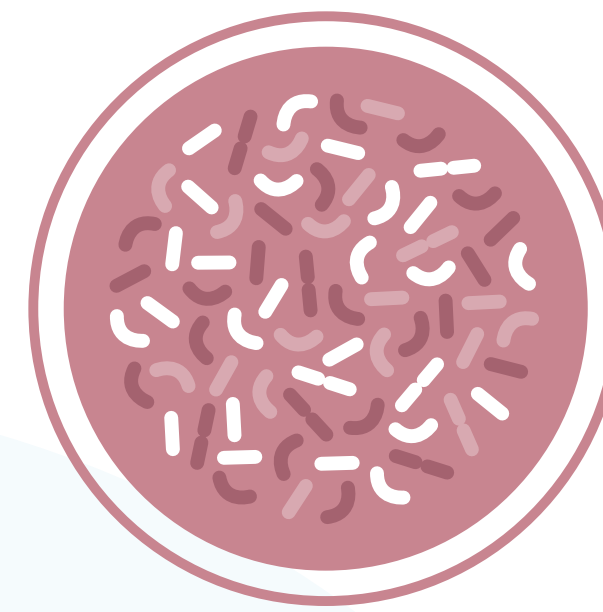


# HEALTH begins in the GUT



## Did you know our bodies are more bacteria than human?

The bacteria living in our digestive tract is known as Gut Microbiota, and plays a key role in our health including our immune defence, energy metabolism & digestion.



## Probiotics & our health

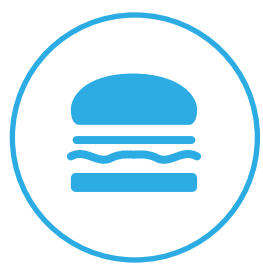
Probiotics are beneficial bacteria that **help promote the natural balance** of Gut Microbiota. **A multi-strain probiotic supports our Microbiota diversity.**

## Our Gut Microbiota

We are born with **5000** species of Gut Microbiota<sup>1</sup>,

Weighing up to **2 Kg** in the body<sup>1</sup>.

These may become imbalanced:



Poor eating habits & low dietary fibre intake



Excess consumption of alcohol



Certain medications, including antibiotics, PPIs & antacids

## When choosing a Probiotic check:

**Genus**  
Eg. Lactobacillus

**Species**  
Eg. Helveticus

**Strain**  
Eg. R0052

“ Consult your healthcare practitioner to guide you on what best suits you ”

The health benefits of probiotic bacteria are **strain dependent**, not species dependent. For example, one strain may help with skin health, whilst another strain (even of the same species) might be much better researched for digestive health.

## An imbalance of Gut Microbiota may lead to



Impaired Immunity



Irritable Bowel Syndrome (IBS)



Obesity & Diabetes



Anxiety & Depression



Arthritis



Tiredness & Brain Fog



Upper Respiratory Tract Infections (URTIs)

## Combinations of probiotic strains

**Lactobacillus helveticus** (R0052)



**Bifidobacterium longum** (R0175)



**Nervous System Support**

Improved mood including a reduction in stress, depression and anger-hostility<sup>2</sup>

**Lactobacillus helveticus** (R0052)



**Lactobacillus rhamnosus** (R0011)



**Skin health**

Improved atopic dermatitis in children (< 4 years)<sup>3</sup>

**Lactobacillus helveticus** (R0052)



**Bifidobacterium bifidum** (R0071)



**Bifidobacterium infantis** (R0033)



**Immune support**

Reduction in repeat winter infections in children<sup>4</sup>

We can also boost our gut microbiota through a diet rich in pre & probiotic foods.



Yoghurt



Kefir



Sauerkraut



Pickles



Kombucha



Miso



Vegetables



Legumes



Fruits

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2 - Messaoudi, M., et al., Assessment of psychotropic-like properties of a probiotic formulation (Lactobacillus helveticus R0052 and Bifidobacterium longum R0175) in rats and human subjects. Br J Nutr, 2011. 105(5): p. 755-64.

3 - Chernyshov, P.V., Randomized, placebo-controlled trial on clinical and immunologic effects of probiotic containing Lactobacillus rhamnosus R0011 and L. helveticus R0052 in infants with atopic dermatitis. Microbial Ecology in Health and Disease, 2009. 21(3-4): p. 228-232.

4 - Cazzola, M., et al., Efficacy of a synbiotic supplementation in the prevention of common winter diseases in children: a randomized, double-blind, placebo-controlled pilot study. Ther Adv Respir Dis, 2010. 4(5): p. 271-8.