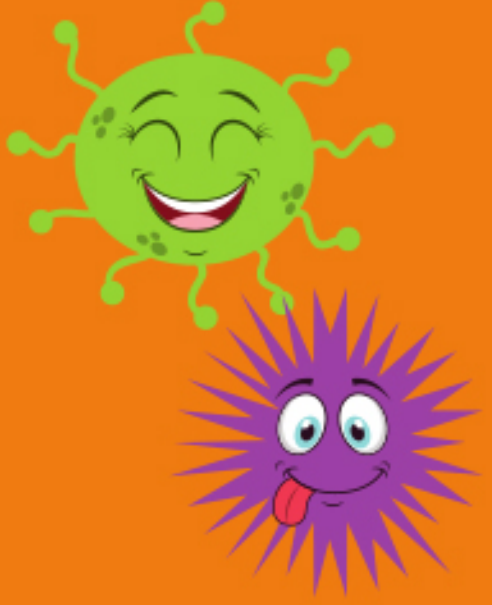




Bio-Kult[®]
The experts in probiotics



YOUR GUIDE TO CHOOSING A PROBIOTIC



EMBRACE DIVERSITY

Products with multiple strains have been found to be more effective. Different strains also effect different parts of the digestive tract, so multi-strain products may be of benefit in a wider range of conditions. A more diverse microbiome is associated with increased health benefits.



FOR THE GREATER GOOD

Everyone's microbiome is different and certain groups of the population may particularly benefit from certain species, or strains of bacteria. Opting for a multi-strain product which includes a combination of bacteria is a good strategy for all-around support.



BUILT TO LAST

It's important that bacteria survive stomach acid and reach the intestines and colon where they exert their positive effects. Delivery mechanisms, such as enteric-coated capsules or cryoprotectants ensure that viable bacteria reach the intestines. Don't be afraid to contact probiotic manufacturers to request evidence to show their products have the ability to survive.