

## VitaDophilus—Good, "Friendly", Live Bacteria...

**Having elimination challenges, or yeast infections or more?** Consider rebuilding your good bacteria in your intestinal tract. You said you've tried? How is Sunrider's probiotic different from other probiotics on the market?

Most probiotics get broken down in the intestinal track by the digestive juices and never reach their needed destination. Dr. Chen has coated the good bacteria with an apple pectin to keep it from being broken down in the track so that it can reach its intended destination.

Much constipation, yeast infections or fungal/candida overgrowth is simply not enough good bacteria in the gut. We need to have 30 lbs. of good bacteria in our gut. Acid diet, antibiotics, birth control pills etc, can destroy the good bacteria. Most health challenges have a fungal overgrowth at the root cause of the challenge.

Most of us would do well to even consider a 10 day Candida Blitz every year as prevention measures or if we are suffering from health challenges. If you would like more info on this call your sponsor or check on our education website: <a href="https://www.stayyoungandwell.com">www.stayyoungandwell.com</a> (under More Regeneration-Candida)

**Sunrider's** superior lactobacillus acidophilus powder supplies the body with a minimum of 20 million live culture bacteria to help break down food and bring bacterial balance to the lower intestinal tract. Friendly bacteria produce B vitamins in the body. Medical scientific data shows a high rate of cancer when the intestinal tract is lacking healthful bacteria. Encased in a tasty, protective apple coating, **VitaDophilus** gets the good, live bacteria all the way into the small intestine, instead of the healthful bacteria breaking down when it hits the stomach acids, as with many acidophilus products on the market. These friendly bacteria help the body maintain proper digestion and break down food, so the body can efficiently absorb the nutrients in the digestive tract. It can help decrease non-beneficial micro-organisms, some of which can lead to fermentation, thereby causing bloating and gas.

Do not heat, as this would destroy the live cultures. For best results, eat it right out of the package on an empty stomach at bedtime or first thing in the morning or both. It tastes like apple candy -- it is absolutely delicious! It can also be added to cold beverages or smoothies. *VitaDophilus* eaten 30 minutes before meals promotes healthful digestion. For maximum benefit in intestinal tract and to promote good elimination, eat 10 packages for a day or two days until normal elimination is resumed. For maintenance good maintenance for a little while, include one package upon arising and one at bedtime

Consider the Fortune Delight as your beverage of choice, because it nourishes the cleansing of the digestive system. Delicious, hydrating, high antioxidant, etc, etc. It's instant – 1 pkg./quart.

For the quickest, nourishment for a fast food generation, consider the VitaShake for breakfast (Strawberry or chocolate). It has the FOS fiber that helps give the good environment for the body to grow it's own good bacteria. Also the Sunbars – the ultimate Snack Bar has the good FOS fiber in it also. Help your body maintain excellent levels of good bacteria!



