Email Blurb – Probiotics

You often hear the term probiotics in yogurt…but do you know what they actually are? Probiotics are “good bacteria” that are found in the human gut. They are available in foods such as yogurt, miso, kimchi, cheese, and more. They are also available as supplements in the form of tablets, capsules, and powder. Probiotics help to promote digestion, keep your bowel movements regular, and strengthen your immune system. They play a role in reducing the severity of colds. They may also help with treating irritable bowel syndrome and urinary tract infections as well. Probiotics can help support general wellness, but be sure to check with your doctor prior to any addition of nutritional supplements to your diet.