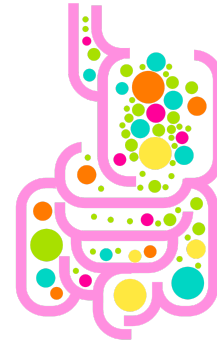


Guide to Gut Health



Prebiotics are the fiber that feeds the bacteria and keeps them in circulation	
Inulin and fructooligosaccharides	Onion, garlic, leeks, asparagus, bananas, artichoke, dandelion greens, chicory, blue agave, jicama root, yacon root, wheat bran
Polyunsaturated fatty acids	Oily fish, flax seeds, walnuts, oils such as canola, corn, soybean, and safflower
Polyphenols	Fruits and berries, vegetables, walnuts, wine, tea, coffee, dark chocolate, turmeric
Other	Barley, oats, seaweed

Probiotics are the bacteria that you ingest to increase the good population of bacteria.	
Dairy	Yogurt, kefir, cottage cheese, aged cheeses such as cheddar, mozzarella, gouda, parmesan, and swiss
Drinks	Kefir, kombucha, non-alcoholic ginger beer, Indian lassi, Russian beet kvass, apple cider vinegar
Fermented foods	Pickles brined in salt water, olives, sauerkraut, tempeh, kimchi, miso, natto, poi
Probiotic supplements	Many brands available including: Align® Probiotic, Culturelle® Probiotics Digestive Health, Dr. Mercola® Complete Probiotics, Garden of Life® RAW Probiotics Ultimate Care

Source: ConsumerLabs.com

