



# Probiotics: Gut Health, Stress, and Sleep

## Improves IBS outcomes:

Specific probiotic strains can help manage symptoms of Irritable Bowel Syndrome (IBS).

## Promotes a healthy gut microbiome:

Probiotics support gut health, which is linked to better digestion and overall well-being.

## Reduces stress:

A healthy gut may contribute to lower stress levels and improved mental health.

## Enhances sleep quality:

Some studies suggest that probiotics may positively impact sleep patterns and quality.

## Natural supplementation:

Probiotics can be incorporated through supplements or fermented foods like yogurt, kefir, and sauerkraut.