



# Health Matters

by  
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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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