

Top 3 **PSYCHO-**

BIOTICS

1

PROBIO MOOD

By Pure Encapsulations - 1 packet a day in 8 oz of water with a prebiotic



2

VITAL 10

By Klaire Labs - 1 capsule a day with a prebiotic



3

GOOD BUGS

By Doc J Krause - 1 capsule a day with a prebiotic



PREBIOTIC : GALACTOMUNE

Take 1 at the same time you take your probiotic to feed it

