

GETTING “PRO” ACTIVE ABOUT GUT HEALTH

Prebiotics and Probiotics



100 TRILLION

Bacteria (both bad and good!) live inside your digestive system



This collection of bacteria is called the gut microbiota and it's a tender balance.

When bad bacteria starts to outweigh good... we're in trouble!



POOR GUT HEALTH CAN LEAD TO:

- Digestive Issues
- Food Sensitivities
- Skin Rashes and Infections
- Anxiety/Depression
- Weight Fluctuations
- Autoimmune Issues



PREBIOTICS VS. PROBIOTICS

How to balance and restore the good bacteria in your gut
Both feed the good bacteria in the gut to promote growth

Prebiotics: The Natural Carb

Found In:

- Bananas
- Onions
- Garlic
- Leeks
- Asparagus
- Artichokes
- Soybeans

Probiotics: The Helpful Bacteria

Found In:

- Bananas
- Yogurt
- Kefir Products
- Aged Cheeses
- Kimchi
- Sauerkraut
- Miso
- Soy

Want to opt in for a nutritional supplement?
Talk with your doctor to find out the best pre- or probiotic for you!

60- 70 million
suffer with
digestive diseases

245,921 people die
from digestive
complications
each year

500 different
species of bacteria
live in your gut