

Why Eat PROBIOTICS?

Tiny helpers with huge benefits!

REAL FOOD. REAL GUT HEALTH. REAL LIFE.

Probiotics are the good bacteria your body loves. They help your gut, boost your health, and keep you feeling your best!



WHY PROBIOTICS ARE SO GOOD FOR YOU



BETTER DIGESTION

Helps break down food, reduce bloating, and keep things moving.



STRONGER IMMUNITY

About 70% of your immune system lives in your gut!



BETTER MOOD & FOCUS

A happy gut can support your mood, focus, and brain health.



MORE NUTRIENT ABSORPTION

Helps your body absorb vitamins and minerals from your food.



LONG-TERM HEALTH

A healthy gut today can lead to fewer problems tomorrow.

Small daily choices = big lifelong benefits!

THE GOODNESS INSIDE YOUR GUT

1 GOOD BACTERIA

What it is: Live microbes from real foods.

What it does: Helps digestion and fights bad bacteria.

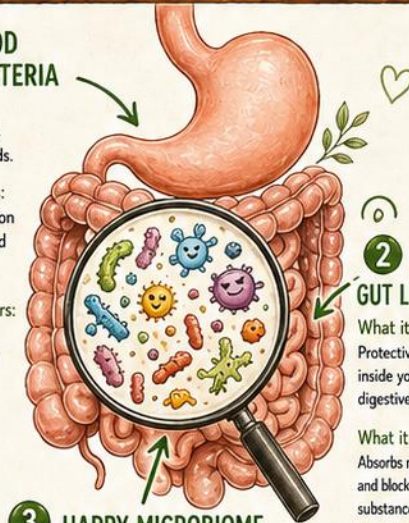
Why it matters: Keeps your gut balanced.



Immunity



Mood



2 GUT LINING

What it is: Protective barrier inside your digestive system.

What it does: Absorbs nutrients and blocks harmful substances.

Why it matters: Strong gut lining = better health.



Energy



Digestion

3 HAPPY MICROBIOME

What it is: A balanced ecosystem of good bacteria.

What it does: Supports mood, immunity, and digestion.

Why it matters: A healthy gut affects your whole body!

A HEALTHY GUT = A HEALTHIER YOU.

PROBIOTIC FOODS



KEFIR

Creamy drink packed with diverse probiotics.



KIMCHI

Spicy, fermented veggies full of flavor and life.



YOGURT (Plain, Live Cultures)

Simple and powerful for everyday gut health.



SAUERKRAUT (Raw)

Fermented cabbage that supports digestion and immunity.



MISO

Fermented soybean paste rich in beneficial microbes.



TEMPEH

Fermented soy with protein, fiber, and probiotics.



NATTO

Fermented soybeans rich in vitamin K2 and probiotics.



KOMBUCHA

Fermented tea that supports digestion and gut health.



PICKLES (Fermented, Not Vinegar)

Naturally fermented pickles contain live probiotics that support gut health.



APPLE CIDER VINEGAR (With the "Mother")

Contains beneficial compounds and may support digestion.



FERMENTED CARROTS

Easy-to-make and packed with gut-loving bacteria.



BET KVAS

Fermented beet drink that supports liver and gut.

Eat a variety. Eat regularly. Feed your gut, nourish your life!

HOW FERMENTED FOODS ARE MADE

1 FRESH INGREDIENTS

Start with simple, whole foods.

2 ADD SALT / STARTER

Salt or a starter culture kicks things off.

3 FERMENT (TIME PASSES)

Good bacteria grow, transform the food, and multiply.

4 ENJOY & THRIVE!

Eat regularly and let your gut reap the benefits.



TIME + GOOD BACTERIA = BETTER HEALTH

REAL BENEFITS FOR REAL LIFE



HAPPY TUMMY

Less bloating, better digestion.



STRONGER IMMUNITY

Fewer colds, sick days, and allergies.



MORE ENERGY

Feel good and stay active.



BETTER MOOD

Calmer, focused, and happier

GOOD GUT. GOOD LIFE.

THINK OF YOUR GUT LIKE A GARDEN

WITH PROBIOTICS

A garden full of good bugs and healthy plants!



- ✓ Healthy soil
- ✓ Strong plants
- ✓ Balance & vibrant

WITHOUT PROBIOTICS

Weeds take over and nothing grows well.



- ✗ Poor soil
- ✗ Weak plants
- ✗ Out of balance

Your choices today, your health tomorrow.

EASY WAYS TO ADD PROBIOTICS TO YOUR DAY

- ✓ Add kefir to smoothies
- ✓ Top yogurt with berries
- ✓ Add kimchi to rice or noodles
- ✓ Enjoy sauerkraut on sandwiches
- ✓ Try fermented pickles as a snack
- ✓ Start small, stay consistent!



PROBIOTIC POWER TIPS

- ✓ Eat a variety of probiotic foods
- ✓ Pair with fiber-rich foods (prebiotics)
- ✓ Avoid too much sugar & processed foods
- ✓ Stay hydrated and get good sleep
- ✓ Be patient—your gut heals with time!

Small daily choices = big gut health wins!

CHOOSE REAL. CHOOSE FERMENTED.

Real food. Real bacteria. Real health. Your gut (and your future self) will thank you!

