



PROBIOTICS FOR GUT HEALTH



Lactobacillus

1

Supports digestion and boost the immune system.



2

Bifidobacterium



Helps maintain a healthy balance of bacteria in the gut and may reduce symptoms of irritable bowel syndrome (IBS).



Streptococcus thermophilus

3

Aids in the digestion of lactose and supports overall gut health.



4

Saccharomyces boulardii



A beneficial yeast that can help alleviate symptoms of diarrhea and promote intestinal health.

Users Guide To Probiotics

M Woodhall



Users Guide To Probiotics:

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