

Go With Your Gut

Digestive Health Affects More Than You Think

Have you ever had a “gut feeling” or been told to “go with your gut?” It turns out there could be a scientific explanation behind these everyday expressions.

Recent research on gut health focuses on the human microbiome, which contains trillions of bacteria that live primarily in your GI tract. When there is an imbalance, whether it’s due to poor diet, pollutants, or antibiotics, your health can suffer.

New science suggests that poor digestive health can lead to chronic inflammation due to leaky gut, fatigue, low metabolism, and poor immunity. In fact, around 80% of your immune system is located in the digestive tract! Many scientists now believe there may be a gut-brain link much stronger than we ever realized, which would help explain why we say we feel things “in our gut,” and how poor digestive balance could be linked to depressed mood and increased anxiety.

THE ROLE OF PROBIOTICS

It’s hard to eat right all the time, and sometimes antibiotics are necessary, but you don’t have to let it upset your inner ecosystem. Probiotics can provide the good bacteria that helps to restore and maintain digestive health.

When it comes to choosing the right probiotic, it’s important to know what strains are available. Because the gut is an acidic environment with intricate needs, certain strains of bacteria will work better than others.

The latest advancement in probiotics is spore-formers. Spores are nature’s true probiotics. They naturally survive to reach the site of action, the gut, where they work to restore a healthy balance by colonizing, as probiotics are meant to do. Unfortunately, many probiotics, like the ones found in popular yogurts and leading brands, can’t guarantee they will survive the shelf or your gut!

When choosing a probiotic, be sure to check the labels and choose a spore probiotic strain that is DNA verified (so you know it’s the real deal) with guaranteed survivability to truly benefit your overall health.



“Most of the patients I see have digestive conditions, autoimmune conditions or hormone imbalances. I’ve been using probiotics for over 20 years, and a lot of the conditions I see are either primary digestive problems or the digestive tract is part of their problem. What’s different about the Smart Spore technology is that it’s spore-based technology. It is bacillus spores, and those spores have shown the ability to naturally survive through the stomach acid. Many of the research studies on lactobacillus and bifidobacteria show that they’re not able to survive through the stomach acid. It’s more of a dead cell therapy than actual probiotic therapy.”

- Dr. Tom Payne, Chiropractic Physician

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