



Prime Probiotics

Building a strong gut

Prime Probiotics Organic Vision

Gut microbes affect our apetite, digestion, hormone regulation, immune system and our moods, making them essential to our overall health. Organic Vision's Prime Probiotics can help you rebuild and rebalance your gut flora, helping you attain a high quality of living!

Did you know that 70-80% of our immune system is located in our guts? Having imbalanced gut flora is often the root cause of many diseases today. Organic Vision's Prime Probiotics can help you reverse years of damage done to your gut and restore balance to your bodily systems!



HOW IS THIS POSSIBLE

Digestion

The British Medical Journal has shown that probiotics help enhance the digestion and absorption of nutrients. They alleviate inflammation of the gut, thus helping to **diminish leaky gut syndrome** and **improving irritable bowel syndrome**. Current Opinion in Gastroenterology shows us that probiotics act as gut rebuilders. They support the intestinal wall, and enhance mucus production to protect against invasive bacteria. The Harvard Health Blog further reveals that probiotics can help alleviate constipation by softening stools, making them easier to pass, and increasing weekly bowel movements.

Immune System

The Journal of Allergy and Clinical Immunology informs us that babies delivered by C-section, and the consummation of formula milk, leads to a lack of healthy gut bacteria. Such children are more susceptible developing asthma, hay fever, allergies and even learning disorders later on in life. Prime Probiotics helps to replenish a child's gut flora, **protecting them from future allergies** later on in life.

Probiotics help modulate our immune system, alleviating excessive inflammation of our guts, thereby boosting our immune functions. *The Journal of Clinical Infectious Diseases* states that probiotic strains can help reduce the risk of catching respiratory infections. They also play a role in reducing the symptoms of infectious disease.

According to the *Journal of Immunology*, Probiotics also play an important role in preventing the development of autoimmune disorders such as eczema, multiple sclerosis, rheumatoid arthritis and Type 1 childhood diabetes. Studies have found that those suffering from autoimmune diseases most often suffer from disturbed gut flora. The ingesting of probiotics can thus **restore balance to the gut microbes**, helping to alleviate and reduce painful symptoms of such auto-immune disorders, from easing inflammation to improving insulin resistance.

Mental Health

Due to the clear relationship between our guts and cognitive functions as proven by the discovery of our **gut-brain axis** (**GBA**), and the direct link between our enteric and central nervous systems, it is clear that our gut bacteria have a direct effect on our brains and moods. According to a study published in *Proceedings of the National Academy of Sciences of the United States of America*, experiments conducted have shown that the ingestion of the probiotic strain Lactobacillus rhamnosus, present in Prime Probiotics, have been linked to reduced stress, anxiety and even depression!

The US Department of Health's and National Institute of Health claim that **gut health and autism are interrelated.** The postnatal development of a child depends largely on the balance of organisms in their digestive tract. Though the causes of autism are complex and multifaceted, ingesting probiotics has been shown to improve behavior in autistic children. Kids with autism are found to have an elevated number of the pathogenic bacteria called 'Clostridia', as well as the lesser known bacteria called Sutterrella in their guts. By ingesting good bacteria through probiotic supplementation, ADHD and autism symptoms, such as obsessive behavior can be alleviated and reduced.









WHY ORGANIC VISION



Convenient

No refrigeration required, because shelf life of our probiotics is extended through their dormant state.

Potent

According to the European Journal of Nutrition, multi strains of probiotics have been proven to be more effective. Thereby we have included 14 different strains of bacteria, guaranteeing 7.5 billion CFUs of probiotics per capsule, even at the time of expiration.

Resistant

We use a **digestive resistant capsule** to encase our probiotics, ensuring that most of it will be released in the intestines rather than the stomach.

Safe

The strains of probiotics we have selected have a proven record of being effective and safe for all ages to consume, even infants.

SUGGESTIONS

Tip: Consume Prime Probiotics on an empty stomach, preferably 30 minutes before eating or 2 hours after a meal. For skin conditions such as eczema and acne, you can open the capsule and apply the powder onto the skin. Children under 12 can take half the suggested dosage.

Maintain Balance	Replenish	Fight & Load Up
2 capsules before bed or on awakening	9 capsules before bed	9 capsules 3-4 times a day
Maintenance of a healthy gut microbiome.	Replenish your gut after a round of antibiotics.	Fighting the flu or an illness, loading up on probiotics if you've never taken them before.

Disclaimer: This product is not a form of medicine and does not treat any kinds of illnesses. Those suffering from chronic diseases should consult a physician before taking any health supplement.

- nology, Vol 122, Issue 2, August 2008, Pages 274-279,
- Bager, Peter, et al. "Cesarean Delivery and Risk of Intestinal Bacterial Infection." The Journal of Infectious Diseases, vol. 201, no. 6, 2010, pp. 898–902, JSTOR, www.jstor.org/stable/27794511.
 2. "https://www.holt.nlm.nih.gov/pmc/atrides/PMC251531/1mmunol. 2008 Sep. 133/suppl 1: 3-6.doi: 10.1111/j.1365-2249.2008.03713.x
 3. https://www.holt.nlm.nih.gov/pmc/atrides/PMC251531/1mmunol.2008 Sep. 133/suppl 1: 3-6.doi: 10.1111/j.1365-2249.2008.03713.x
 3. https://www.holt.nlm.nih.gov/pmc/atrides/PMC251531/1mmunol.2008 Sep. 133/suppl 1: 3-6.doi: 10.1111/j.1365-2249.2008.03713.x
 3. Gentam, Sue, et al. "Bain-gut-microbe communication in health and disease." Frontiers in physiology 2 (2011): 94.
 5. Guarner, Francisco, and Juarn. R.Malgelada. "with Top: 10.1111/stabledad".with Top: 2016/2017.215.19
 6. Abd/duferim, Hassen, et al. "Birth by Cesarean section, allergic rhinitis, and allergic sensitization in among children with parental history of atopy" Journal of Allergy and Clinical Immunology.
 7. Mub. Brith Medical Journal, Vol. 34, No. 7866 J March 2012, pp. 47-49
 8. Clinical Infectious Diseases, Vol. 46, Supplement 2. Developing Probinics as Food and Drugs: Scientific and Regulatory Challenges (Feb. 1, 2008), pp. 5104-5111
 9. Biom et al. (2011). "Ingestion of LacAbdillus stime (angle Hanivar and central GABA receptor expression in a mouse via the vagus nerve". http://www.pnas.org/content/early
 10. Burr J Mutr, 2011 Feb;50(1):1-17.doi: 10.1007/s00394-010-0166-z. Epub 2011 Jan 13. nt/early/2011/08/26/1102999108.abstract?tab=ds.