie Chewables contain the same great probiotic strain as Align Capsules, but in a great-tasting Cherry Smoothie flavored chewable tablet for kids. When taken daily, Align fortifies your digestive system with a unique healthy bacteria 24/7.§*

Where do I store Align? Can I put Align into my pill keeper? Is it OK to store it in the bathroom or kitchen? Can I keep Align in my purse?



To maximize the effectiveness of Align, we recommend that you store Align in its original blister pack. You should store the blister package at room temperature (24° C/75° F). We recommend that you do not put Align into other packages, including pill keepers.

Does Align need to be refrigerated?



No, it is not necessary to refrigerate Align.

Why doesn't Align need to be refrigerated?



The Bifidobacterium 35624™ in Align has been freeze-dried, and does not require refrigeration. Align has been formulated and tested to confirm that it remains effective without refrigeration for a 24-month shelf life. We recommend that Align be kept in the original blister package, as these materials were designed to protect the bacteria from the environment. Product stability studies show that Align is effective through at least the “best by” date on the bottom flap of the box. Because Align does not need to be refrigerated, it is an ideal product for busy people who want to have the freedom to go where they want and do what they want.

How many bacteria are in each capsule of Align?



Each Align capsule contains at least 1 x 10⁹ (one billion) (4 mg) live bacteria/CFU when manufactured, and provides an effective level of bacteria (1x 10⁷ CFU) until at least the “best by” date.

How many bacteria are in each chewable of Align?



Each Align Chewable tablet provides an effective level of bacteria (1x 10⁷ CFU) until at least the “best by” date.

Is Align like yogurt? How is it different from probiotic yogurts?



Align contains probiotic bacteria, similar to those in the active cultures of yogurt or fermented milk products. However, yogurt in the United States is not required to contain any live cultures, and tests have shown that some yogurt products have a wide range of levels of live bacteria. The delivery of probiotics in either yogurt or fermented milk is limited by the need for cold storage and an associated shorter shelf life. Additionally, many people may have trouble consuming sufficiently large quantities of these products.