

# How to Handle and Store Probiotic Supplements

## STORAGE AND HANDLING INSTRUCTIONS

Probiotic products contain live cultures of friendly bacteria and require appropriate handling to maintain their maximum activity during storage. The potency of probiotics can be adversely affected by prolonged exposure to high temperature and humidity. Thus, refrigeration is recommended during storage.

However, Klaire Labs® probiotic products are relatively stable at normal room temperatures for short periods of time when handled according to the following conditions:

- **Refrigerate probiotics upon receipt**  
Store probiotic bottles in the refrigerator and keep the cap tightly closed.
- **Avoid handling capsules and putting them back in the bottle**  
Pour the desired number of capsules into the cap so that any extra can be put back in the bottle without handling to avoid introducing moisture present on the hands into the product. Always use a clean, dry spoon to measure probiotic powders.
- **Do not mix with hot food or beverage**  
Probiotic powders (and capsule contents) can be mixed with cold, room temperature, or slightly warm food or beverage for consumption within a short period of time. Mixing with hot foods should be avoided as high temperatures will kill the microorganisms.

## Frequently Asked Questions About Klaire Probiotics

### Do I need to keep probiotics cold when traveling or away from home?

If refrigeration is not available during traveling or in the workplace, it is usually fine to keep them outside the refrigerator for a week or two at a time. A supply of probiotics can be removed from the refrigerated stock bottle and put into a smaller container and carried in a purse or briefcase. Generally, if an individual is personally comfortable at room temperature then the probiotics should maintain their full potency at these same temperatures during this time out of the refrigerator.

### Why are Klaire Labs® probiotics shipped with cold packs?

Although Klaire Labs® probiotics will maintain their full potency for several weeks at room temperature without refrigeration, we include cold packs during shipment to keep the probiotics cold and protected for most of their journey. This helps prevent excessive exposure to high heat during their travels so that they arrive at maximum potency.

### What if the cold packs are not cold upon arrival of shipment?

In most cases, the cold packs will not stay frozen or remain cold during the full time in transit. Even if the coldpacks are completely thawed and the product is no longer cold, the probiotics have excellent stability during the short time that they are exposed to ambient temperatures. The cold packs and foil-lined bags do their job of keeping the probiotics cool during the majority of the time in shipment. Thus, the chance of prolonged exposure to high temperatures that might affect potency is avoided.

### Have Klaire Labs® probiotics been tested for potency after shipment?

Yes, tests verify that our packaging and shipping methods are appropriate for maintaining product potency. All Klaire probiotics are tested upon completion of manufacturing to verify full potency and then kept under refrigeration in our warehouse until ready for shipment. Tests on our probiotics that have arrived at their destination warm with thawed ice packs have verified that potency is not adversely affected.

### What other steps are taken to ensure probiotic potency?

All Klaire Labs® probiotics are formulated with “overages” as extra insurance that they maintain the full potency stated on our labels throughout the expiration date under the typical shipping, storage, and handling conditions encountered. By including higher potencies of microorganisms than stated on the label at time of manufacture, small losses of activity that may occur over time are insignificant.

### How much activity might be lost when probiotics are not kept refrigerated?

Probiotics have greater stability at room temperature than generally realized and can be maintained for several weeks with minimal loss of 5% or less. However, loss in potency would be accelerated over time. That is why it is best to maintain probiotic supplements under refrigeration, as this offers the optimal conditions favoring long-term potency and viability.

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