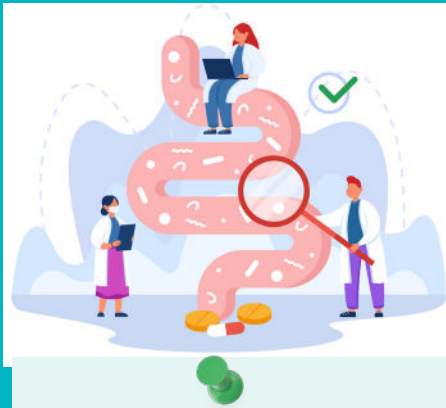


## HERE WE GO AGAIN!

Issue #2 of our newsletter is here! We hope you enjoyed September's issue and even managed to grab a bottle of Olivie Baby/Kids using our discount code for your child, nephew, cousin, goddaughter – whoever would benefit! We're excited to have you come along on this [unparalleled health and wellness experience](#).

### THE SPOTLIGHT'S ON: HUMAN MICROBIOME



A healthy microbiome contains good bacteria and fungi that aid in digestion and keep the immune system in fighting shape.

**Probiotics** are a great way to strengthen your microbiome since they consist of the same good microbes that keep you healthy and resilient - **Probiotics** literally means **'for life'**!

### 70% OF THE IMMUNE SYSTEM IS IN THE GUT...

... and that's a fact! The human gut is home to more than 100 trillion microorganisms, including bacteria, parasites, viruses, and fungi. This vast ecosystem, known as the gut microbiome, is famous for its role in digestion. However, research continues to prove that the gut microbiome plays very important roles in immune health, mood, metabolism, weight management, and so much more. Therefore, maintaining a healthy, diverse gut is critically important.

### DID YOU KNOW?

After bone marrow, the gastrointestinal (GI) tract is the second largest immune organ. The GI lining is full of white blood cells that fight "bad" bacteria and parasites that get into our bodies and travel through our intestine, out of our blood stream.

### WHAT AFFECTS OUR MICROBIOME?

- Age
- Environment
- Stress
- Diet
- Medicines (like antibiotics)

These factors can affect/disrupt the normal balance of "good" vs "bad" microorganisms in your gut, reducing the protective effects, and increasing negative effects.

As such, we should all strive to maintain a healthy, balanced, diverse gut microbiome to ensure that its impact on our overall well-being is positive. A simple way to do this is to boost your intake of probiotics, both through foods (like yogurt, kombucha and dahee) and supplements (like PROBIOGEN).

WITH PROBIOTICS,  
IT IS ALWAYS

**QUALITY**  
OVER  
**QUANTITY**

A **high-quality probiotic** supplement should contain organisms that:

1. **Naturally exist in the gut** (look for species of *Lactobacillus*, *Bacillus* or *Saccharomyces boulardii*)
2. **Can survive the harsh stomach environment** (spore forms of bacteria are much more resilient than non-spore forms)
3. **Are DNA-verified by an independent lab** (what's on the label is in the product)

# PROBIOGEN™

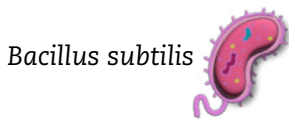
## WOMEN'S VITALITY SPORE PROBIOTIC

9 Billion CFU Women's Probiotic Blend + 600mg Cranberry + 100mg Caprylic acid =  
Balanced, healthy gut and vaginal microbiomes.

Improve digestive health with friendly spores that colonise the gut, relieving symptoms of gassiness and bloating, and provide a strengthened immune response:



Bacillus coagulans



Bacillus subtilis



Bacillus clausii



Maintain a healthy vaginal flora & urinary tract, with special ingredients to bring relief to women who suffer from repeated UTIs, BV and yeast infections:

Lactobacillus acidophilus



Cranberry

Caprylic acid



**MICROBIOLOGIST FORMULATED**



**VEGAN SAFE**



**DAIRY FREE**



**GLUTEN FREE**



**SOY FREE**



**GMO FREE**



**NO REFRIGERATION REQUIRED!**



### LOVE WHAT YOU SEE? THERE'S MORE WHERE THAT CAME FROM!

**PROBIOGEN Daily Spore Probiotic** is our once-daily, highest potency probiotic guaranteed to correct gut imbalances.

**PROBIOGEN Mood Balance Spore Probiotic** provides stress & anxiety relief due to the addition of ashwagandha, sage and other herbs to the probiotic formula.

**PROBIOGEN Men's Vitality Spore Probiotic** combines prostate friendly ingredients like saw palmetto with the power of probiotics for the benefit of all men.

Explore our full PROBIOGEN range of probiotics on our website for more information and read the testimonials of **real users** who balanced their gut and improved their mood and overall health using PROBIOGEN probiotics!

Get **The Pharmily** delivered right to your inbox every month. Subscribe today at [www.pharmtechcaribbean.net](http://www.pharmtechcaribbean.net)