

WHICH PROBIOTIC IS RIGHT FOR YOU?

A Step-by-Step Guide to Choosing Your Daily Probiotic

Did you know there are 100 trillion bacteria inside your digestive tract? *Probiotics* are the friendly bacteria that support good digestion and immune health, but your gut is also home to some types of harmful bacteria.

Everyday factors such as stress¹, aging, and diet may upset a balanced gut, resulting in digestive issues such as occasional gas, bloating, or constipation. Taking a daily probiotic supplement may help replenish probiotic bacteria in the gut and support optimal digestive and immune health.*



Do you experience occasional gas, bloating, or digestive upset?

YES

NO



Are you concerned about immune health?

YES

NO



Do you experience occasional stress?

YES

NO



Do you want to feel better, lighter, and more energized?*

YES

NO

Are you looking for a probiotic for an adult?

YES

NO

Are you looking for a probiotic for an adult over 50?



WOMAN

MAN

Are you looking for Everyday Support?



Are you looking for Extra Care?



Are you looking for Everyday Support?



Are you looking for Extra Care?



Are you looking for a probiotic supplement for a child in your family?

YES

NO

Do you prefer chewable tablets?



Do you prefer gummies?



Why Take a Daily Probiotic?

- ✓ Promote healthy digestion*
- ✓ Restore digestive balance*
- ✓ Support immune health*
- ✓ Help relieve occasional digestive discomfort*

DID YOU KNOW?

- Up to 70% of your natural immune system support is in the digestive tract.²
- Delayed-release capsules help to ensure more friendly probiotics reach your intestinal tract.*

QUICK TIP

Look for a potent probiotic (one with billions of live cultures) that has multiple strains of *Bifidobacteria* and *Lactobacilli*. Those are the good bacteria found most often in a healthy gut.



**Ultimate
FLORA™**
PROBIOTICS

Renew Life Ultimate Flora™ Probiotics

Maintaining good balance among all the diverse microbes in your gut is important for optimal digestion and immune health, which is why Ultimate Flora Probiotics are made with multiple scientifically studied strains to support digestive balance and harmony.*

Learn more at www.renewlife.com.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

¹ J Physiol Pharmacol. 2011 Dec;62(6):591-9. Stress and the gut: pathophysiology, clinical consequences, diagnostic approach and treatment options.

² Clin Exp Immunol. 2008 Sep;153 Suppl 1:3-6. doi: 10.1111/j.1365-2249.2008.03713.x. Allergy and the gastrointestinal system.