

Culture that moves you *forward*

3-in-1 clinically-studied prebiotics, probiotics, and postbiotic, formulated to support a balanced gut microbiome.*



Supplement Facts

Serving Size: One (1) Vegan Capsule
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	5	
Probiotic Blend	40 mg	**
Lactobacillus rhamnosus (LGG®)	(11 billion CFUs†)	
Bifidobacterium animalis ssp. lactis (BB-12®)		
PreforPro®	15 mg	**
LH01 - Myoviridae, LL5 - Siphoviridae, T4D - Myoviridae, LL12 - Myoviridae		
Tributylin (as CoreBiome®)	300 mg	**

**Daily Value (DV) not established.

†At Expiration Date under recommended storage conditions.

Other Ingredients: Stomach acid-resistant outer vegan capsule (hypromellose, gellan gum), medium chain triglycerides (from coconut), inner vegan capsule (hypromellose), silica, cellulose.

Key Ingredients & Benefits

REGULARITY & BLOAT SUPPORT

Probiotic strains LGG® & BB-12® support healthy regularity as well as relief of occasional discomforts such as mild and occasional bloating, gas, and diarrhea.*

MAINTAIN GOOD GROWTH

The prebiotic blend PreforPro® is designed to target undesirable bacteria in the gut and support the growth of beneficial gut bacteria.*

GUT BARRIER HEALTH

The postbiotic Corbiome® Tributyrin provides fuel to the cells that make up the gut lining and supports gut barrier function.*

IMMUNE SUPPORT

Probiotics help support immune health. It's estimated that 70% of the immune system is located in the gut.*

Scientifically Studied Support

In a study that modeled the human colon, Synbiotic+ was shown to:

- Significantly increase the production of butyrate*
- Significantly increase microbial diversity*
- Significantly increase the growth of beneficial bacteria*

We're Made Traceable®

100% of Ritual's active and other ingredients are Made Traceable™, meaning we publicly share the supplier name and place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it's the very core of our commitment to quality, safety, and efficacy, and it's how we empower women to make informed choices about what they put into their bodies.

Testing & Certifications

Each batch of Synbiotic+ undergoes extensive third-party testing for heavy metals, microbes, and major allergens. We also test for purity and composition to ensure that what's on the label is what's in the product. That's why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (like lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.

Patented Nutrient Delivery Technology

Our **delayed-release capsules** were designed to help reach the **colon** (not the stomach), an **ideal place for probiotics** to survive and grow.*



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Nested capsule design combines oily & dry ingredients in one capsule.

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No refrigeration needed: designed with **moisture-controlled bottle technology** to protect probiotic strains.