



# TAKE PROBIOTIC SUPPLEMENTS

## 1. You're Probably Not Getting Enough from Your Yogurt

It's true that all yogurt is cultured with probiotics, but not all yogurt contains live cultures in the finished product. This is because yogurt must be pasteurized, or heated, to kill off potentially pathogenic bacteria. Unfortunately, this also kills off the beneficial bacteria the yogurt was cultured with.

## 2. Probiotics Help Maintain Your Intestinal Barrier

The intestinal barrier protects us from pathogenic organisms as well as parasites and unwanted proteins from entering the bloodstream which can cause an immune reaction.

## 3. Probiotics Support Your Immune System

70 - 80% of your immune system is found within your gut. That means that the gut is the body's primary defense.

## 4. Probiotics Boost your Vitamins and Minerals

Probiotics have been shown to improve the bioavailability of many essential vitamins and minerals. The intestinal bacteria help to manufacture some of your B vitamins, especially B-12, vitamin K, calcium, copper, iron, magnesium, phosphorus and zinc to name a few.

## 5. Probiotics Help To Balance Intestinal Bacteria from Overuse of Antibiotics

Antibiotics not only kill off bad bacteria but they are very effective at killing off friendly bacteria. Antibiotics have increasingly been added into the human food chain via animal feed, causing an increased risk of bacterial imbalances among humans.

## 6. Probiotics Support Nutrient Digestion

Some bacteria produce enzymes that the body then uses to break down food particles to allow for nutrient absorption. Our bacteria are especially helpful in the digestion and absorption of carbohydrates such as starches, fibres and sugars.

## 7. Probiotics Help Reduce Inflammation

Beneficial bacteria have the ability to inhibit chemical pathways responsible for the inflammatory process in our body. This is extremely useful in the control of inflammation, which leads to most every disease.

## 8. Probiotics Produce Short Chain Fatty Acids (SCFAs)

Bacteria turn soluble fibre (i.e. inulin, artichoke, FOS) into Short Chain Fatty Acids through fermentation. These short chain fatty acids - butyrate, valerate and propionate - are used as the main source of energy to produce healthy colon cells.

## 9. Probiotics Promote Detoxification

Toxic metals are taken up by colonic bacteria and are eliminated with good bowel function. A diet high in fibre along with good hydration is very important for the elimination of toxins on a daily basis.

## 10. Probiotics are Healthy and Safe for Adults and Children

Probiotics are considered safe. They simply facilitate the reintroduction of microorganisms into the body which are like those already present in the gut.

Staying healthy is all about being proactive and probiotics are the key.

