

Yo ONLY GUT

Prebiotics + Probiotics



For Your
BODY



For Your
GUT



For Your
MICROBIOME

**HEALTHY
GUT,
HAPPY
BRAIN !!**



YoGUT

ONLY
GUT

Prebiotics + Probiotics

GOOD LIVE BACTERIA



For Your BODY

ONLY YoGUT Pre Probiotics are made of good live bacteria and/or yeasts that naturally live in your body. Good bacteria helps eliminate extra bad bacteria, returning the balance.



For Your MICROBIOME

ONLY YoGUT Pre Probiotics are part of a larger picture concerning bacteria and your body — your microbiome. You have trillions of microbes on and in your body. These microbes are a combination of:

- Bacteria.
- Fungi (including yeasts).
- Viruses.
- Protozoa.



For Your GUT

ONLY YoGUT Pre Probiotic supplements work to support the healthy gut bacteria present in your colon and throughout your digestive system, which makes them a critical tool in supporting healthy gut function.

- Inflammatory bowel disease
- Crohn's disease
- Ulcerative colitis
- Irritable bowel syndrome
- Fatty liver disease

(The non-alcoholic variety, which is linked strongly to obesity)

Everyone's microbiome is unique. No two people have the same microbial cells — even twins are different.

Where do beneficial ONLY YoGUT prebiotics probiotics (microbes) live in my body?

Though the most common place linked to beneficial microbes is your gut (mostly large intestines), you have several locations in and on your body that host good microbes. These locations are in contact with the "outside world" and include your:

Urinary tract.



Mouth.



Vagina.



Gut.



Skin.



Lungs.



How do ONLY YoGUT Prebiotics + Probiotics work?

Good bacteria keeps you healthy by supporting your immune function and controlling inflammation. Certain types of good bacteria can also:

- Help your body digest food.
- Keep bad bacteria from getting out of control and making you sick.
- Create vitamins.
- Help support the cells that line your gut to prevent bad bacteria that you may have consumed (through food or drinks) from entering your blood.
- Breakdown and absorb medications.

Should I give ONLY YoGUT prebiotics probiotics to my kids?

ONLY YoGUT Prebiotics Probiotics can be beneficial for both adults and kids. If your child has an illness that requires an antibiotic medication for treatment, taking prebiotics probiotics can help shorten symptoms. ONLY YoGUT can also be used to help relieve constipation, acid reflux, diarrhea, gas and eczema in children.



Prebiotics + Probiotics

ONLY YOGUT are mixtures of probiotics (helpful gut bacteria) and prebiotics (non-digestible fibers that help these bacteria grow). Specifically, they're combinations of these two things that work together (synergistically) in your digestive tract. This could help balance your gut bacteria, which is thought to benefit your gut health, metabolism, and immune system.

Nutrition information:

Serving size: 3g (sachet)

	Per 100g	Per serving (3g)
Energy	332 kcal	7 kcal
Carbohydrates	80.8 g	2.4 g
- Added Sugar*	0.0 g	0.0 g
Protein	0.5 g	0.0 g
Total fat	0.0 g	0.0 g

Probiotics:

Proprietary blend of
Lactobacillus plantarum
Bifidobacterium longum BB536
Bifidobacterium lactis
Lactobacillus rhamnosus GG

**Not less than
*12 Billion
CFUs per serving**

*No added sucrose or fructose

*At time of manufacture

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