



Health Matters

by
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Natural Foods Market

Researchers are just starting to unlock the vast mysteries of the human microbiome, an evolving assortment of trillions of microbes (bacteria) colonizing not only our gut, but our mouths, sinuses and urinary tracts, as well.

An estimated 40% less microbial diversity in Western populations is thought to be linked to an increase in common immune and metabolic disorders, such as allergies, asthma and diabetes. Over-exposure to refined foods, antibiotics and stress also destroy beneficial bacteria, which fortify and protect our guts and immune systems.

Dr. David Perlmutter, Board-Certified Neurologist and Microbiome Researcher, has designed and developed a line of specific probiotics that replenish and sustain a diversity of microflora that promote digestion, regularity and immunity. **Dr. Formulated Probiotics** are available in formulas targeting women, men or kids and are hypoallergenic (gluten, sugar, dairy and soy-free).

As always, we guarantee your satisfaction.

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