



Feel Better Lounge  
RVA

## Gut HealthRx

- ◆ A preparation of pre- and probiotic bacteria to balance the microbiome of the gut, important for immune system health, digestion, and even weight maintenance.

### Why care about Probiotics?

Probiotic bacteria have been extensively studied for their role in digestion, immune functioning, and obesity. Researchers have agreed that 80% of the immune system is located in the digestive tract, where many invading pathogens are encountered and destroyed.

When an imbalance of gut flora—the colonization of 10 trillion micro-organisms that live symbiotically in the GI tract—is present, not only will digestive troubles surface, but the immune system will break down allowing disease process to set in.

Interestingly, studies have also shown a strong relationship between overweight and obesity with an undesirable balance of probiotic in the GI tract. Specifically, folks with more Bacteroidetes than Prevotella were more likely to struggle with their weight. The former is associated with high animal protein and high fat consumption, while the latter was found to be present in those eating diets higher in fiber and carbohydrates (the bacteria will dine on whatever you dine on!)<sup>1</sup>

Specific strains of supplemental probiotics have been shown to improve several health markers integral to immunological defense and to diminish pro-inflammatory effects.

### What about Prebiotics?

Taking a probiotic without a prebiotic is like trying to start a fire without stoking it. Prebiotics are non-digestible foods for humans, but they are the preferred food source for probiotic bacteria; the desirable probiotics feed on prebiotics and encourage a healthy and sustainable colonization.

<sup>1</sup>Crosstalk between intestinal microbiota, adipose tissue and skeletal muscle as an early even in systemic low grade inflammation and the development of obesity and diabetes. *Diabetes/Metabolism Research and Reviews*, (2014).



### Who Needs Gut HealthRx?

If you're asking us---everybody! But most certainly, anyone who is suffering from any of the following symptoms most likely is suffering from an imbalance of gut flora and would benefit from Gut HealthRx:

- Allergies
- Skin irritation
- Fatigue
- Mood alternations
- Headaches
- Leaky gut syndrome
- Diarrhea/constipation
- Digestive disorders (Crohn's Disease, IBS, etc)
- Diabetes
- Obesity

### Ingredients: (400 mg proprietary blend of 20 billion organisms)

Inulin, arabinogalactans, marshmallow root, Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium breve, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus salivarius, Streptococcus thermophilus (in veg cap).

**Dosing:** 1 capsules 1-2 times a day.

6900 FOREST AVE. STE 310 | RICHMOND, VA 23230 | 804-249-8888

[www.feelbetterrva.com](http://www.feelbetterrva.com)