



# GUT SUPPORT

To order or for more information,  
call 855-645-5120

Healthy bacterial flora are essential for good health. However, there are several ways that the population of these friendly bacteria can be diminished. Taking an antibiotic will kill off the good, friendly bacteria as well as the bacteria causing an infection. Episodes of diarrhea can affect the population of friendly bacteria as well. Extended periods of stress also can diminish the population of healthy bacteria. Some individuals believe that eating yogurt is sufficient to restore normal bacterial flora. However, one capsule of a good probiotic – those beneficial, friendly bacteria that reside in our intestinal tract – can have a dramatic effect on relieving symptoms of digestive dis-tress and may help to re-establish healthy immune function.



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