



Probiotics: Your Gut's Best Friend

Probiotics, beneficial bacteria that reside in your gut, play a crucial role in maintaining overall health.

Probiotics are microorganisms that help:

- **Improve Digestion:** Probiotics aid digestion by breaking down food, absorbing nutrients, and preventing the growth of harmful bacteria.
- **Boost Immunity:** A healthy gut microbiome can strengthen your immune system, making you less susceptible to infections.
- **Alleviate Digestive Issues:** Probiotics may help alleviate symptoms of digestive disorders like irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

How to Boost Your Probiotic Intake

- **Yogurt:** Opt for yogurt with live and active cultures, especially those made from goat's milk.
- **Kefir:** This fermented milk drink is rich in probiotics and can be enjoyed on its own or added to smoothies.
- **Tempeh:** A fermented soybean product, tempeh is a great source of protein and probiotics.
- **Miso:** This fermented soybean paste can be used to make soups, sauces, and marinades.
- **Fermented Vegetables:** Sauerkraut, kimchi, and other fermented vegetables are excellent sources of probiotics.



We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

Website: www.advanceddiabetessupply.com

Patient Support: 1-866-422-4866

Email: customer-care@northcoastmed.com



US MED

Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com