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#### Probiotics help to ...

- promote favourable gut flora support intestinal health
  - lessen feelings of anxiety and mood imbalance
- reduce stress symptoms such as nausea and abdominal pain
  - reduce diarrhea in children older than 12 years of age



These acid-resistant probiotics can be consumed at any time, with or without meals, and be safely delivered to the intestine unharmed.

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#### What are probiotics?

Probiotics are living microorganisms that confer health benefits to the host.

Research suggests they alter gut microbiota to the point of improving carbohydrate metabolism, microbial enzymes and pH (acidity or alkalinity). (How probiotics work may depend on the species of probiotic bacteria and dose.)

Over the last two decades interest in probiotics has resulted in over 6,000 studies being published, mostly on Lactobacillus, Bifidobacterium and the Saccharomyces species.

The most effective probiotic species are those that can survive and thrive in the conditions of the gut. They must have a high tolerance of acid and bile, be capable of adhering to intestinal surfaces, withstand low pH, possess antimicrobial activity and be resistant to antibiotics.

Not all probiotics are the same. The success or failure of one strain or species can't be extrapolated to others.

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