

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
- ✓ Prebiotics for additional support in cultivating healthy bacteria
- ✓ Expertly formulated in partnership with the leading microbiome researchers at Microbiome Labs, naturopathic and functional medicine doctors, and other practitioners and researchers
- ✓ Optimal quantities (26 Billion CFU) and forms that survive digestion
- ✓ Powder in clean capsules for safe keeping
- ✓ 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 infections¹

Bifidobacterium strain (5 Billion CFU)

- ✓ Bifidobacterium are found in fermented foods like sauerkraut, but often without the exact strains 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 symptoms²

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 sugar³

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 symptoms⁴

Supplement Facts

Serving Size 2 Capsules
Servings Per Container about 30

Amount Per 2 Capsule Serving		
Needed.® Probiotic Blend	260 mg	26 Billion CFU
<i>Lactobacillus acidophilus</i> La-14®		9 Billion CFU **
<i>Lactobacillus rhamnosus</i> HN001		6 Billion CFU **
<i>Bifidobacterium longum</i> BI-05		5 Billion CFU **
<i>Bacillus subtilis</i> HU58™		2 Billion CFU **
<i>Lactobacillus reuteri</i> 1E1		2 Billion CFU **
<i>Bacillus coagulans</i> SC208		1 Billion CFU **
<i>Bacillus clausii</i> 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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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.

