

# Probiotics

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Recommendations and  
treatments for using probiotics.



# Probiotics

Probiotics are living bacteria that may provide the body with certain health benefits. Bacteria are important for human survival and reside on and within your body, known collectively as your microbiome. There are billions of different types of bacteria in your body, with 38 trillion of them living in your digestive tract. Certain factors can disrupt the balance of bacteria and other organisms in your gut, which may create certain digestive issues. Probiotics can be a great option to help support a healthy digestive system and maintain immune function.



## Signs your gut may be out of balance:

- Bloating
- Constipation and/or diarrhoea
- Abdominal pain and discomfort
- Poor immunity (e.g. frequent colds and flus)



## Tips to nourish your gut



**Focus on a diet rich in wholefoods (vegetables, fruit), healthy protein and fats, fibre and filtered water.**

Healthy foods feed and maintain a healthy microbiome. Avoid processed foods (i.e. fast foods, sugary drinks, bakery foods) as these can impact digestion.



**Regular exercise has been linked to improved microbiome health, and is important for overall wellbeing.** Finding an activity you enjoy, that also meets your fitness and health needs is important. Your Practitioner can assist you with this.



**Manage your stress.** Ongoing stress may adversely affect your digestive and immune systems. Your Practitioner can support you with herbs and nutrients to improve stress management, as well as help you adopt a mood-enhancing lifestyle.



**Did you know sleep quality impacts digestive and microbiome health?** Your Practitioner can provide practical strategies to help you fall asleep faster, sleep soundly through the night and wake feeling refreshed.

## Not every strain is the same

Your Practitioner will recommend a probiotic supplement with a particular type (strain) of bacteria, at a particular dose that is best suited to you. Each probiotic strain is different, and has different therapeutic qualities such as:



**Relief from digestive discomfort**



**Cardiovascular health support**



**Improved immune health**



**Weight management**



**Reduction of frequency and severity of allergy symptoms**



**Behavioural, immune and gastrointestinal support in babies**

## Prebiotics

Prebiotics support the actions of probiotics by providing a fuel source for beneficial bacteria in the intestines. Effective prebiotics include:

**Partially Hydrolysed Guar Gum (PHGG):** Offering a source of fibre, this prebiotic helps maintain bowel regularity and supports gastrointestinal health by 'feeding' the beneficial bacteria living there.

**Colostrum:** Helps the immune system eliminate harmful organisms from the digestive system, while promoting the growth of beneficial bacteria. For maximum efficacy, colostrum should contain at least 40% immunoglobulin G (IgG) with supporting micronutrients.

**Arabinogalactans:** Derived from the Western Larch tree, arabinogalactans may reduce harmful organisms in the digestive system without causing bloating or flatulence. Arabinogalactans are useful for those with a dairy intolerance.

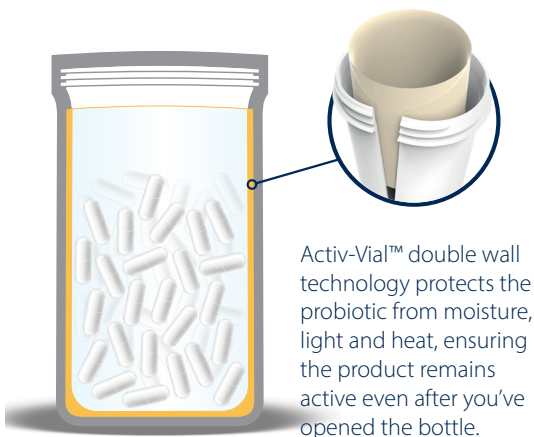
## How do you know if your probiotic is high quality?

Your Practitioner will recommend a probiotic specific to your needs, that meets strict criteria, including:

- Has a large body of evidence to support safety and efficacy of specific strains in humans.
- Contains bacteria that can survive conditions of stomach acid and bile to reach the intestines intact.
- Specialised manufacturing practices and packaging, to protect against damage from light, temperature and moisture fluctuations.
- Consistent testing to ensure every capsule is high quality and clinically effective.

## Activ-Vial™ fridge-free packaging

A number of Metagenics probiotics are available in fridge-free packaging for on-the-go convenience! Ask your Practitioner if your probiotic is packaged with Activ-Vial™ technology.



Activ-Vial™ double wall technology protects the probiotic from moisture, light and heat, ensuring the product remains active even after you've opened the bottle.



Genetic Potential Through Nutrition

**For more information, ask your  
Practitioner about the right probiotic for you.**

**The supplements selected for you in this clinic have  
been prescribed for your specific health needs. Products  
purchased elsewhere may not provide similar results.**

Metagenics acknowledges and pays respects to the past, present and future Traditional Custodians and Elders of this nation. We acknowledge the Yuggera, Turrbal and Jagera people, the Traditional Custodians of the land on which this resource was created.

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