

- The microbiota is unique ecosystem that support body health. The bacterial population known as the microbiota enters the body at birth and settles in our intestines. Probiotics are live organisms that benefit our digestive tract and overall health. Dybiosis is defined as a reduction, change, or worsening in microbial diversity. Immune dysregulation occurs as this illness progresses, as does allergies and inflammation. The low quantity of microorganisms, which may even be detected at young ages, limits tolerance to the microorganism-laden environment later on and results in an inadequate immune response.
- Pro-kult probiotic, consisting of 14 different strains of live bacteria from 5 different genera, has been shown to affect the GI symptoms and quality of life in adults with IBS (Irritable Bowel Syndrome). In addition, a low mood study was done and statistically significant improvement in mood scores (PHQ-9) with pro-Kult group compared to placebo
 - Helping indigestible foods break down and be absorbed.
 - Suppress the growth of harmful bacteria and prevent the passage of toxic products from the intestines to the blood.
 - Facilitate the absorption of vitamins and minerals.



Adults 12 years and older, 2 capsules should be taken once or twice a day with meals. Consume with a glass of water or juice.