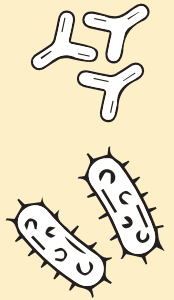


# PROBIOTICS AND GUT HEALTH

## GOOD HEALTH STARTS IN YOUR GUT

There are trillions of tiny microorganisms, mainly bacteria, living inside your intestines! The community of microorganisms living in our intestine are commonly referred to as the gut microbiome. These microorganisms may be tiny, but they play a big role in our digestive and overall health, for example:<sup>1-3</sup>

- Strengthening our immune system
- Helping to absorb nutrients
- Maintaining gut health
- Producing serotonin - the "happy hormone"
- Improving bowel regularity



Diet, stress, exercise and antibiotic use are all factors that can disrupt the balance of gut microbiome. When the gut microbiome is out of balance, it can impact on our physical and mental wellbeing.<sup>1,3</sup>

## GUT FRIENDLY BUGS

Good gut health means many different kinds of bacteria living, and thriving, in your gut.<sup>4</sup> Probiotics are specific strains of good bacteria that provide a health benefit when consumed in adequate amounts.<sup>5</sup> But not all gut bugs work the same; the health benefits depend on the strain. One of the most well researched strains is B. lactis (BB-12<sup>®</sup>) which supports gut health by keeping you regular.<sup>5</sup>

## LOVE YOUR GUTS

When you eat, your gut bugs eat. Feed your gut with probiotics, prebiotics, fibre and fluid and they'll look after you.

-  **Probiotics** = Good bacteria that provide a health benefit.
-  **Prebiotics** = Non-digestible food ingredient that your good bugs eat.<sup>6</sup>
-  **Fibre** = Indigestible part of plant foods that help keep your gut moving regularly (some fibres are prebiotics).<sup>6</sup>



## QUICK FACTS:

- 50% of Aussies have gut health issues.<sup>6</sup>
- Constipation is one of the most common medical complaints in Australia.<sup>7</sup>



## GUT HEALTH & YOGURT<sup>1-3</sup>

Farmers Union PLUS yogurt combines probiotics, prebiotics and cow's milk to create a multi-benefit yogurt range. Probiotics (BB-12<sup>®</sup>) and prebiotics (galacto-oligosaccharides [GOS]) provide double gut health benefits and cow's milk provides **a natural source of 7 essential nutrients**.

Galacto-oligosaccharides (GOS) have been shown to increase the number of good bugs (Bifidobacterium and Lactobacillus spp) in your gut and therefore support your gut health.<sup>8</sup>

*Based on 200g pourable yogurt serve or 160g tub. As part of a healthy balanced diet*

### INSIDE YOU'LL FIND:

- CALCIUM
- IODINE
- PREBIOTICS (GOS)
- PROBIOTICS (BB-12<sup>®</sup>)
- PHOSPHORUS
- POTASSIUM
- PROTEIN
- VITAMIN B2
- VITAMIN B12



### QUICK FACT:

B. lactis (BB-12<sup>®</sup>) has been scientifically proven to survive the digestive process from mouth to tummy, before it makes its way to your gut where it goes to work!<sup>9</sup>

## Farmers Union PLUS - a multi-benefit yogurt range!

Just one serve (200g pourable or 160g tub) of Farmers Union PLUS daily is enough to support gut health.\* Here are four easy recipes to show your gut and body some love:



Get the recipes here:  
<https://www.farmersunionyogurt.com.au/recipes>

**USE YOGURT** as the liquid component for bircher muesli, chia puddings or overnight oats.

**ADD YOGURT** to your smoothie or enjoy as a convenient snack on its own.

*\*As part of a balanced diet, B.Lactis (BB-12<sup>®</sup>) Probiotics, Prebiotics, and Vitamin B12, support gut health by improving regularity, help increase the good bugs in the gut, and supports healthy immune function.*

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**DISCLAIMER: THIS RESOURCE HAS BEEN DEVELOPED FOR THE USE OF HEALTHCARE PROFESSIONALS. IT SHOULD NOT BE CONSTRUED AS PROFESSIONAL MEDICAL ADVICE. October 2022**

