



Nutrition for Optimal Wellness™

# Probiotic Support



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Poor digestion can have a snowball effect throughout the body, affecting many of its most vital biological systems. From weight management and metabolism, to energy production and immune system function, it is extremely important to provide the digestive system with the nutrients it needs to function properly. NOW offers one of the industry's most extensive and diverse selections of digestion support supplements, including probiotics, enzymes, fiber, and prebiotic formulas.

- Promotes positive microflora throughout the digestive tract\*
- Helps support regularity, energy, and immune system function\*
- Probiotics and digestive enzymes are essential to a healthy GI tract
- Award-winning formulas, tested for safety and potency
- Manufactured in Now's state-of-the-art in-house manufacturing facility



## References

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\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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## Health Professor





## Probiotics and Digestive Health

Though we rarely take time to acknowledge it, the human gastrointestinal (GI) tract plays a key role in how healthy or unhealthy the body will be. In fact, the digestive system is almost entirely responsible for the body's ability to obtain the nutrients it needs to function. When the digestive system is in a poor state of health, many other systems are adversely affected.

It is important to remember that good health begins with a good digestive system. In order for this vital network of twisting tubes and tunnels to do its job properly, many factors must be in perfect balance. Most importantly, the digestive tract must be clean, uncluttered, and free-moving. Unfortunately, years of processed foods, red meat, saturated fat, chemicals, and poor fiber intake can have a profound impact on the body's ability to move food through the intestines.

When gastrointestinal congestion occurs, the villi (tiny hair-like projections) located on the walls of the small intestines are unable to "grab" vital nutrients as they pass by. As a result, the body is gradually deprived of the nutrients necessary to repair tissues, build new cells, process thoughts, produce energy, signal hormones and enzymes, operate the immune system, and many other crucial biological functions. And while there are many factors that contribute to poor digestion, microflora imbalance is one of the most common, and easily preventable.

The digestive system is home to millions of bacterium and microorganisms. Some are beneficial, and some are harmful. Ideally, the driving force behind sound digestive health is to ensure that the body's population of "friendly" flora is greater than that which is harmful. Supplementation with a quality probiotic formula is one of the most effortless ways to keep the body's ratio of good-to-bad bacteria in a state that is favorable to good health. NOW® Probiotic Defense™ is an advanced probiotic formula that was designed to do exactly that. Probiotic Defense™ is available in two forms as a powder and also in capsules. Let's take a closer look at what makes this formula so unique.\*

### Freeze-Dried Probiotic Strains

Many of today's most popular probiotic formulas contain significant levels of live cultures at the time they're manufactured, but can lose their potency very quickly. NOW® Probiotic Defense™ contains a unique freeze-dried proprietary blend with 13 of the most beneficial probiotic strains, including those commonly found as soil organisms.

These strains have been cultured to ensure a potency of at least 1 billion live organisms, through the expiration date.\*

### Fermented Greens

Fermented greens, such as barley grass, wheat grass, oat grass and alfalfa, are rich in GI-supporting compounds such as chlorophyll, phytonutrients, vitamins, minerals and proteins that help fight free radicals within the intestines, while supporting the body's natural detoxification and digestive processes. Collectively, they are of great worth in supporting healthy gastrointestinal and immune system function.\*

### Supergreen Foods

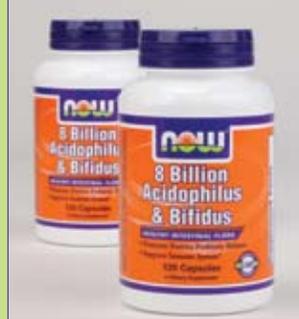
For added support, NOW includes Alfalfa juice concentrate, Dulce, and Atlantic kelp. As three of the earth's most nutrient-rich substances, these supergreens team with nutrients and other supporting compounds capable of attracting impressive amounts of soil-based minerals. This has made them increasingly popular among individuals concerned with taking charge of their nutritional status and digestive health.\*

### Soil Organisms, Compatible Bacterial Strains

Probiotic Defense contains 13 of the most compatible bacterial strains, including several that are commonly found in nutrient-rich soil. These are considered the most beneficial available, and serve as a solid foundation to a positive, friendly intestinal flora environment. In addition to providing superior efficacy, this unique arrangement of high-stability bacterial strains is included to retain more live colonies over an extended period of time for greater shelf life.

By utilizing some of the planet's most beneficial soil organisms, friendly bacterial strains, and supergreen foods, this innovative probiotic formula offers unparalleled GI support that you can use with absolute confidence.\*

\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



## Defense Support Supplements from NOW®

### 8 Billion Acidophilus & Bifidus

As one of our all time best-selling probiotic formulas, NOW® 8 Billion Caps works within the digestive tract to enhance friendly flora balance. We've carefully formulated this potent digestive supplement to promote positive flora balance throughout the entire gastrointestinal tract. It is safe for both adults and children, and can be highly beneficial in supporting healthy digestion.\*

### Berry Dophilus™ (Chewable)

NOW® BerryDophilus™ is a combination of probiotic bacterial strains designed to support gastrointestinal health and immune system function. In addition, healthy intestinal flora also helps to create a favorable environment for the absorption of nutrients. FOS (fructooligosaccharides) is included in this product to assist healthy growth of acidophilus and bifidus organisms. BerryDophilus™ can be used by both adults and children. Sweetened with Xylitol, BerryDophilus™ lozenges taste great and won't harm teeth\*.

### G.I. Support™

NOW® G.I. Support™ nourishes the gastrointestinal track with a comprehensive, science-based arrangement of nutrients and pro-digestive compounds that aid in the digestion of food, absorption of vital nutrients, and balance of helpful bacteria. We've united the most effective vitamins, minerals, standardized herb extracts, digestive enzymes, and amino acids to promote healthy digestive activity. MSM and Aloe Vera have been included for even greater G.I. support\*\*.

### NutraFlora™ F.O.S.

Prebiotics, such as fructooligosaccharides (FOS), are needed to help facilitate the growth and activity of probiotics within the human digestive tract. Their presence promotes an environment that is highly favorable to the friendly flora needed to support optimal digestive function and immune system response. NutraFlora™ FOS is a patented source of fructooligosaccharides that have been shown to encourage the growth of good bacteria, maintain intestinal health and promote regularity.\*

### Optimal Digestive System

Digestive enzymes are essential to digestion, as well as the body's absorption of food. The capacity of the body to make enzymes diminishes with age, and therefore the efficiency of digestion declines. NOW® Optimal Digestive System contains a blend of non-GMO, fungal-derived enzymes that aid in the digestion of most foods. The vegetarian enzymes in NOW® Optimal Digestive System is effective throughout the entire pH range of the digestive system, without being degraded by stomach acids.\*



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