



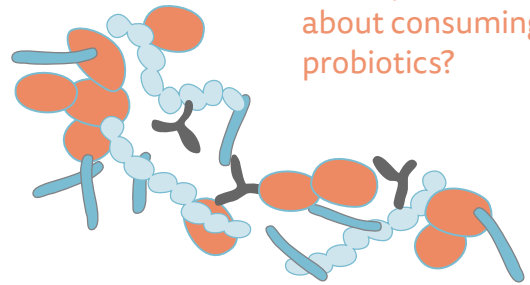
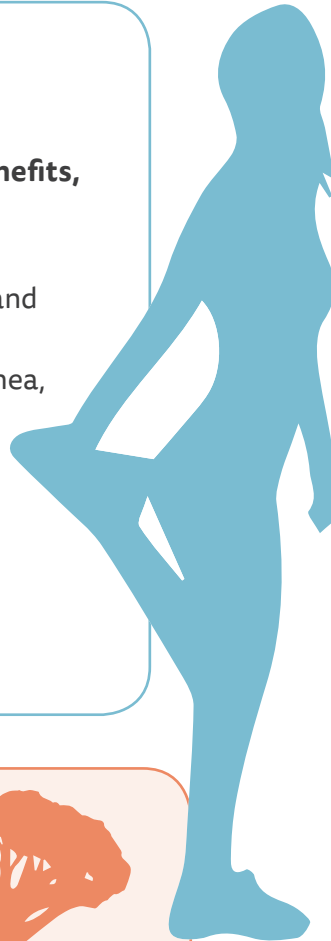
Probiotics for Healthy People

Eating a nutritious diet, regular exercise, maintaining a healthy weight, reducing stress, getting enough sleep – these actions can help you stay healthy. But what about consuming probiotics?

Probiotics may help you stay healthy.

No probiotic will have all these benefits, but certain probiotics may:

- Support the immune system
- Decrease respiratory, gut, vaginal and urinary tract infections
- Relieve some gut symptoms (diarrhea, constipation, and bloating)
- Relieve colic in breast fed babies
- Support an effective gut barrier
- Help manage symptoms of irritable bowel syndrome
- Help manage modestly elevated cholesterol levels



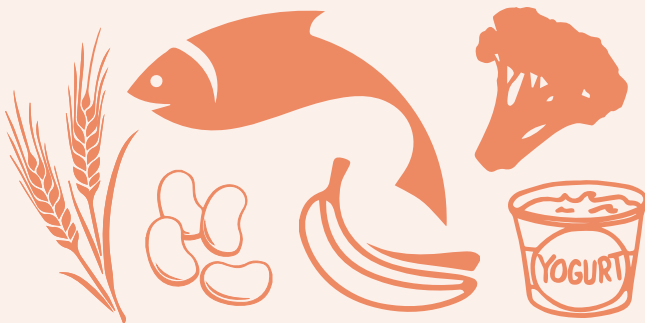
Taking an antibiotic?



Consuming a probiotic may help with side effects such as diarrhea and help stabilize your gut microbiota

Emerging science

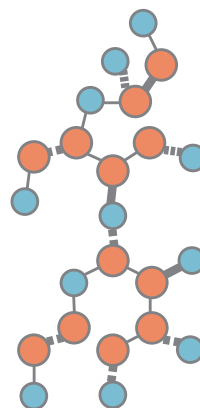
Early research suggests that certain probiotics may help with some psychological symptoms, such as stress, anxiety, depression, and sad mood.



Support a healthy microbiota – add live microbes, and the food they eat, to your diet

Consuming live microbes may help your immune system develop properly and help sustain a robust microbiota as you age. Include as part of your healthy diet:

- Fermented foods that contain live microbes
- Probiotic-containing foods
- Prebiotics and fiber, which can feed your microbes



Probiotics are not a “cure all” and it is not necessary to take them to be healthy. But they may help you even if you are generally healthy. Probiotics will have different benefits - look for a product with studies that support the benefit you want.



International Scientific Association for Probiotics and Prebiotics

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