



POWERFUL PROBIOTICS 101

Inside your digestive tract, there is an ecosystem of bacteria. They compete against each other to live in your intestines, vying for food and space. You might not be aware all this is going on, but if that system goes out of whack, you know. Occasionally things can get out of balance, but the good news is there are things you can do to support your microbiome and overall digestive health.

WHAT ARE PROBIOTICS?

Probiotics are microorganisms, such as bacteria, that provide health benefits.* The word probiotic comes from the words “pro” and “biota,” meaning “for life.” When you consume probiotics, you’re helping to create a healthy balance of bacteria in your gut.*

Probiotics are measured in CFUs, or colony-forming units, per serving. Probiotic dosages are often in millions or billions of CFUs. While billions seem like a large quantity to consume, remember that bacteria are microscopic and you are still only consuming them in milligrams!

WHAT ARE THE BENEFITS OF PROBIOTICS?

New studies are continually being published on what probiotics can do to help promote overall health.* However, most probiotics focus on digestive health, and taking probiotics helps provide beneficial bacteria to your gut and supports intestinal balance.* But did you know 70% of your immune system lives in your digestive tract? So some probiotics can also support immune health!* The specific health benefits depend on the type of probiotic.

WHERE CAN YOU FIND PROBIOTICS?

You can add probiotics to your day using either food or supplements.

Foods with probiotics: Probiotics are in fermented foods like yogurt, kimchi, kombucha, and kefir. Note: not all yogurts have probiotics—look for probiotics listed on the label such as *L. bulgaricus* or *S. thermophilus*.

Probiotic supplements: There are also many probiotics supplements available, such as these tasty probiotics gummies from **vitafusion**...

- **vitafusion Probiotic** provides five billion CFUs per serving of two probiotic strains in mouthwatering raspberry, peach, and mango flavors to help provide good bacteria to your digestive tract.*
- **vitafusion Fiber Well™ + Probiotics** has 3 grams of fiber and 800 million CFUs of *B. coagulans* probiotic per 2-gummy serving in delicious blue raspberry, cherry, and orange flavors to help support regularity and digestive health.*

HOW DO PREBIOTICS HELP PROBIOTICS?

Prebiotics help nourish the good bacteria in your gut.* Essentially, prebiotics help feed and support probiotics. There are many types of prebiotics, but the most well-known is fiber. Not all types of fibers are food sources for probiotics though, so be sure to read the supplement labels carefully or consider these **vitafusion** options:

- **vitafusion Fiber Well** has 5 grams of prebiotic fiber per 2-gummy serving in delicious natural peach, strawberry, and berry flavors to support regularity and digestive health.*
- **vitafusion Fiber Well Fit** provides 4 grams of prebiotic fiber in each tasty serving to help maintain and support your digestive health, along with 6 B vitamins to support energy metabolism.*

A “PRO” FOR YOUR DIGESTIVE HEALTH

Adding fermented foods or a probiotic supplement can provide good bacteria to your digestive tract, and adding prebiotic foods or supplements can help nourish the good bacteria already in your system.* With friendly bacteria on board, you can feel confident that you’re taking steps to support your overall health.*

Brought to you by the **vitafusion™** nutrition experts

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