

Probiotics

The "Good Gut" Bacteria

Our digestive system:

- breaks down food/liquids into their chemical components (carbs. fats. & proteins)
- uses these chemical compounds for energy and cellular regeneration
- regulates hormones, 95% of Serotonin
- ★activates 70% of the immune system

Our gut Microbiome:

- made up of trillions of microorganisms (bacteria, fungi, & viruses)
- when in balance, the good bacteria in your gut keep you healthy by preventing an overgrowth of bad bacteria such as harmful microbes, yeast, and parasites.

"Good Gut" Bacteria

- your gut has 100 trillion bacteria, 3 pounds worth
- there are more gut cells than any other human cells in your entire body.
- having good bacteria dictates how well your immune system will function.
- 95% of serotonin, the happy hormone in your brain, is made in your gut!
- having good bacteria help improve your mood and achieve more mental clarity.

"Leaky Gut" Syndrome:

- our gut microflora creates a barrier on the intestinal wall keeping out bad germs from escaping the intestines and leaking into the bloodstream.
- when the intestinal barrier is disturbed from microbial imbalance, bad germs enter the bloodstream, our immune system sees the invading germs and launches an attack.
- problem is that the immune system attacks healthy cells as well as the bad ones.
- these attacks continue over time, it can lead to a variety of health problems...

Irritable bowel syndrome, gas, bloating, constipation, diarrhea, and heartburn, acne, rosacea, psoriasis, eczema, depression, low energy, memory and recall Issues.

This is why it is critical to re-balance your gut with a probiotic.

Choosing a "quality" probiotic

It is essential to choose a high-quality probiotic brand, with the correct strains in the correct proportions, to help bring your gut flora back into balance and prevent the overgrowth of "bad" bacteria. This is the major factor in how well your immune system can respond to invading harmful pathogens and fight to prevent infections.

6 Essential Ingredient Criteria to a Quality Probiotic:

- Number of Colony Forming Units (CFUs) - **at least 40 Billion CFUs**
- Multiple strains - **at least 8- 12 different strains**
- Substrains- indicated probiotic strain has gone through clinical studies

Examine supplemental facts portions of a brands label
the substrain will be located to the right of each strain

(Ex. Bifidobacterium lactis **BI-04**)

- Prebiotics** - is a soluble fiber which probiotics feed upon to stimulate their growth
- Dark amber glass bottle**-keeps out harmful moisture and light killing probiotics
- Non refrigeration technology to freeze dry** probiotics, stable at room temp.

Children's Probiotics



Adult Probiotics

