

## Probiotic Essentials

Advanced nutrition for improved gastrointestinal performance

- Increase resistance against microbial pathogens
- Improve bowel transit time
- Enhance GI mucosal and barrier functions
- Optimize nutrient synthesis and absorption
- Balance immune system performance

<p><b>GI Flora</b></p> <p>Each Capsule Contains: Proprietary Probiotic Blend... 3.5 billion live cells</p> <p>Bacteria: L.rhamnosus, S.thermophilus, B.breve, B.longum, L.acidophilus, B.infantis, L.plantarum, L.salivarius Grown with Fermented Soy</p> <p>2 capsules per packet Dose: 1 to 2 packets daily</p>	<p><b>Nutrients are supplied in packets:</b></p> <ul style="list-style-type: none"> <li>• Tamper-proof</li> <li>• Convenient and simple</li> <li>• Ideal for travel</li> <li>• Eliminates bulky bottles</li> </ul>
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### Introduction

In order to accomplish all of its many complex jobs, including protection, nutrient extraction and assimilation, barrier functions, and elimination, the gastrointestinal tract has evolved a complex ecological system. This ecological system is comprised of 1000's of types of friendly or *probiotic* bacteria that together comprise a complex ecosystem termed the "*gastrointestinal flora*" (GI Flora for short).

"Probiotic Essentials" is our proprietary *probiotic* product. It consists of 8 health-promoting strains of *probiotic* bacteria. These specially selected 8 strains are used to ferment soy. The soy is then freeze-dried and encapsulated. The result is a *probiotic* food that provides the advantages of fermented soy and of live *probiotic* organisms.

#### AN UNRECOGNIZED DEFICIENCY:

It has been estimated that we consume 1 million times LESS *probiotic* bacteria in our diet today than did our ancestors.

The term “*Probiotic*” means "in favor of life". It was coined in 1910, by a Russian physician named Metchnikoff, who promoted a theory of longevity and associated prolonged life and improved health with decreased gastrointestinal toxicity. He suggested that aging is a process mediated by chronic exposure to putrefactive intoxication caused by imbalances in intestinal bacteria and that this process could be halted by the routine ingestion of lactic acid bacteria and their "fermented" food products. Over 90 years have passed since he introduced these radical ideas; however, in many respects his ideas have been proven to be true. Consumption of lactic acid bacteria, or food fermented with these friendly *probiotic* microorganisms does extend life in animal experiments.

## Health Benefits

*GI Flora* are among the most well studied aspects of diet and dietary supplementation. The benefits to health are profound and varied – impacting immune system performance, cardiovascular health, gastrointestinal function, detoxification capabilities, bone health, and vitamin and mineral status. Some of the many health benefits of *GI Flora* include:

- Promoting improved resistance against infections from bacteria and viruses
- Decreasing allergic reactions to foods
- Generating balanced immune system responses (rather than autoimmune responses)
- Promoting the healing of tissues within the gastrointestinal tract
- Improving antioxidant defenses
- Preventing absorption of toxin compounds
- Increasing absorption of many vitamins, minerals, and other nutrient compounds
- Synthesizing vitamins like vitamin K and biotin
- Creating the short-chain fatty acids and other complex compounds from dietary fiber that act to protect the colon from mutagens and carcinogens
- Ensuring elimination of waste products of digestion
- Enhancing elimination of chemicals and hormones that result as a by-product of normal metabolic functions
- Increasing the transit speed of waste-products and toxins so that they stay inside the colon for shorter periods of time

...and more

*References available on request*

<b>For more information contact this office:</b>
<i>Call 888-888-8565 for customer service, product information, or additional information on ordering this and other nutritional products and services. Visit our website <a href="http://www.healthcoach.com">www.healthcoach.com</a></i>

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.