

GET TO KNOW YOUR GUT



Nearly a quarter of women (22%) don't consider the status of their digestive health when they think about their overall health and wellness* but it can affect your entire body, including your immune system, digestion and more.

6 signs that your gut is out of balance and needs probiotic support:

Occasional



Fatigue



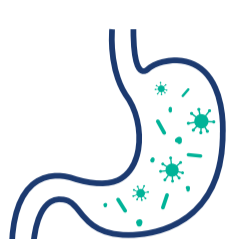
Headaches



Weight Gain



Constipation



Diarrhea



Bloating

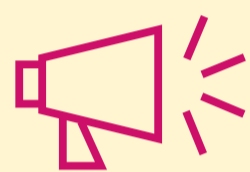
72% of women have experienced

occasional digestive/gut issues in the past 12 months

Occasional gas/bloating was the most reported issue (53%)

You likely won't hear your best friend talking about their "yucky" gut. It's simply taboo.

2 in 3 women (64%) are not willing to talk about gut issues with their friends.



More women reported they'd be willing to talk about unpopular opinions (49%) than occasional gut issues (36%).

Women shouldn't suffer from digestive health issues in silence because discussing it may help you find the solution you need.

The following percentages of women are unaware that these factors can upset the bacterial equilibrium in the gut, which can make it difficult to feel your best:

16%



Diet

21%



Stress

43%



Aging

52%



Living Environment

Here are 5 simple things you can do every day to support healthy digestion:



Eat a healthy diet



Drink plenty of water



Stay physically active



Manage stress

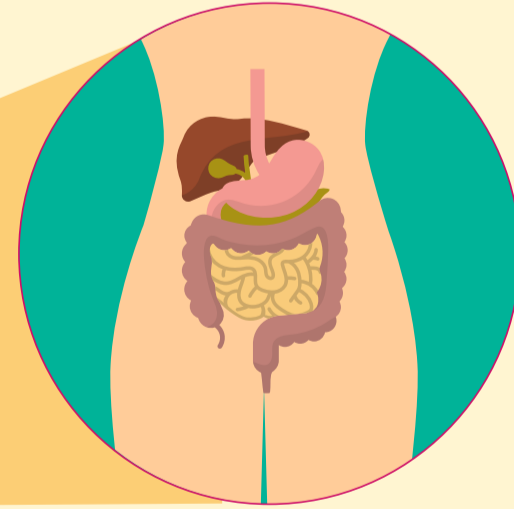


Take a daily probiotic supplement

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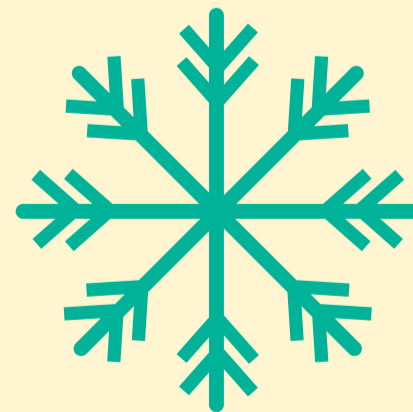
of women (34%) report that they don't clearly understand the role probiotics play in the body.

Your gut is home to many bacteria, both good and bad.



Probiotics are the good bacteria that live in your gut and help to keep your digestive and immune systems balanced.

During the winter season, 63% of women look for ways to support their immune system.



Up to 70% of your natural immune system support is in the digestive tract,

so taking a probiotic is a good place to start.



More than 100 trillion naturally occurring bacteria live in your digestive tract. To support digestive and immune health and replenish the good bacteria found in a naturally diverse and healthy gut, many experts recommend taking a daily probiotic supplement, like **Renew Life Ultimate Flora Probiotics** that delivers a high number of probiotic cultures of many diverse strains.**

Learn how you can achieve good health from the inside out at www.renewlife.com.

DISCLAIMER/SOURCE:

*This survey was conducted online within the United States by Harris Poll on behalf of Renew Life Probiotics from November 9-11, 2016 among 1,127 U.S. women ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables, please contact Katie Young at Katie@pdcpr.net.

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