

Health & Fitness

NutraHealthyGut: Revolutionizing gut health for all ages

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Manila, July, 2024 – Gut health plays a vital role in overall well-being, impacting everything from digestion and immunity to mental health. Recognizing the importance of a balanced gut microbiome, NutraHealthyGut introduces its range of probiotic and prebiotic supplements designed to enhance digestive health and promote a healthy lifestyle for everyone in the family.

A healthy gut microbiome aids in efficient food digestion, nutrient absorption, and maintaining a robust immune system. Conversely, poor gut health can lead to digestive issues such as diarrhea, constipation, bloating, and serious conditions like irritable bowel syndrome (IBS) and inflammatory bowel diseases (IBD). Furthermore, the gut-brain connection means that a healthy gut can positively influence mood and cognitive function. Prioritizing gut health is essential for a healthier and happier life.

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Understanding Gut Health

Gut health is influenced by various factors such as diet, age, medication, sleep, exercise, stress, and lifestyle choices. High-fiber foods, fruits, vegetables, and fermented foods promote healthy gut bacteria. However, aging, medications, poor sleep, high stress, lack of exercise, smoking, excessive alcohol, and dehydration can negatively impact gut health.

The Role of Probiotics and Prebiotics

Probiotics are live microorganisms that help maintain, balance, or increase the good bacteria in the gut. They can be found in some fermented foods, though not all foods act as effective probiotics since some do not survive digestion. Prebiotics, on the other hand, are non-digestible fibers that support the activity of good bacteria in the gut. They are found in fiber-rich foods, providing nourishment for probiotics.

The Synbiotic Concept

The concept of synbiotic is a combination of both probiotic and prebiotic approaches. A synbiotic aims at stimulating the growth and activity of indigenous bifidobacteria and lactobacilli in conjunction with probiotic strain. Prebiotic provide additional protection during intestinal transit to ensure persistence of the probiotic strain to the lower intestinal tract. Prebiotic enhance the growth of the probiotic strain and of the targeted commensal populations.

NutraHealthyGut Supplements

NutraHealthyGut offers an effective supplement range designed to support and enhance gut health. The products combine the power of probiotics and prebiotics to restore intestinal ecology and balance, reducing constipation, infectious diarrhea, and antibiotic-related diarrhea. They also improve digestion, alleviate bloating, and help reduce symptoms of lactose intolerance. Additionally, NutraHealthyGut supplements aid in preventing UTIs, managing symptoms of IBD & IBS, and addressing pediatric atopic dermatitis and eczema in children.

Product Range:

NutraHealthyGut Everyday: A potent combination of prebiotics and probiotics forming a powerful synbiotic blend. With 40 billion colony forming units (CFU) of Lactobacillus and Bifidobacterium strains, NutraHealthyGut Everyday addresses various gastrointestinal issues, restores intestinal balance, reduces diarrhea and constipation, enhances digestion, improves nutrient absorption, alleviates lactose malabsorption, and boosts natural resistance to infections.

NutraHealthyGut Advance: Elevates gut health with 80 billion CFU from at least 11 probiotic strains, effective against moderate to severe GI disorders like IBS and IBD. It also contains lutein—a type of vitamin called a carotenoid which is related to beta-carotene and vitamin A to support good eyesight.



NutraHealthyGut Kids: Specifically formulated for children, this product combines prebiotics and probiotics in a convenient powder form, offering 6 billion CFU from at least 10 probiotic strains. It treats diarrhea, constipation, bloating, and indigestion while maintaining healthy gut flora and preventing allergies and eczema.

“We are proud to introduce NutraHealthyGut, a product range that embodies our commitment to enhancing health and well-being,” said Poala Sarfati, General Manager of ProMedica, the visionary behind NutraHealthyGut. “Our innovative formulations, backed by scientific research, ensure that individuals of all ages can enjoy the numerous benefits of a healthy gut. Binoy Zapanta, VP for Marketing believes that NutraHealthyGut is more than just a supplement; it’s a step towards a healthier, happier life.” NutraHealthyGut is accredited and certified by the FDA, WHO, ISO, CEDRES, GMP, and the National Institutes of Health, UP Manila.

NutraHealthyGut is committed to enhancing gut health for all ages. Available in leading drugstores nationwide such as Mercury drug, Watsons, Medexpress, Southstar, Mediscount, and leading hospitals or purchase online at <https://www.lazada.com.ph/tag/nutrahealthygut/>. For wholesale orders, contact Alvin Ilano, VP for Trade, Sherwin Malinis, VP for Sales, and Aris Geronimo, VP for Business Operations. For other inquiries, please contact ProMedica at (02) 8374 8745, (02) 7277-5789 or email marketing@promedica.ph.

Experience the transformative benefits of NutraHealthyGut supplements and discover the difference a healthy gut can make. For more information, follow [@nutrahealthygut](#) on Instagram and Facebook.