

# Synbiotics at a Glance

***How a synbiotic supplement—complete with probiotics and a prebiotic—can offer targeted support for whole-body benefits with one daily serving!***

## ***Immune support†***

Because the intestines house about 70 percent of the body's innate immune function, boosting friendly bacteria in the gut benefits the body's ability to fight off not-so-friendly microbes. Research shows that probiotics can promote a healthy immune response to seasonal stressors.†

## ***Occasional GI discomfort†***

Stomach disturbances—like gas, bloating, constipation, diarrhea, and heartburn—can all be signs of an unhealthy gut. A healthy gut, by contrast, will have less difficulty processing foods and eliminating waste. Synbiotics help to reestablish the healthy gut flora that support relief from the occasional digestive discomforts associated with an unbalanced GI environment.†

## ***Sugar cravings***

A diet high in processed foods and added sugars can negatively impact the number of good bacteria in the gut, leading to imbalance. What's more, bacteria influence our cravings for certain foods by modifying our taste buds and producing neurotransmitters such as dopamine and serotonin (our pleasure and reward hormones).<sup>1</sup> These outcomes can cause increased sugar cravings that might damage your gut even more. Synbiotics are a source of beneficial bacteria that crave fiber-rich foods, including fruits and vegetables, which may support healthy food choices.

## ***Bariatric surgery***

Bariatric surgery leads to alterations in gut flora and transit time. Supplementing with the healthy probiotics and prebiotic fibers found in synbiotics can help to ensure balance in the GI tract after modification.†

## ***Food intolerances***

Food intolerances occur when the body is unable to properly digest certain foods. It is thought that some food intolerances may be associated with the presence of poor-quality bacteria in the gut. The colonization of these poor-quality flora can lead to difficulties when digesting “trigger” foods and unpleasant symptoms like bloating and gas.

## ***Healthy sleep†***

An unhealthy gut may contribute to sleep disturbances as well as decreased cognitive flexibility.<sup>2,3</sup> Bacteria in the gut can produce specific neurotransmitters, including GABA, dopamine, and serotonin. Melatonin, a sleep hormone primarily produced by a small gland in the center of the brain (the pineal gland), is responsible for managing the body's circadian rhythm. In the gut, tryptophan can be converted to melatonin to help regulate the sleep-wake cycle.<sup>4</sup>

## ***Diet***

Prebiotics are non-digestible carbohydrates that serve as food for probiotics. Typically found in high-fiber foods such as whole grains, bananas, greens, onions, garlic, soybeans, and artichokes, prebiotics are necessary for probiotics to grow and multiply.<sup>5</sup> The problem? Most people don't get enough of the nutrient identified as the key to a healthy microbiome: fiber—or enough of the variety of fibers needed to feed a diverse community of bacteria.

## ***Fatigue after meals***

Some individuals, especially those whose beneficial gut bacteria are low in numbers, may feel tired and sluggish after a meal. Synbiotics support healthy digestive and metabolic functions (i.e., energy use and production) and supplement numbers of healthy flora in the gut.†

## ***Antibiotics***

Antibiotics are often nonspecific in bacteria that they kill and are just as likely to damage healthy gut flora as they are to impair harmful pathogens. By replenishing beneficial bacteria in the microbiome, synbiotics can support healthy digestive function both during and after antibiotic therapy.†

## ***Travel***

Gut microflora are influenced by changes in environment. As a result, it is not uncommon to experience digestive symptoms while traveling long distances. Packing a synbiotic ensures easy access to beneficial probiotic strains from locale to locale.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Synbiotic Self-Assessment

**Is a synbiotic (a probiotic + prebiotic combination) right for you?**

**1) Do you experience occasional gas and/or bloating within 30 minutes of eating?**

- A. Always
- B. Sometimes
- C. Rarely

**2) Do you feel fatigued shortly after eating?**

- A. Always
- B. Sometimes
- C. Rarely

**3) Do you experience sleep disturbances or constant fatigue?**

- A. Always
- B. Sometimes
- C. Rarely

**4) Do you struggle with any food intolerances?**

- A. Many
- B. Few
- C. None

**5) Do you experience sugar cravings?**

- A. Always
- B. Sometimes
- C. Rarely

**6) How many servings of fresh fruits and vegetables do you consume daily?**

- A. 0 to 1 servings
- B. 2 to 5 servings
- C. 6+ servings

**7) Have you recently undergone a course of antibiotics?**

- A. In the past 2 months
- B. In the past 6 months
- C. No

**8) Do you experience seasonal immune challenges?**

- A. Often
- B. Sometimes
- C. Rarely

**9) How often do you travel, especially by plane?**

- A. 5+ times per year
- B. 3 to 4 times per year
- C. 0 to 2 times per year

**10) Have you had bariatric surgery?**

- A. Yes
- B. No

## References

1. Temko J, et al. *Alcohol*. 2017;52(4):403–13.
2. Anderson J, et al. *Sleep Med*. 2017;38:104-107.
3. Tillisch K, et al. *Psychosom Med*. 2017;79(8):905-913.
4. Zagajewski J, et al. *J Physiol Pharmacol*. 2012;63(6):613-621.
5. Zeratsky K. MFMER. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/probiotics/faq-20058065>. Published June 28, 2018.

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## Calculate Your Score

A: 2 Points, B: 1 Point, C: 0 Points  
Total your points to calculate your score.

### 1 to 4 Points

Congratulations! It looks like your microbiome is well balanced! But, adding a synbiotic to your regimen might still be beneficial to your overall health.<sup>†</sup> To keep your gut strong while supporting healthy immune function, consult with your doctor to see if a synbiotic is right for you.<sup>†</sup>

### 5+ Points

It looks your like your microbiome could benefit from a synbiotic. Be sure to consult with your doctor to learn more about how synbiotic supplementation could support your overall wellness by promoting optimal gut and immune health.<sup>†</sup>

### Why Choose a Synbiotic?

Synbiotics contain both live bacteria and prebiotics that work synergistically together to give the gut the support it needs. By feeding beneficial bacteria at the moment of supplementation, prebiotics help healthy flora—including probiotics—to multiply and grow, thereby supporting optimal gut function.<sup>†</sup> Designed for the healthiest individuals, as well as those with the most sensitive systems, synbiotics promote overall wellness with one convenient, comprehensive product. Consult with your doctor today to see if a synbiotic is right for you.

