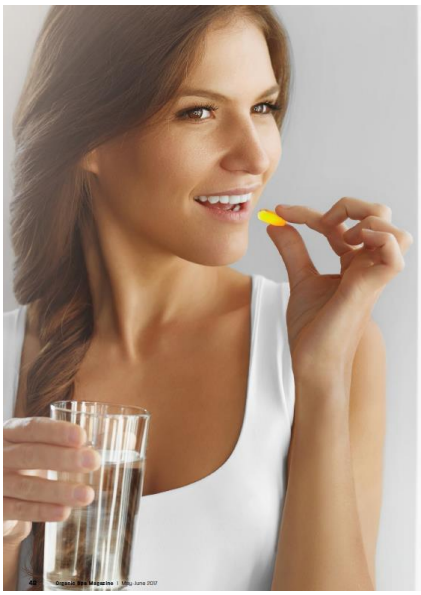
Organic Spa Magazine

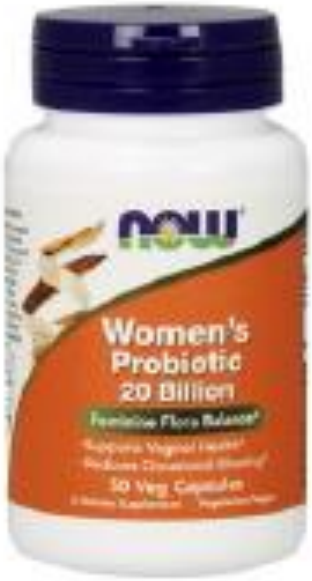
June 2017



Supplements 101

The hottest new supplements on the market

By Amie Valpone

NOW Women's Probiotic 20 Billion

This probiotic can support healthy, balanced immune system function in women of all ages as well as reduce occasional gas and bloating. This product features two strains of bacteria that are useful for women because they have been shown to colonize the vaginal tract to help maintain the proper vaginal pH. *nowfoods.com*