

"A Step Ahead Of The Probiotics"

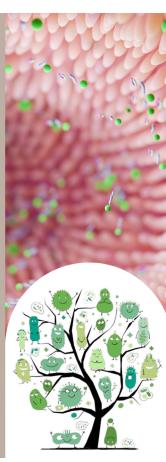
# UNLOCK THE POWER OF YOUR GUT MICROBIOME

DISCOVER THE CONNECTION BETWEEN GUT HEALTH AND WELL-BEING

Gut microbiota are essential for **optimal health**, influencing digestion, immunity, and even mental wellness.

REVITALIZE YOUR GUT TODAY!

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# Super Gut & It's Microbiome Flora

#### An Overview:

Gut microbiota, gut microbiome, or gut flora, are the microorganisms, including bacteria, archaea, fungi, and viruses, that live in the digestive tracts of animals. The gut is the main location of the human microbiome. When the gut microbiome, the community of bacteria living in our intestines, becomes imbalanced due to poor diet and lifestyle choices. This imbalance can lead to a host of health issues, ranging from digestive issues like bloating and gas to more serious conditions like autoimmune diseases and mental health disorders. One of the primary roles of the gut microbiome is to help break down the food we eat, making it easier for our bodies to absorb essential nutrients. Additionally, these bacteria produce important vitamins and nutrients that our bodies need to function optimally. For example, certain strains of bacteria are known to produce vitamin K, which is crucial for blood clotting and bone health. When the balance of bacteria in the gut is disrupted, it can lead to chronic inflammation and an overactive immune response, increasing the risk of autoimmune disorders and other health issues. An imbalance in the gut microbiome, known as dysbiosis, has been linked to a wide range of health issues, including digestive problems, allergies, skin conditions, and even mental health disorders like depression and anxiety.

#### Gut-Brain axis:-

The gut microbiome has been shown to influence mood, behavior, and cognitive function through this axis, highlighting the profound impact that gut health can have on mental well-being. A systematic review examined the preclinical and small human trials that have been conducted with certain commercially available strains of probiotic bacteria and found that among those tested, Bifidobacterium and Lactobacillus genera (B. longum, B. breve, B. infantis, L. helveticus, L. rhamnosus, L. plantarum, and L. casei), had the most potential to be useful for certain central nervous systemdisorders.

### **Ingredients Functional Role**











## How Metabiotic (lactic acid fermented Turmeric beverage) is helpful?

- It will Recahrge your Gut Microbiome.
- Enriched with antioxident activity and Phenolic and flavonoids compounds.
- Strengthen the Gut-Brain axis.
- Enhance the absorption of Essnetial Nutrients in Gut.
- It helps to prevent the antibiotic associated Diarrhea.
- It has antimicrobial effect against Salmonella, Listeria monocytogenes, Staphylococcus aureus, Klebsiella pneumoniae, Escherichia coli, Aeromonas hydrophila.
- it is helpful to manage the inflammatory bowel diseases





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