

# Choosing the Right Probiotic for You

*A growing body of research points to the many ways probiotics may benefit overall health, and it goes beyond just supporting gut function. More than 70% of the immune system is located in the GI tract. Although it is commonly believed that probiotics exert their benefits by directly impacting gut composition, it is the interactions of the probiotics and compounds they produce with immune cells, food substances, and microorganisms in the gut that potentially has the most impact on overall health.*

Not all probiotic strains are created equal. Many probiotic formulas are not strain-identified—meaning they only list the genus and species on the bottle. However, specific strains can support different areas of health. That’s why the Naturally Nourished Probiotic family offers a variety of targeted, strain-identified combinations—making it easy to find the right formula to fit your needs and to understand exactly what you are getting in each bottle.

Formula	CFU	Strains	Clinical Application	Benefits	How to Use
<b>Restore: Baseline Probiotic</b>	15 Billion	L. acidophilus B. Lactis	<ul style="list-style-type: none"> <li>Daily probiotic for GI and immune health</li> <li>Used in our Probiotic Challenge as a screening tool for dysbiosis</li> </ul>	<ul style="list-style-type: none"> <li>Promotes bowel regularity</li> <li>Reduces bloating and gas</li> <li>Supports immune health</li> </ul>	1 capsule at bed
<b>Targeted Strength Probiotic</b>	60 Billion	L. acidophilus B. Lactis	<ul style="list-style-type: none"> <li>Targeted support for intestinal discomfort</li> <li>Inflammatory Bowel Disease (Crohn's, ulcerative colitis, etc.)</li> <li>Post antibiotic</li> </ul>	<ul style="list-style-type: none"> <li>Relief of significant GI symptoms such as discomfort, cramping, bloating and bowel urgency</li> </ul>	1 capsule at bed
<i>Note: this is the same as our Restore Baseline, just more concentrated. If unsure of which probiotic you need, first complete the probiotic challenge.</i>					
<b>Rebuild: Spectrum Probiotic</b>	30 Billion	S. boulardii B. lactis L. plantarum L. salivarius L. acidophilus S. thermophilus	<ul style="list-style-type: none"> <li>Broad spectrum support for upper and lower GI health</li> <li>Post antibiotic, food poisoning or GI infection</li> <li>Resistant yeast, parasite, SIBO and dysbiosis</li> </ul>	<ul style="list-style-type: none"> <li>Natural anti fungal support for history of dysbiosis</li> <li>Provides gut diversity following sterility</li> </ul>	1 capsule at bed, May increase to 1 at rise, 1 at bed during antibiotics or following a gut cleanse
<b>GI Cleanup</b>	5 Billion	L. acidophilus B. lactis B. bifidum B. longum L. rhamnosus B. breve L. casei S. thermophilus Bacteriophage blend	<ul style="list-style-type: none"> <li>Supports proliferation of beneficial bacteria</li> <li>Inhibits bad bacteria and allows space and resources for good bacteria to thrive</li> <li>Resistant yeast, parasite, SIBO and dysbiosis</li> </ul>	<ul style="list-style-type: none"> <li>Breakdown of biofilms of resistant bacteria, yeast and virus</li> <li>Aids in successful gut cleanse outcomes</li> </ul>	1 at rise, 1 at bed during Beat the Bloat Cleanse, 1 at bed as ongoing support
<b>Kids-Biotic</b>	10 Billion	L. acidophilus B. Lactis	<ul style="list-style-type: none"> <li>Daily probiotic for young children</li> <li>Supports a healthy gut microbiome and immune system</li> </ul>	<ul style="list-style-type: none"> <li>Great-tasting grape flavored chewable</li> <li>Supports bowel regularity</li> <li>Aids in immune health</li> <li>Supports balanced mood</li> </ul>	Children age 3+: 2 chews once daily, chew or crush completely before swallowing

\* 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.