



What are PRObiotics?

Probiotics are live, beneficial bacteria that reside in your digestive tract (aka “gut”). They help to balance out the mix between helpful and harmful bacteria in your body, which is known as your “microbiome”.

Probiotics are thought to have a variety of health benefits, including:

- Supporting proper digestion and absorption of nutrients
- Helping to manage digestive disorders like irritable bowel syndrome and inflammatory bowel diseases
- Assisting in limiting the negative side effects of antibiotics, such as diarrhea
- Helping to strengthen your immune system
- Supporting a reduction in inflammation in your digestive tract
- Helping to support a healthy weight
- Assisting in protecting against or managing a variety of other conditions including high cholesterol, mood and skin disorders