

WORLD DIGESTIVE HEALTH DAY

29th MAY 2020

Healthy Gut, Healthy You.

Our gut microbiome contains trillions of microorganisms all of which work in unison to perform many important functions within the human body and keep us healthy.

Healthy Gut

Dysbiosis

Dysbiosis is defined as any imbalance in the composition of resident commensal communities relative to the community found in healthy individuals.

The Gut Microbiome: Functions

Nutrients Metabolism



Drug Metabolism



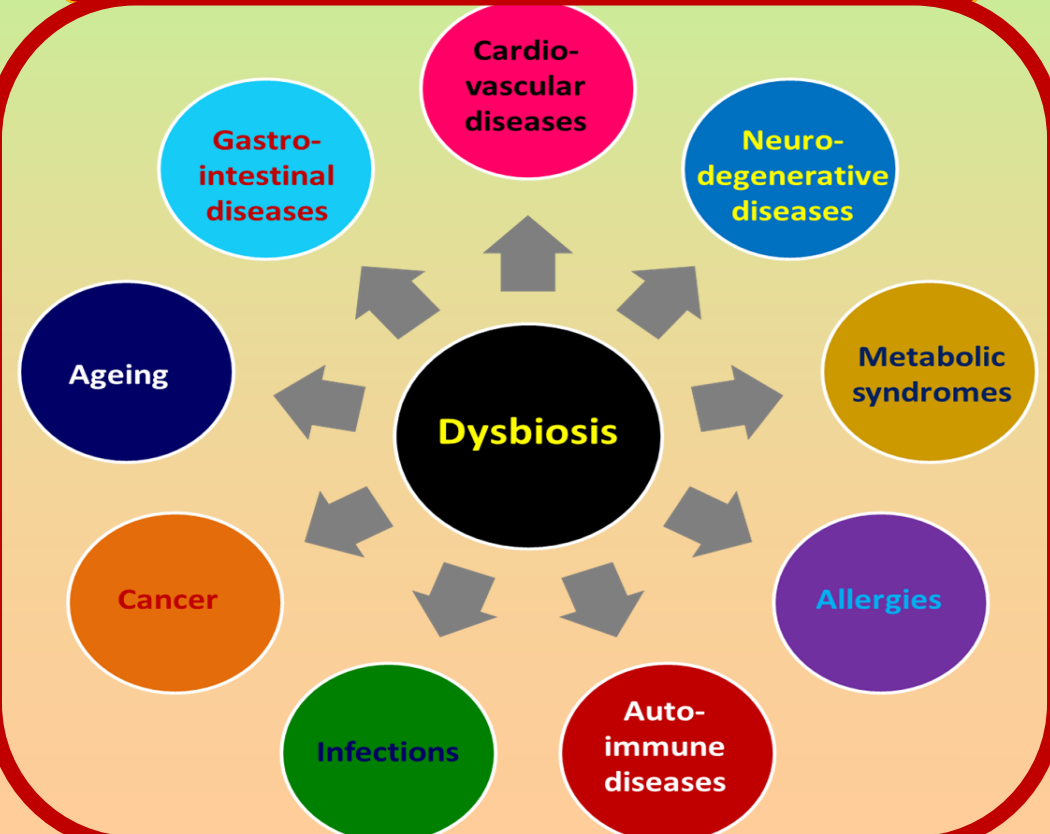
Immunomodulation



Antimicrobial Protection



Dysbiosis: Implications



Symptoms of Dysbiosis



Diarrhea



Nausea



Abdominal pain



Abdominal distension



Flatulence



Belching



Constipation



Decreased appetite

Probiotics helps keep the gut healthy by preventing dysbiosis.

Probiotics

are defined as living bacteria that, when administered in adequate amounts, confer a health benefit on the host.

Well-known probiotic strains

Lactobacillus rhamnosus GG (LGG™), Saccharomyces boulardii, Bacillus subtilis, Bacillus clausii, Bifidobacterium animalis, Lactobacillus acidophilus.

Probiotic Benefits

- Strengthens Immunity
- Helps in Management of NEC
- Fights Infections
- Helps in Management of Respiratory Disorders
- Improves Digestive Health
- Maintains Dental Health
- Treats Pediatric Diarrhea
- Maintains Mental Health
- Controls the symptoms of Digestive diseases
- Fights Allergies

“All diseases begins in the gut.”

- Hippocrates

#ScientificDepartmentInitiative