



**USANA**<sup>®</sup>

**HEALTH & SCIENCE**

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**E D U C A T I O N**

# DIGESTIVE HEALTH





**BACTERIA**  
are everywhere!

# **BACTERIA**

live all over the body, but are especially concentrated in the gastrointestinal tract

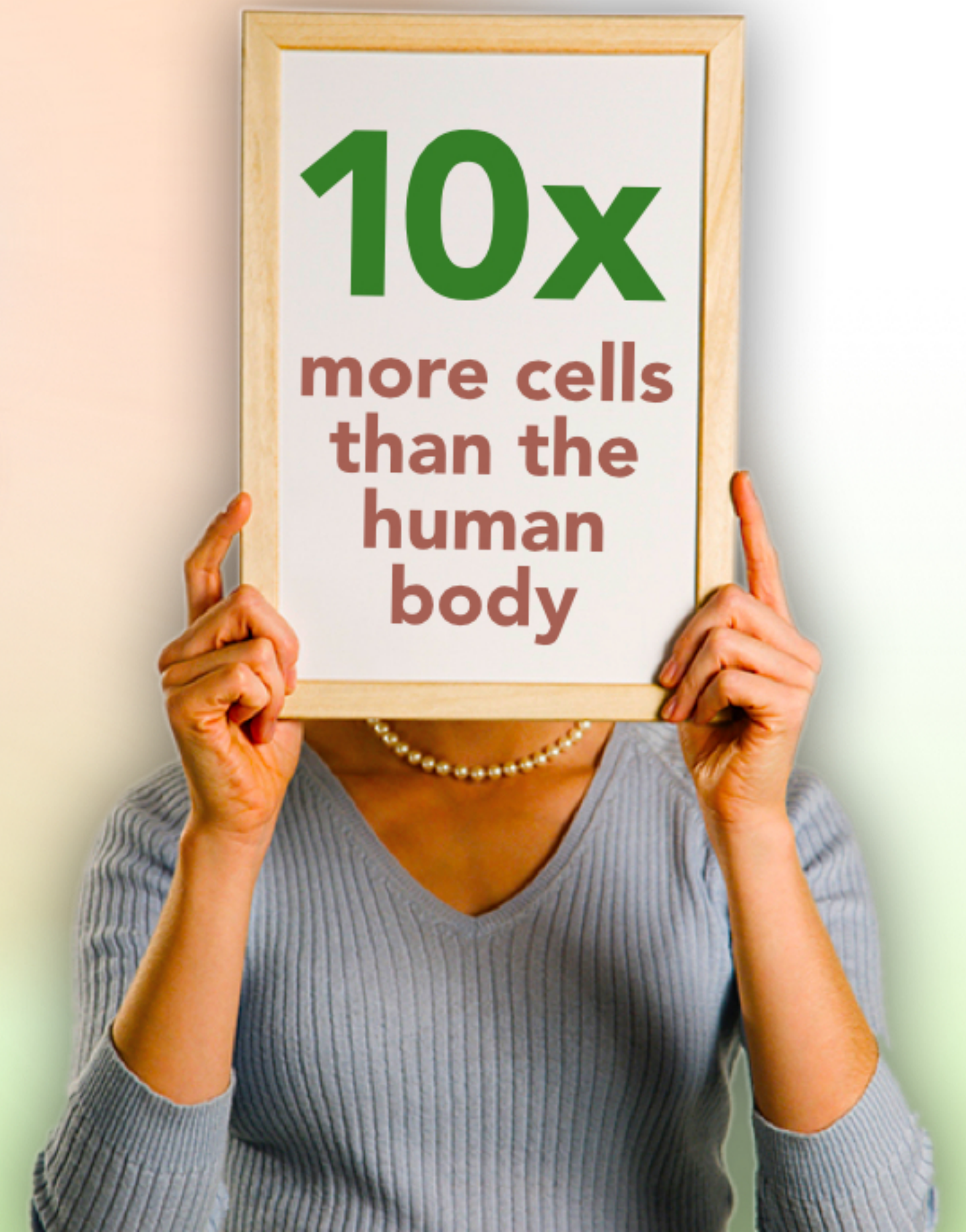


1000

**TRILLION**

**GUT BACTERIA**

**1000**  
**TRILLION**  
**GUT BACTERIA**



**10x**  
more cells  
than the  
human  
body



**GUT** bacteria have been with us from our first breath


**NEWBORNS** pick up bacteria from their mother

# DIET

influences your  
gut bacteria





A photograph of a man and a woman in a grocery store. The man, on the left, is wearing a light-colored striped polo shirt and is smiling while looking at a teal shopping bag filled with fresh produce, including red tomatoes and green leafy vegetables. The woman, on the right, is wearing a light blue top and is also smiling, looking towards the man. She is holding a brown paper shopping bag. The background is a brightly lit grocery store aisle with various products on shelves.

Eating  
a diet high in  
**FIBER, FRUITS,**  
**VEGETABLES,** and  
whole **GRAINS**  
encourages  
bacteria that  
may benefit  
human health

# FERMENTED FOODS

may offer some health benefits, but are not necessarily the best sources of beneficial bacteria

**YOGURT**

**KEFIR**

**KOMBUCHA**

**TEMPEH**

**KIMCHI**

**SAUERKRAUT**



Gut bacteria  
play roles in  
**digestion**  
and  
**immune  
health**

# digestion

Helps **BREAK DOWN**  
carbohydrates and protein

**INCREASE** water absorption

**PRODUCES** vitamin K, biotin,  
and other vitamins

# immune health

Helpful bacteria support a  
" **BARRIER EFFECT,** "  
to help support normal gut  
flora

Guarner, F; Malagelada, J (2003). "Gut flora in health and disease". The Lancet 361 (9356): 512-9.

Steinhoff, U (2005). "Who controls the crowd? New findings and old questions about the intestinal microflora". Immunology Letters 99 (1): 12-6.

Shanahan, Fergus (2002). "The host-microbe interface within the gut". Best Practice & Research Clinical Gastroenterology 16 (6): 915-31.

\*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.

# LIFESTYLE

Impacts Gut Balance

## EMOTIONAL Stress

Lack of  
**SLEEP**

Antibiotic  
**OVERUSE**

Other  
**DRUGS**

Environmental  
**INFLUENCES**



## **IMBALANCE**

has been associated with occasional irregularity and mild GI discomfort



**PRO**

PROMOTING

**BIOTIC**

LIFE





**LIVE**

MICROORGANISMS

**HEALTH**

BENEFITS

# BENEFITS

are strain-specific and only rarely apply to species

GENUS

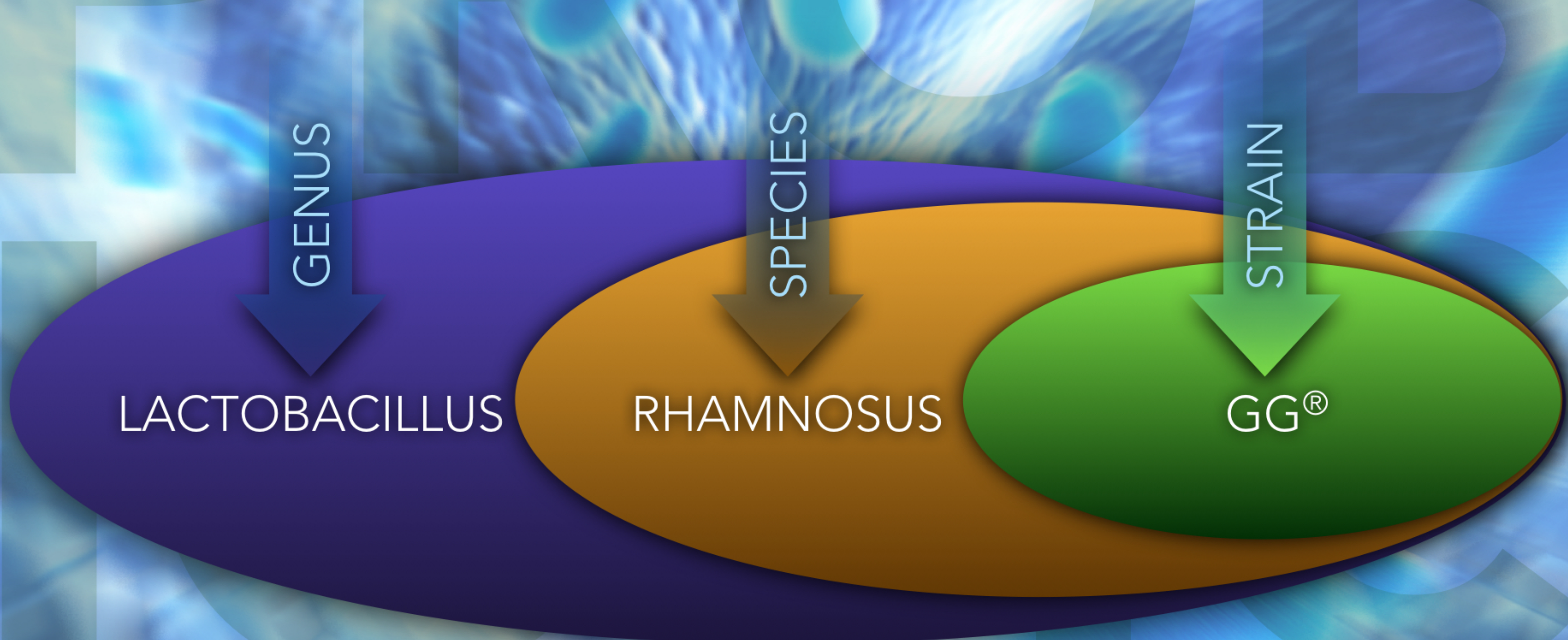
SPECIES

STRAIN

LACTOBACILLUS

RHAMNOSUS

GG<sup>®</sup>



# PROBIOTICS must...

**BE  
ALIVE**  
when  
administered

**BE**  
documented to  
have benefits  
in the target  
host

**BE**  
taxonomically  
**DEFINED**

**BE  
SAFE**  
for intended  
use

# USANA<sup>®</sup> PROBIOTIC



USANA<sup>®</sup>  
PROBIOTIC

- Supports healthy digestion\*
- Supports sound immune function\*
- Contains 12 billion colony-forming bacteria per serving at time of manufacture

Probiotic Food Additive  
14-1g Stick Packs Net Wt. 0.5 oz (14 g)

Probiotic Food Additive  
14-1g Stick Packs Net Wt. 0.5 oz (14 g)

# USANA<sup>®</sup> PROBIOTIC

**12 BILLION**  
bacteria per serving

Both **STRAINS** have been  
**DOCUMENTED** to survive  
transit to the intestines

**Lactobacillus rhamnosus GG<sup>®</sup>**

**Bifidobacterium lactis BB-12<sup>®</sup>**



# Lactobacillus rhamnosus GG®

**SUPPORTS** normal  
gut flora

Supports a normal,  
healthy **IMMUNE**  
system



Vanderhoof JA, et al. Lactobacillus GG in the prevention of antibiotic-associated diarrhea in children. J Pediatr. 1999;135(5):564-8.

De vrese M, et al. Effect of Lactobacillus gasseri PA 16/8, Bifidobacterium longum SP 07/3, B. bifidum MF 20/5 on common cold episodes. Clin Nutr. 2005;24(4):481-91.

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# Bifidobacterium lactis BB-12®

**SUPPORTS** gut  
flora and intestinal  
regularity



Chouraqui, et al. Acidified milk formula supplemented with bifidobacterium lactis: impact on infant diarrhea in residential care settings. J Pediatr Gastroenterol Nutr. 2004;38:288-292.  
Pitkala, et al. Fermented cereal with specific bifidobacteria normalizes bowel movements in elderly nursing home residents. J Nutr Health Aging. 2007;11:305-311.

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"I've been taking USANA's products for four years now and always keep a supply of USANA® Probiotic in my bag. I can definitely feel the difference when I don't take it."

—**Sloane Stephens - WTA player**



# USANA®

# THANK YOU!

