

## KNOWN BENEFITS OF PROBIOTICS

### Yeast

- Improves protein digestion and absorption.
- Improves mineral absorption.
- Improves fiber digestion.
- Encourages growth of beneficial bacteria.
- Provides source of B vitamins and amino acids.

### Bacteria

- Secretes substances that inhibit harmful bacteria.
- Competes with harmful bacteria for available food and binding sites on the intestines.
- Stimulates the immune system.
- Enhances fiber digestion.
- Enhances carbohydrate and protein digestion.
- Binds iron so that the body can absorb it but harmful bacteria can't use it.
- Provides a source of B vitamins and protein.