



# Probiotic Supplements

**ENHANCE YOUR DIGESTIVE SYSTEM FUNCTION AND OVERALL WELLBEING**

Probiotics are made up of a genus, species and a strain. Particular strains exert different effects within the body making them beneficial in helping with specific health concerns.

**Not all are created equal**

## **Lactobacillus acidophilus (NCFM)**

A great everyday Probiotic to maintain balance, particularly useful following antibiotic treatment.

## **Bifidobacterium lactis (Bi-07)**

Well-suited for intestinal survival, supporting balanced and healthy immune system function

## **Lactobacillus rhamnosus GG (LGG®)**

Helps to decrease the risk of stomach upset, including diarrhoea. It can also help decrease developing eczema and other atopic conditions, including alleviating symptoms of allergies and eczema.

## **Lactobacillus plantarum 299v**

Assists in managing the symptoms of irritable bowel syndrome and other inflammatory bowel disorders.

***For a tailor-made immune supporting program contact Terrie***

**Terrie Beresford, Naturopath**

Mob: 0411 068 953    [terrie@newage.net.au](mailto:terrie@newage.net.au)

[www.newage.net.au](http://www.newage.net.au)

