



# ProBiotics

PROBIOTICS ARE LIVE BACTERIA AND YEASTS THAT HAVE HEALTH BENEFITS ON YOUR BODY. THESE TYPE OF BACTERIS ALREADY LIVE IN YOUR BODY, ALONG WITH MANY OTHERS. PROBIOTIC SUPPLEMENTS ADD TO YOUR SUPPLY OF “GOOD MICROBES”. THEY HELP FIGHT OFF THE “BAD” TYPES AND BOOST YOUR IMMUNITY AGAINST INFECTIONS.

## My suggestions

**With 36 strains and 100 billion CFUs per serving, Ultimate Probiotic is the one of the most value-driven probiotic and prebiotic supplements on the market today. This daily probiotic will help strengthen the digestive system for stronger gut health and immunity.**



**Flora - Adult's Probiotic Blend, Six Adult-Specific Strains, Gluten Free, Raw Probiotic with 17 Billion Cells**



**Renew Life Kids Chewable Probiotic Tablets, Daily Supplement Supports Digestive and Immune Health, Berry-licious Flavor**

