

# THE SCIENCE BEHIND USANA® PROBIOTIC

## A Delicate Balance

Any number of factors can negatively impact the balance of beneficial bacteria in the gut, including age, stress, certain medicines, and poor diet. The effects of poor digestion can range from uncomfortable stomach upset to conditions that are potentially harmful to our long-term health.

**USANA Probiotic** is a food supplement designed to help replenish beneficial bacteria in the gut to re-establish a healthy balance, which is essential to keeping our digestive process working properly and maintaining strong immune function. Most adults can benefit from using **USANA Probiotic**, but it is especially recommended for those who travel regularly, or those with less than ideal eating habits.

### Digestive Health

Digestive health lies at the core of our overall health. A healthy digestive system helps our body efficiently break down many of the nutrients we consume into forms that are easily absorbed, maximizing the benefits of vitamins, minerals, and antioxidants and defending against nutritional deficiencies. Healthy digestion is also important to bowel regularity—another critical component of good health.\*

### Immune Support

A large percent of the immune cells in our bodies are located in the gut. Probiotics interact with, and modulate, the immune system to help strengthen our natural defenses and sustain healthy immune function by promoting healthy bacterial growth.\*

### USANA Probiotic: What Makes It Work?

- The unique blend of probiotic bacteria has been clinically shown to survive transit through the stomach, and to establish robust growth in the intestines.
- Each stick pack is filled with 12 billion viable bacteria—a dose shown effective.
- When stored at room temperature, **USANA Probiotic** stays effective for 18 months or more.

### USANA Probiotic: What Makes It Better?

- Quality of the bacteria used—the proprietary 50/50 mixture of *Lactobacillus rhamnosus* LGG® and *Bifidobacterium* BB-12® has the documentation needed to meet USANA's exacting standards.
- Easy to use—the dairy-free, sugar-free, mild vanilla-flavored powder can be added to food or drink.
- Made with the same commitment to quality, safety, and purity that you have come to expect from USANA.

Ask your USANA Associate about placing this product on Auto Order.



BB-12® is a registered trademark of Chr. Hansen. LGG® is a registered trademark of Valio Ltd.

