

# Probiotic Synergy™ Powder

Support for a healthy gastrointestinal system\*

Upwards of 60% of the immune system is associated with the gastrointestinal (GI) tract, making good digestive health essential for whole body wellness. We live in synergy with the bacterial colonies that inhabit our intestines, and imbalances in this gut flora—either an absence of beneficial bacteria or an overgrowth of unhealthy organisms—can bring about a wide variety of health complications. Some of these—like bloating, gas, constipation, or diarrhea—are digestive in nature, but microbial imbalances can influence various aspects of our health.

Traditionally, people would consume fermented foods like kefir, sauerkraut, and kimchi to help ensure healthy GI flora. Since these foods are rarely consumed in sufficient quantities today, it is important that most people supplement their diets with probiotics.

## Probiotic Synergy™ Powder

This probiotic formula provides a comprehensive array of beneficial bacteria to support a healthy gastrointestinal system.\* It contains 20 billion colony forming units (CFUs) made up of five different beneficial bacterial strains. Our Probiotic Synergy™ Powder is designed to dissolve fully in liquids and therefore mixes easily into water, juice, shakes, smoothies, and even yogurt or cottage cheese. (Not recommended for mixing into hot foods or beverages as heat may degrade the concentration of healthy probiotics.)

- **Why these strains?** The types of lactobacilli and bifidobacteria in this product are some of the most well-researched, most effective, and are scientifically proven to be beneficial.
- **What is inulin?** This formula contains inulin, a prebiotic fiber which benefits GI health and serves as food for the probiotic strains, helping them to thrive.\*

## Probiotic Synergy™ Powder helps support\*:

- Healthy digestion
- The immune system
- Bowel health and aids in restoring proper elimination, may help control the normal balance of organisms in the GI tract.
- Individuals on antibiotics. Antibiotics eradicate illness-causing bacterial strains, but they also kill the beneficial strains. Probiotics help restore and maintain the crucial balance of these essential organisms.

### Benefits:\*

- Improves occasional constipation and diarrhea
- May be beneficial for GI conditions including irritable bowel syndrome, colitis, candidiasis, & dysbiosis
- Helps rebalance gut microbiota following antibiotic treatment

**Recommended Use:** Take 2 grams (approx. 1/2 teaspoon) per day, or as directed by your health care practitioner.

**Note:** Refrigeration of this product is recommended and will ensure maximum potency and shelf life.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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