



GUTFLORA

Live Probiotics

Phyto Farmacy

<http://phyto-farmacy.com>

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Supports Digestive Health & Whole Body Balance



Lactobacillus bulgaricus

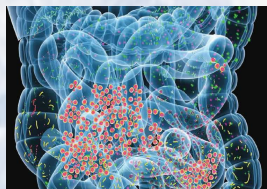
It's estimated that approximately 90% of the cells inside our body belong to separate microbial organisms ("flora") and 2 to 4 pounds of these bacteria live inside our gut alone.¹ Some bacteria are beneficial but a few "bad" strains are often in the mix. As we get older, take prescription antibiotics or eat junk food, the ratio between the good and bad gut bacteria can

become disrupted. This can mess up digestion and also cause problems throughout the entire body.² Gutflora is a blend of 13 of the most beneficial probiotic "good bacteria" and yeast strains, packed with up to 72 billion viable cells per capsule. As you continue to take Gutflora, in conjunction with a healthy diet, the good bacteria multiply and become a

Gut Health = Overall Health

The intestines are perhaps the most complex sensory organ in the body with three types of "detectors": neurons, endocrine cells and immune cells. The gut sends signals and communicates with the stomach, pancreas, gall bladder and the brain. The G.I. tract uses more than 20 hormones and the gut's immune system contains almost 80% of the immune cells in the body. Subtle changes in the gut profoundly affect other organs and systems in the body and when the

Probiotics Assist Digestion & Boost Nutrients



Probiotics can have a diverse range of health benefits.⁴ Supplementing probiotics can decrease the number of harmful bacteria, reduce discomfort, bloating and gas as well as improve bowel regularity.⁵ Probiotics can also help break down non-digestible carbohydrates, stimulate the immune system, and make additional B vitamins, antioxidants and fatty acids.⁶ They increase the production of butyrate which gives the colon energy, moderates inflammation and maintains



A viable mix of 13 strains, with up to...

72 billion live organism cells per capsule!

- *Lactobacillus acidophilus*
- *Bifidobacterium lactis*
- *Lactobacillus brevis*
- *Lactobacillus casei*
- *Lactobacillus plantarum*
- *Lactobacillus rhamnosus*
- *Lactobacillus salivarius*
- *Lactobacillus paracasei*
- *Lactobacillus bulgaricus*
- *Bifidobacterium bifidum*
- *Bifidobacterium brevis*
- *Bifidobacterium longum*
- *Saccharomyces boulardii*

Available in bottles of 30 capsules.
\$110 MSRP.

DOI:10.31013/GUT0FLYRBB062019

Probiotics Can Improve Mood & Outlook



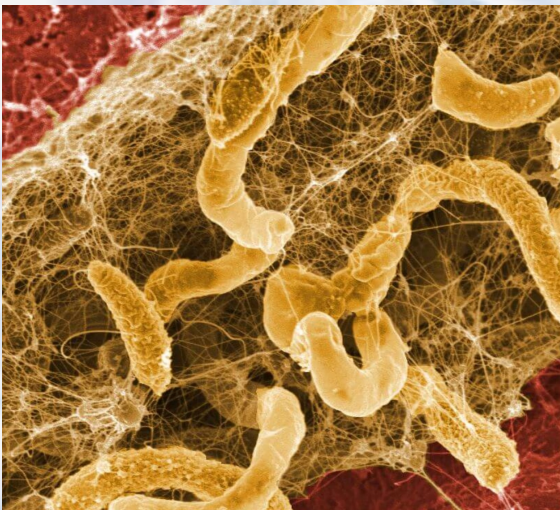
Supplementing with probiotics can have psychological effects that may support mental health. Certain gut bacteria are capable of producing important neurotransmitters like serotonin and GABA.⁷ Studies on humans have shown that supplementing probiotics can improve mood and that a 6 week course of probiotic yogurt or capsules improved mental health markers in

Probiotics May Support Blood Sugar Balance

Probiotics have been shown to improve the quality of life in people with irritable bowel syndrome.⁹ Lactobacillus and bifidobacteria can help support balanced blood sugar levels in metabolic syndrome. Experiments on animals suggest that taking probiotics helped lower inflammation and increase insulin sensitivity.¹⁰



Probiotics Can Reduce Unhealthy “Biofilm” Buildup



A biofilm is a thick, slimy colony of bacteria that attaches itself to the intestinal walls. Approximately 80% of gut infections are caused by biofilm-associated microbes.¹¹ Some biofilms have a tough calcium structure that makes all but the top layer highly resistant to antibiotics. One of the most common biofilm overgrowths is from candida, a type of yeast that grows in the stomach and mouth. Candida is an enormous organism: if a bacterium were the size of the period at the end of this sentence, a candida cell would be the size of a house. Candida growth can explode if we consume a lot of sugar or starch and it can quickly overtake good bacteria in the gut. Probiotics may provide a thriving alternative colony of flora that can help keep Candida overgrowth in check.¹²

Product Specifications



Each bottle of Gutflora contains 30 capsules, with up to 72 billion viable organism cells per capsule. The best time to take Gutflora is with a meal because the acidity in the

stomach is lowest, and this allows most of the bacteria to survive and enter the gut.¹³

References

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