

# ACTIVIA®

## PROBIOTICS FOR WOMEN



YOUR  
GUT IS  
WHERE  
IT ALL  
BEGINS



Probiotics, often hailed as the guardians of gut health, have garnered attention for their multifaceted benefits to human health. This exploration delves into the science behind probiotics, their impact on digestive well-being, and their broader health advantages, including for women and bone health. It's important to note that while this discussion highlights the general benefits of probiotics, specific products like Activia® has been associated with reducing minor digestive discomforts – like bloating, gas, discomfort, and abdominal rumbling<sup>1,2</sup> – when consumed as part of a balanced diet and healthy lifestyle, specifically twice\* a day for two weeks.

### THE SCIENCE OF PROBIOTICS AND GUT HEALTH

The human digestive system is home to an estimated 100 trillion microorganisms, a complex community that influences our health<sup>3</sup>. Probiotics, which are live bacteria and yeasts, are celebrated for their positive impact on this microbial community. Although they are strain-specific in their benefits and typically do not permanently colonize the gut, many probiotics work their magic within the colon. They can support the health of the resident bacteria, thereby supporting gut function<sup>4</sup>.

### PROBIOTICS: AN INTEGRAL COMPONENT TO WOMEN'S HEALTH AND NUTRITION

Women's nutritional needs are distinct and change through various life stages, including pregnancy, breastfeeding, menstruation, and menopause. The modern diet often falls short in providing essential nutrients like calcium, potassium, dietary fibre, and vitamin D5. These nutritional gaps, combined with life's stressors and transitions, can lead to digestive problems.

Foods with probiotics not only support digestive health but also offer a valuable source of nutrients to help women navigate their unique nutritional requirements throughout their lives. By promoting a balanced gut microbiome, probiotics can contribute to a healthy gut flora.

### UNDERSTANDING THE GUT-BRAIN CONNECTION: A DEEP DIVE INTO ITS IMPACTS AND NUTRITIONAL SUPPORT

The intricate relationship between our digestive system and brain, often referred to as the gut-brain connection, is a fascinating area of scientific inquiry that has implications for our overall well-being. This connection underscores the influence our gut health can have on our mood<sup>6</sup>. Let's explore this complex interplay, its implications for women's health, and the pivotal role of nutrition in supporting a healthy gut microbiome.

### THE GUT-BRAIN AXIS: A TWO-WAY COMMUNICATION NETWORK

The gut-brain axis represents a bidirectional communication network that links the emotional and cognitive centres of the brain with peripheral intestinal functions. One recent research highlights that women may be susceptible to mood-related issues due to this connection.

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### NUTRITIONAL STRATEGIES FOR SUPPORTING GUT HEALTH

The gut microbiome, an ecosystem of bacteria residing in our digestive tract, is essential for various bodily functions. The composition and health of our gut microbiome are influenced by numerous factors, with diet being the foremost. A healthy diet, rich in diversity and balanced in nutrients, is key to fostering a healthy gut flora.

To support gut health, incorporating a variety of fruits, vegetables, and fermented foods into daily meals is recommended. These foods are rich in fibre and probiotics, which are beneficial for the gut bacteria<sup>7</sup>.

\*2 servings

#### REFERENCES

1. Guyonnet D, Schlumberger A, Mhamdi L, Jakob S, Chassany O. Fermented milk containing Bifidobacterium lactis DN-173 010 improves gastrointestinal well-being and digestive symptoms in women reporting minor digestive symptoms: a randomised, double-blind, parallel, controlled study. *Br J Nutr.* 2009;102(11):1654-62. 2. Marteau P, Guyonnet D, Lafaye De Micheaux P, Gelu S. A randomized, double-blind, controlled study and pooled analysis of two identical trials of fermented milk containing probiotic Bifidobacterium lactis CNCM I-2494 in healthy women reporting minor digestive symptoms. *Neurogastroenterol Motil.* 2013;25(4):331-e252. 3. Gut Microbiota for Health. About gut microbiota. <https://www.gutmicrobiotaforhealth.com/about-gut-microbiota-info/>. 4. Sanders M, et al. Probiotics for human use. *Nutr Bull.* 2018;43(3):212-225. 5. Health Canada. Canada's Food Guide - Applying the Guidelines. <https://food-guide.canada.ca/en/guidelines/#applying-guidelines>. 6. International Scientific Association for Probiotics and Prebiotics (ISAPP). Bugs on the Brain: the Microbiota-Gut-Brain Axis. <https://isappscience.org/bugs-brain-microbiota-gut-brain-axis/>. 7. Jandhyala SM, Talukdar R, Subramanyam C, Vuyyuru H, Sasikala M, Nageshwar Reddy D. Role of the normal gut microbiota. *World J Gastroenterol.* 2015;21(29):8787-8803.