



ITEM #108

USANA® Probiotic

Probiotic food supplement for digestive and immune health*

Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body's cells need to function properly. Therefore, maintaining your digestive health is crucial for maintaining your overall health. **USANA® Probiotic** food supplement supports digestive health with a unique blend of probiotics that brings balance to your belly.*

Importance of Digestive Health

If the body is deficient in any essential nutrients, immune function can be compromised and the potential for developing a number of health concerns is significantly higher. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimizing nutrient intake and defending against deficiency-related illness.*

Similarly, if the body is unable to effectively eliminate waste, the effects can range from embarrassing and unpleasant to dangerous and extremely painful. Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating, or occasional diarrhea, it also facilitates consistent waste elimination from the body through the regular passing of stool and normalization of stool consistency.*

To keep everything working smoothly, it is vital that you drink plenty of water; exercise; and consume a proper diet with plenty of fiber from fruits, vegetables, and whole grains. In addition to eating a healthful diet, using probiotics can help create an ideal environment for healthy digestion.

Probiotics Promote Balance

Your gut is host to both beneficial and potentially harmful bacteria. When balanced properly, these bacteria, also known as microflora, aid healthy digestion. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions, may endanger the fine balance of the intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

The Food and Agriculture Organization of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion.* **USANA Probiotic** features a unique 50/50 mixture of *Bifidobacterium*, *BB-12*® and *Lactobacillus rhamnosus* GG, *LGG*®—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut.

Immune Function

Recent research suggests that not only do probiotics stimulate the digestive system, they may also play a role in sustaining healthy immune function. Friendly bacteria are vital to the proper development of the immune system, and more immune cells are concentrated in the gut than in any other region of the body. The intestinal tract can encourage healthy bacterial growth and promote proper nutrient absorption.*

Why USANA® Probiotic?

The beneficial effects of one strain of probiotics do not necessarily hold true for others, or even for different varieties of the same species or strain. Sufficient quantity of high-quality bacteria strains must survive stomach enzymes and enter the intestinal tract alive to be effective. Verified to supply 12 billion Colony Forming Units (CFU) of viable bacteria—a level shown to be effective in clinical studies—**USANA Probiotic** contains *Bifidobacterium*, *BB-12*® and *Lactobacillus rhamnosus* GG, *LGG*®, the strains best documented to survive transit through the harsh, acidic environment of the stomach to colonize the intestines.

USANA Probiotic employs an advanced delivery system that guarantees the product will remain effective for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take **USANA Probiotic** alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to cold beverages or foods every one or two days for proven digestive health results.*

References

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Digestion/Detox Probiotic

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- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health



HP In HealthPak™

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Hybrid

*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.