

# Importance of PROBIOTIC SUPPLEMENTS

Probiotics are the good-for-you bacteria in your digestive system, the gut-friendly type you want to have more of in your life to help you feel your best. These microorganisms fight off bad bacteria, balance gut health and reduce overall health risks. Yogurt, buttermilk and kimchi are just a sampling of probiotic sources to choose from.

1

Probiotics can help lower blood pressure, improve brain function and relieve allergies.

2

They can help you feel fuller longer, burn more calories and store less fat.

3

Probiotics rebalance the good bacteria in your system that antibiotics, illness and poor diet deplete.

4

The lifespan of probiotics in the body is two weeks. Supplements give them time to grow and reproduce more naturally.

6

Probiotics like lactobacillus combat digestive-tract ailments such as diarrhea and irritable bowel syndrome.

5

Studies show that our immune systems are comprised of 70-80% probiotics.



PICKLES



YOGURT



KEFIR



KOMBUCHA