

# IT TAKES GUTS TO BE HEALTHY!

Good gut health is central to good overall health.

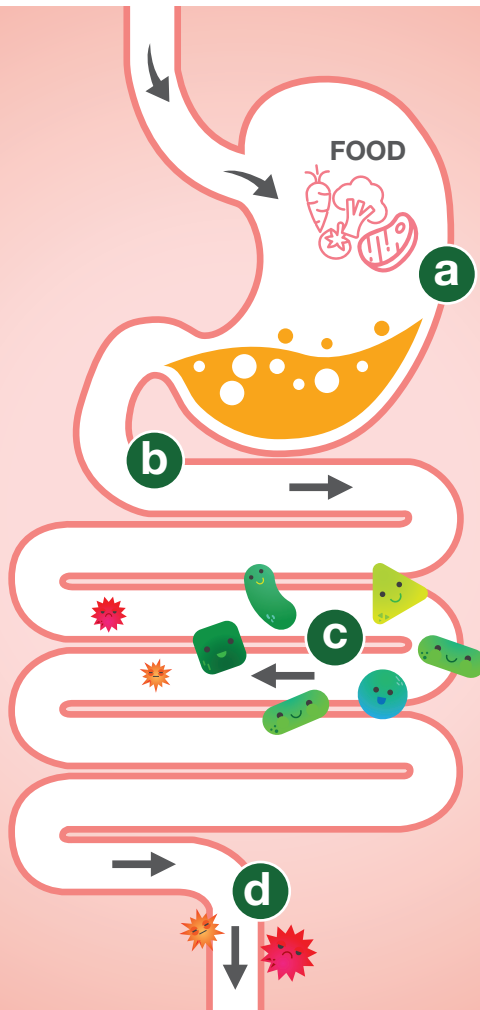
Main function of the gut



Aid Digestion



Boost Immune System



The digestive system (your gut) is made of the gastrointestinal (GI) tract. It includes your stomach, intestines and anus.

**a** Food is digested within the GI tract.



**b** Nutrients are absorbed to give body energy.



**c** A healthy balance of good & bad bacteria for strong immunity.



**d** Bad bacteria, toxin and waste are removed from the body.

## YOUR GUT MICROBIOTA

The gut is home to a diverse community of microorganisms (called gut microbiota).

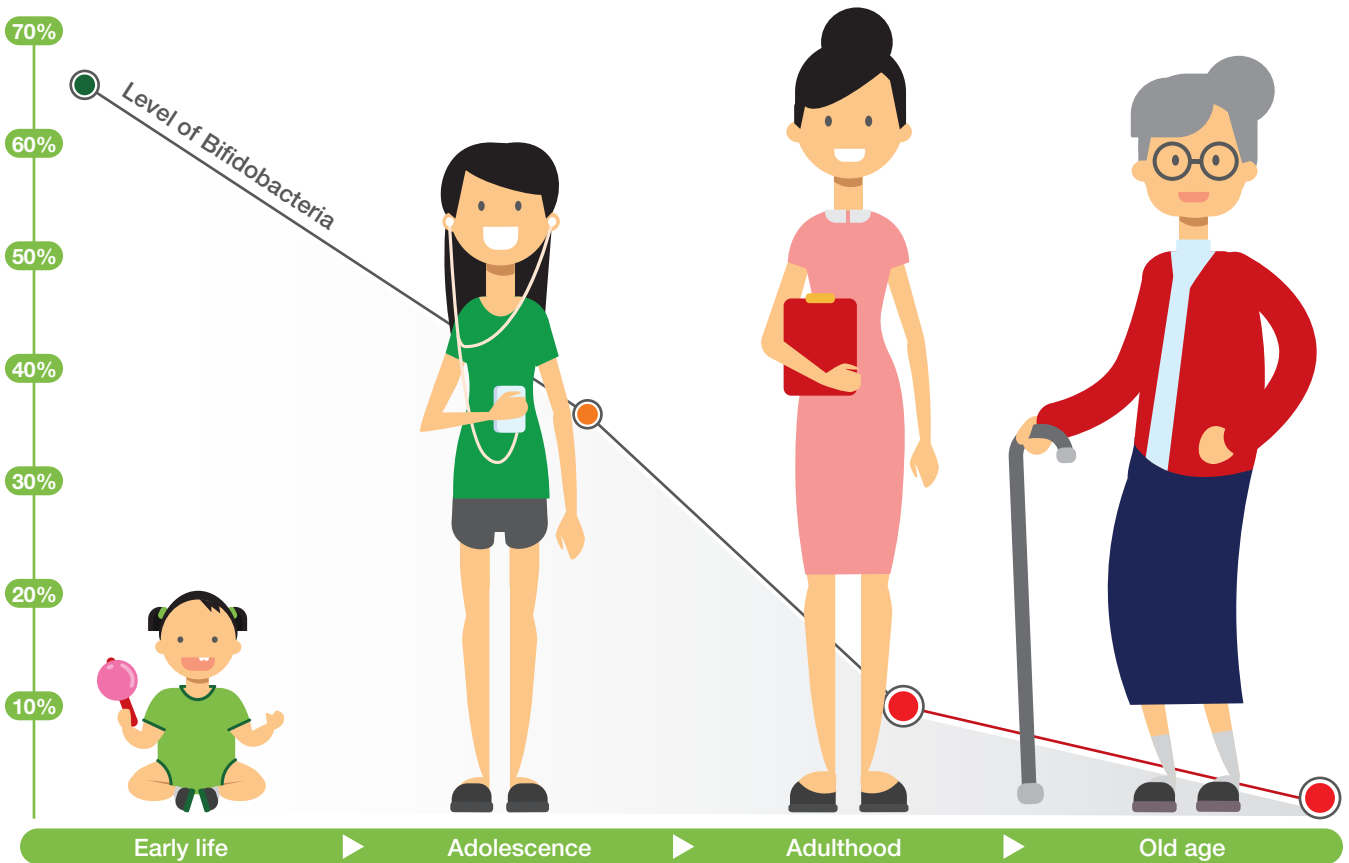
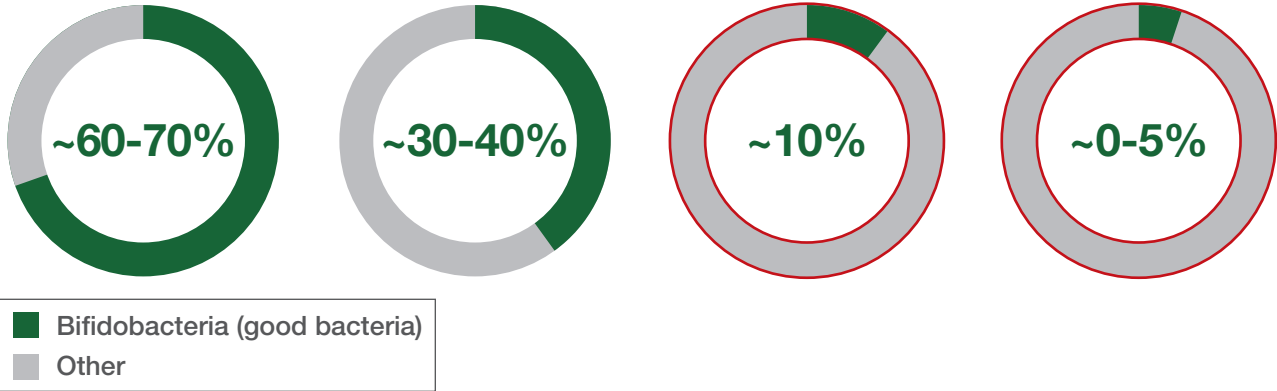
**85%**  
of good  
bacteria

A healthy gut microbiota is estimated to have about...

**15%**  
of bad  
bacteria



# YOUR GUT MICROBIOTA FROM BABIES TO THE ELDERLY



At birth, levels of Bifidobacteria (good bacteria) are found to be at their highest. In cases of natural childbirth, the numbers are highest at birth.

Early lifestyle habits, including sleep duration, dietary intake and physical activity level, may affect gut microbiota in late adolescence.

The prevalence of diseases such as **obesity, diabetes** and **allergies** in adults have been associated with a lower number of Bifidobacteria.

Changes in lifestyle, **diet** and **medication** have an unavoidable effect on the microbiota composition and function in the elderly.

# WHO NEEDS PROBIOTIC?



Leads stressful lifestyles



Sleep-deprived



Lactose intolerance



Experiences heartburn



Wants a healthy balance of probiotics for their entire family and kids



Frequent travellers



Drinks alcohol



Changes in diet due to travel or stress

## That's Not All

Experiencing any of these? You need probiotics too!



Poor Digestive Health



Excessive Bloating & Burping



Fatigue/Tiredness



Constipation



Diarrhea

## Remember!

Even if you eat probiotic-rich foods such as



Yoghurt



Kefir (fermented probiotic milk)



Kimchi or sauerkraut



This does not guarantee the good bacteria **reaches your gut alive** and **sticks to your gut** to multiply and improve your gut health.

## BE GUT SMART AND AIM FOR



### Better Digestion

“There are 30 Science Journals that confirm probiotics helps with irritable bowel syndrome such as constipation and diarrhea!”

– 2014 study review

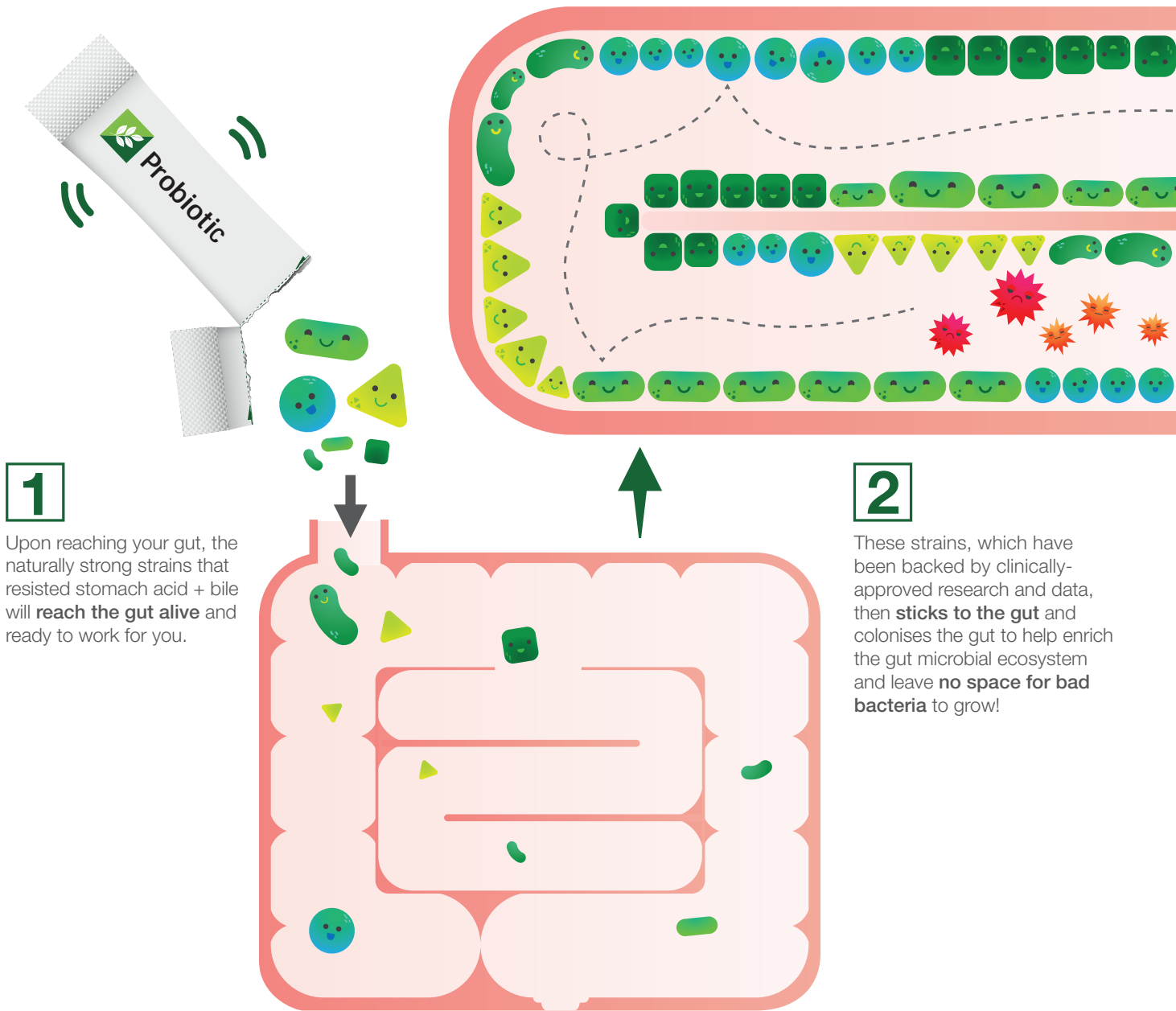
“Studies have shown those who took probiotics had lesser gas production and bloating.”



### Stronger Immune System

“Evidence-based analysis shows probiotics improves atopic (think eczema) and inflammatory diseases, and food allergies.”

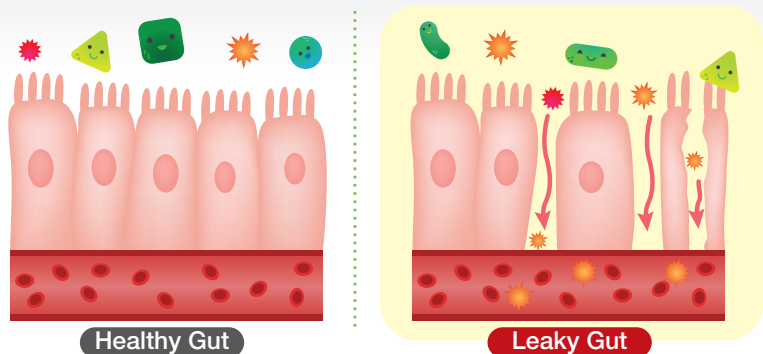
# HOW DOES PROBIOTIC WORK?



## DID YOU KNOW?

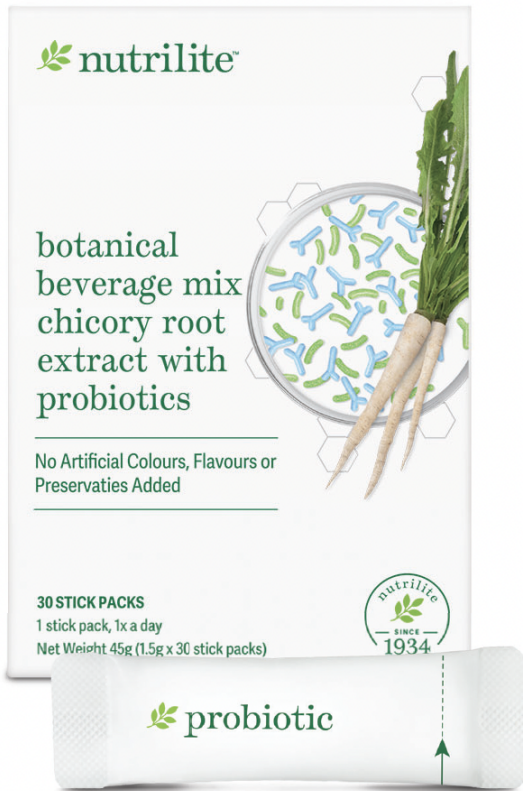
When your gut is compromised (**leaky gut**), a condition where the lining of the small intestine becomes damaged, **undigested food particles, toxic waste and bacteria** will 'leak' through the intestines and flood the blood stream.

This causes indigestion, bloating and even constipation!



# THE BFF YOU WANT

## NUTRILITE™ BOTANICAL BEVERAGE MIX CHICORY ROOT EXTRACT WITH PROBIOTICS



### BALANCE



#### Billions of Good Bacteria

Not 1. Not 2. But 6.3 billion beneficial bacteria (Colony Forming Units) per serving stick.



#### 5 Hero Probiotic Strains

Strains from the Bifidobacterium and Lactobacillus genera of bacteria supports digestive and immune system benefits.

### FRIENDLY



#### The Technology

##### • Stick-To-The-Gut

The strains fill intestinal walls with good bacteria, preventing bad bacteria from flourishing.



##### • Arrive Alive

Naturally stomach acid and bile-tolerant, the strains are able to make it to the intestine 'alive'.

### FIBRE



#### Added Fibre for Bacteria Growth

Chicory Root Extract provides the prebiotic fibre inulin, to support the growth of beneficial bacteria in the gut.

## ADDED BENEFITS



**Once A Day, On-The-Go**  
Pour directly onto tongue or add to cold food/beverage



**No Refrigeration Needed**



**Stick Packs Eliminate Leaks**  
Patented 4-Layer Sealing



**Longer Shelf Life**  
18 Months

#### Sources

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Scan me to watch a probiotic video!