



Supports digestive and immune health

Probiotics

What are Probiotics?

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Often called "good" or "helpful" bacteria, probiotics help keep your gut healthy. Good bacteria are naturally found in your body. You can find probiotics in some foods and supplements.

Why Should I Care?

Probiotics are those "good" bacteria that help keep the intestines healthy and assist in digestion and nutrient absorption. Researchers are also finding evidence that certain bacteria in the gut influence the development of aspects of the immune system.

In fact, the gut accounts for 25% of the immune cells in the body, which provides 50% of the body's immune response.

Why Take a Probiotic Supplement?

While food sources of probiotics have the advantage in that they offer good nutrition along with the probiotic bacteria, supplements can be more convenient for some people and may provide higher levels of probiotics.

Studies have shown different strains of probiotics to provide different benefits. Talk with a member of your CF Center Healthcare Team to determine what bacteria strains your probiotic supplement should contain.



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What Are Good Food Sources of Probiotics?

Yogurt - It's one of the most familiar sources of probiotics — "good" bacteria that keep a healthy balance in your gut.

Sauerkraut - Choose the unpasteurized kind. The pasteurizing process, which is used to treat most supermarket brands, kills active, good bacteria. Sauerkraut and the similar but spicy Korean dish kimchi are also loaded with immune-boosting vitamins that can help ward off infection.

Soft Cheeses - They're good for your digestion, but not all probiotics can survive the journey through your stomach and intestines. Research finds that strains in fermented soft cheeses, like Gouda, are hardy enough to make it.

Milk With Probiotics - One of the easiest ways to get probiotics is to use this kind of milk, which has been fermented with bacteria. You may see it labeled as sweet acidophilus milk. Buttermilk, too, is rich in probiotics.

Can I Get Too Many Probiotics?

If you take too much of a probiotic supplement, your body gets rid of the excess bacteria through fecal waste. However, taking too much of a probiotic supplement could cause uncomfortable side effects.

The most common side effects when taking probiotics are gastrointestinal problems such as nausea, diarrhea, gas or bloating. Another risk of probiotic supplementation is that the bacteria could interact with your medications, so discuss your supplement use with a physician before taking probiotics.

This educational service is brought to you by the manufacturers of MVW Complete Formulation Probiotic & MVW Complete Formulation Multivitamins. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team.

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