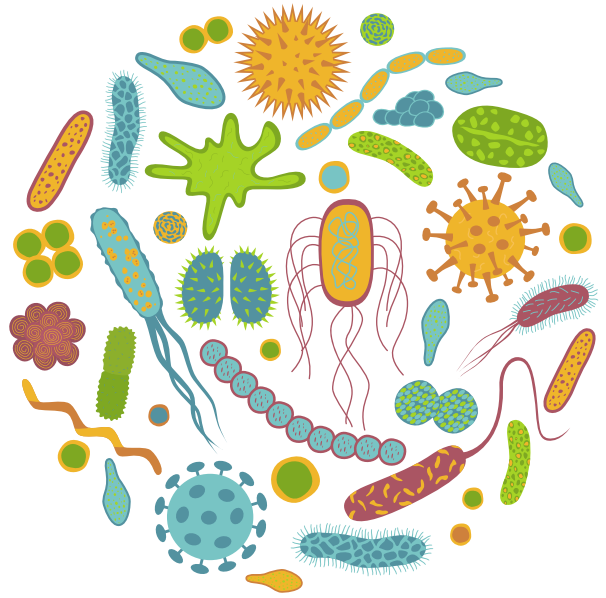


What's hot... Pre- and Probiotics



Our digestive system is host to trillions of microorganisms, with at least 1,000 different species of known bacteria. This gut microbiome is increasingly being recognized as the centre of our health and wellness; supporting the digestion of food, immune system, brain function and other bodily processes.

The two words sound very similar, but are actually quite different: Probiotics are live bacteria, which 'top up' your levels of good bacteria in the gut, whereas prebiotics are a special type of carbohydrate which serve as food for your body's own good bacteria, helping them to grow and multiply. So many of the foods that we eat in this modern world deplete our good bacteria and it is difficult to consume enough to sustain the trillions of microbes. It's definitely beneficial to incorporate pre or probiotics in your diet, but when used together the combined effects on your health can be astounding.

Here are a few of our top picks to get your gut health thriving.



Prebiotic

46156 – Bimuno DAILY Stick Pack
5.5g – **RSP £11.99**



Prebiotic

87423 – Golden Greens Organic Inulin Powder
250g – **RSP £12.95**



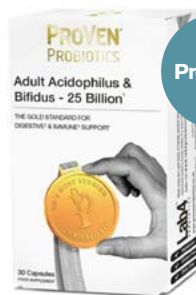
Probiotic

79943 – Higher Nature Probio Easy
90g – **RSP £7.30**



Probiotic

80797 – Quest Mega8Biotix Capsules
30s – **RSP £21.65**



Probiotic

84502 – Proven Acidophilus & Bifidus 25
Billion Capsules 30s – **RSP £13.95**



Probiotic

88390 – Bio Kult High Strength 14 Strain
Probiotic Capsules 120s – **RSP £37.20**



Probiotic

78018 – Bioglan Biotic Balance Dark Chocballs
(Adults) 30s – **RSP £14.99**



Pre &
Probiotic

80893 – Kiki Health Body Biotics Vegicaps
120s – **RSP £52.50**



Pre &
Probiotic

85523 – Pure Pharma SB3: Probiotic Prebiotic &
Vitamin C Sticks 30s – **RSP £30.00**