

Which probiotic is right for you?

A probiotic's active culture is measured by colony-forming units (CFUs). Choose a formula with billions of microorganisms and several strains, because they work best as a team. Each probiotic strain provides particular benefits:

***Saccharomyces boulardii* (SB):** This aids digestion and gut repair, decreases diarrhoea, counters candida, enhances immunity, increases enzymes and helps synthesise vitamin K and antimicrobial substances. It is the perfect probiotic for a travel kit, because it is heat-stable to 30°C.

***L. acidophilus* bacteria:** Although this dies off quickly in the stomach, the DDS-1 strain can survive for eight days. *L. acidophilus* can assist acne, hayfever, lactose intolerance, thrush and digestive problems.

***L. rhamnosus*:** This clears bacteria that can contribute to diarrhoea and UTIs. One important study has found that pregnant women taking the Rhamnosus GG strain were half as likely to have children with eczema.

***L. plantarum*:** Try this anti-inflammatory probiotic for autoimmune diseases, constipation and IBS. It assists antiviral and hormone activity by forming lysine; it also produces antibacterial hydrogen peroxide.

***L. casei*:** To reduce anxiety, depression, or diarrhoea, consider casei. A similar probiotic, *L. paracasei*, helps fatigue, dental health and liver function.

***B. lactis*:** This neutralises gluten and lactose intolerance, by minimising damage to the intestinal walls; it has also been shown to improve immunity, ease digestion and lower cholesterol.

***B. longum*:** Science shows *B. longum*'s ability to chelate to metals, neutralise toxins, digest carbohydrates, elevate immunity and decrease constipation. It also assists anxiety and memory.

***B. bifidum*:** This has been shown to significantly ease ulcerative colitis.

***B. breve*:** Along with its great gut actions, this probiotic can potentially reverse sun damage.

***Streptococcus thermophilus*:** Promotes smoother skin by increasing the lipid ceramide barrier in the dermis. It also breaks down casein in cheese, to reduce allergies.



Picking the

Science supports the perks of probiotics, and products are plentiful – but which is best for you?

The 'father of probiotics', Russian biologist Elie Metchnikoff, linked different yoghurt cultures to longevity in 1905. Since then, fermented foods and probiotic supplements have become synonymous with gut health and immunity. 'Probiotics' literally means 'for life': probiotics lift our life force by maximising the health of the billions of beneficial gut bugs which create the microbiome – the internal ecosystem that the brain, immune and digestive function, energy production, metabolism and all other bodily systems depend upon.

However, a dysfunctional microbiome, or dysbiosis, can be caused by certain medications, disease, poor diet, pathogenic microbes, bacteria or viruses, and stress. Dysbiosis may then lead to a leaky gut, where undigested food particles enter the bloodstream and trigger an inflammatory immune response. So – given that the best defence is a good offence – prebiotics and probiotics can help these gut soldiers repel unwanted invaders. Replenishing probiotic reserves in the microbiome is particularly important with antibiotic use, during a cleansing program, and if allergies, digestive problems or low immunity are present.

Prebiotics and probiotics

Think of your gut as a garden, with prebiotics creating the rich 'soil' that is essential for probiotic 'seeds' to sprout. Prebiotic fibre comes from inulin, oligosaccharides and galactooligosaccharides, which are found in asparagus, apple skin, banana, barley, chicory root and garlic. Research reveals that prebiotic fibre can improve bone density, brain health, digestion, immunity and weight management.





perfect *probiotic*

Once the prebiotics have fertilised the 'soil' in the gut, the probiotics can proceed with producing a copious beneficial colony. Probiotics restore the natural balance of beneficial bacteria in the gut by overriding bad bacteria. Medical evidence highlights probiotics' efficacy in helping to treat allergies, *Candida albicans*, diarrhoea, irritable bowel syndrome (IBS), skin diseases, urinary tract infections (UTIs) and vaginosis. Certain strains of probiotics

have also been proven to improve brain health, by producing neuropeptides through the gut-brain axis. Probiotic-rich produce includes apple cider vinegar, kefir, miso, natto, yoghurt, select cheeses, pickled vegetables, kombucha, tempeh and fermented foods.

Prebiotics and probiotics can be taken together, to increase their synergistic affect. Probiotic supplements should be taken for at least a month to replenish intestinal

flora. They are optimally absorbed when taken with a fat-containing meal or within 30 minutes of ingestion. Probiotics should be taken four hours away from antibiotics. Ensure the probiotic product has been sealed and stored properly. Check it is free from sugar, gluten, dairy, nuts, additives and preservatives. Adverse side effects are rare, but bloating and diarrhoea may occur temporarily. If symptoms persist, consult your healthcare provider. 📺

Sage Advice...

Salvia officinalis (Sage) is traditionally used in herbal medicine to maintain and enhance memory and mental recall.

Sage is also traditionally used in Herbal Medicine as a tonic and can aid in the maintenance of general well-being.



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