



# Health Matters

by  
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Owner of  
**Natural Foods Market**

Researchers are unlocking the vast mysteries of the human microbiome, an evolving assortment of microbes (bacteria) that colonize our mouths, sinuses, intestines and urinary tracts. Bacteria comprise an astonishing 90% of the body's 100 trillion cells.

Studies show that advanced populations have 40% less microbial diversity, which is thought to be linked to an increase in common immune and metabolic disorders, such as allergies, asthma and diabetes. Over-exposure to refined foods, antibiotics and stress destroy valuable bacteria, which fortify and protect our intestines and immune systems.

Dr. David Perlmutter, Board-Certified Neurologist and Microbiome Researcher, has designed and developed a line of specific probiotics that replenish and sustain a diversity of microflora that promote digestion, regularity and immunity. The **Dr. Formulated Probiotics** are designed to explicitly target women, men or kids and are free of gluten, sugar, dairy and soy.

As always, we guarantee your satisfaction.

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