

# HOW DOES DIGESTION WORK?

## AN INSIDE LOOK AT WHAT GOES ON IN YOUR GUT

The human digestive system is pretty amazing, turning the food we eat into fuel the body uses for energy and to help us grow.

However, sometimes even small changes in our everyday routine can get in the way of healthy digestion.

### Did you know?

Nearly three out of four (72%) of women have experienced occasional digestive/gut issues in the last 12 months.<sup>1</sup> These include occasional gas, bloating, diarrhea, constipation, heartburn, and acid reflux.

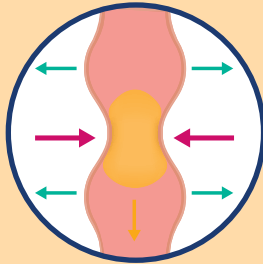


## ESOPHAGUS

The esophagus is a tube connecting the mouth to the stomach. After you swallow, your food travels down through the esophagus to the stomach.

### Did you know?

The esophagus takes your chewed food and squeezes it downward using muscle contractions called **peristalsis**.



## LIVER

The liver is where bile is created. **Bile** helps the small intestine by breaking down fats and making them easier to absorb.

The liver makes approximately 1 quart of bile per day and sends it to the **GALLBLADDER** where it is stored.

### Did you know?

The liver is also an important detoxification organ. It helps to filter and eliminate harmful toxins from your body.

## SMALL INTESTINE

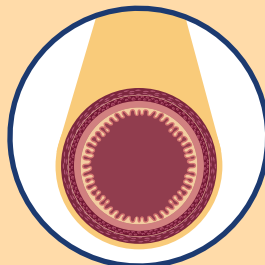
Most of the nutrients from your food are digested and absorbed in the small intestine.

### FUN FACT:

The small intestine has three sections (**Duodenum, Jejunum, and Ileum**) which together average 20 feet long!

### Did you know?

Your small intestine is lined with **mucosa**, a layer of tissue that helps to absorb nutrients, produce digestive enzymes, and make mucus to protect the delicate intestinal wall.



## LARGE INTESTINE (COLON)

Most of the bacteria living in your digestive tract can be found in the large intestine, also called the colon. This is where the digestive process comes to an end.



There are more than **100 trillion** bacterial cells in your body.

The digestive tract is home to a natural balance of **good, bad, and neutral bacteria**.

Good bacteria, also called **probiotics**, support overall digestive and immune health.\*

## SUPPORTING HEALTHY DIGESTION

Natural supplements such as potent probiotics, digestive enzymes, and daily fiber formulas may also promote a balanced gut to support digestive health, along with periodic internal cleansing.\*

**Renew Life Ultimate Flora™** probiotics combine billions of live cultures with multiple scientifically studied strains to support digestive balance and harmony.\*

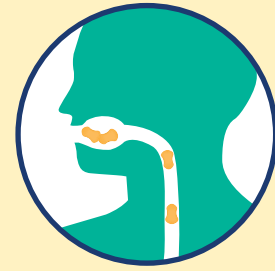
Learn more at [www.renewlife.com](http://www.renewlife.com)

### DISCLAIMER/SOURCE:

<sup>1</sup>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@pdcp.net](mailto:Katie@pdcp.net).

<sup>2</sup>Clin Exp Immunol. 2008 Sep;153 Suppl 1:3-6. doi: 10.1111/j.1365-2249.2008.03713.x. Allergy and the gastrointestinal system.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



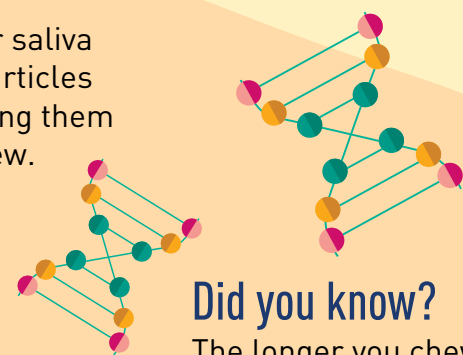
Digestion begins as soon as food enters your mouth.

## MOUTH

Enzymes in your saliva mix with food particles and start breaking them down as you chew.

### FUN FACT:

**Enzymes** are protein-based substances that play an important role in every function in the human body—not just digestion!

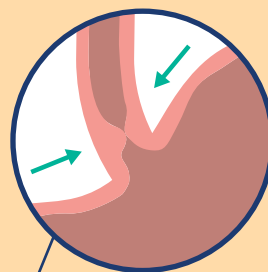


### Did you know?

The longer you chew, the more time your enzymes have to begin breaking down food particles.

## LOWER ESOPHAGEAL SPHINCTER (LES)

The LES is where the esophagus meets the stomach. This group of muscles acts like a gate to prevent stomach acid from going back up (refluxing) into the esophagus.



## STOMACH

Stomach juices mix with food and saliva to keep the digestive process going.

**Hydrochloric acid (or HCl)** is one of those important stomach juices. It helps digest proteins and other foods while minimizing harmful bacteria.

### Did you know?

The stomach can hold up to 1 quart of food at a time!

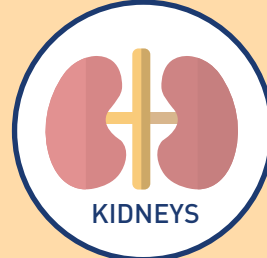
## PANCREAS

The pancreas is connected to the top of the small intestine. It is where **3** important digestive enzymes are made:

**Amylase**  
HELPS DIGEST  
carbohydrates

**Protease**  
HELPS DIGEST  
protein

**Lipase**  
HELPS DIGEST  
fats



### KIDNEYS

### Did you know?

Sometimes there are parts of food that our bodies cannot use. The leftover waste is removed with the help of the large intestine, liver and kidneys.

### FUN FACT:

There are two kinds of fiber, and both support a healthy colon.

**Soluble Fiber** soaks up toxins and waste in the digestive system.



**Insoluble Fiber** ("roughage") moves bulk through the intestines to help with regular bowel movements.\*



### Did you know?

Up to **70%** of your natural immune system support is in the digestive tract.<sup>2</sup>

Here are **5 simple things** you can do every day to maintain a healthy, balanced gut:



Eat a healthy diet



Drink plenty of water



Stay physically active



Manage stress



Take a daily probiotic supplement



**Ultimate FLORA™**  
PROBIOTICS