

Balancing Your Gut Flora—Better Health Through Better Digestion

(NAPSA)—Your digestive system is home to a complex community of about 100 trillion living microorganisms. That's over 10 times more than the total number of human cells found in your entire body! This community makes up your gut microbiome, a dynamic, diverse ecosystem of living microbes mainly made up of bacteria. Most of the bacteria living inside of you are beneficial. So, what are friendly, probiotic bacteria? Why do we need them?

The Importance of a Balanced Probiotic Ecosystem

An out-of-whack digestive ecosystem can impact many different areas—from digestion, to the immune system, and even your mood. Scientists and researchers are continually reaffirming the benefits and importance of maintaining a balanced gut flora.* There are over 1,000 different strains of microflora found in the collective human digestive tract and about 160 strains per individual, performing a range of beneficial health roles. We need a diverse array of cultures to help maintain and support this balance. Those little critters love living inside you, and they show their appreciation by protecting you, providing nutrients, supporting digestion, and helping you maintain clocklike regularity.

Good Health Begins in the Gut, Which Begins in the Mouth

Exciting new research continues to show an incredible link between brain function, mood, immune health, and the health of the gut. And a healthy gut is filled with billions and billions of probiotic bacteria. Most probiotic products focus on releasing good bacteria in the gut, but there are new tasty probiotic gummies and fizzy drink mixes that start helping you in the first gulp.* After all, digestion really begins in the mouth, so consuming these probiotics helps support your digestive system way upstream.*

The Best Probiotics Are Just a Swallow Away

Your native gut flora is affected by such things as diet, age, stress, hormones, and specific medications. Fortunately, achieving balance isn't difficult. Taking a daily



Balancing your inner ecosystem: Restoring good bacteria in the gut supports everything from immune system, to digestion, to mood*.

probiotic supplement can help you maintain balance in your internal digestive environment.* Just remember—the best way to take probiotics is regularly.

Probiotics provide specific health benefits including relief of occasional issues such as constipation, gas and bloating, restoring intestinal bacteria, and supporting overall digestive and immune health.* Look for probiotics containing multiple strains to reflect the natural diversity in a healthy gut, and at least 15 billion cultures per capsule.* Also, check for a potency guarantee that ensures the product will retain its potency through the expiration date, not at time of manufacture.

One line of supplements, Ultimate Flora™ from Renew Life™, includes billions of potent live cultures that restore the good-for-you bacteria in your digestive system.* A decade ago, they pioneered the development of high-potency, multi-strain formulas using Bifidobacterium and Lactobacillus, the most prevalent and scientifically researched good bacteria found in a naturally diverse and healthy gut.*

Learn More

To learn more about balancing your gut flora, and to get further facts on probiotics, go to <https://ultimateflora.com>.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*