

Your Healthy Gut Guide

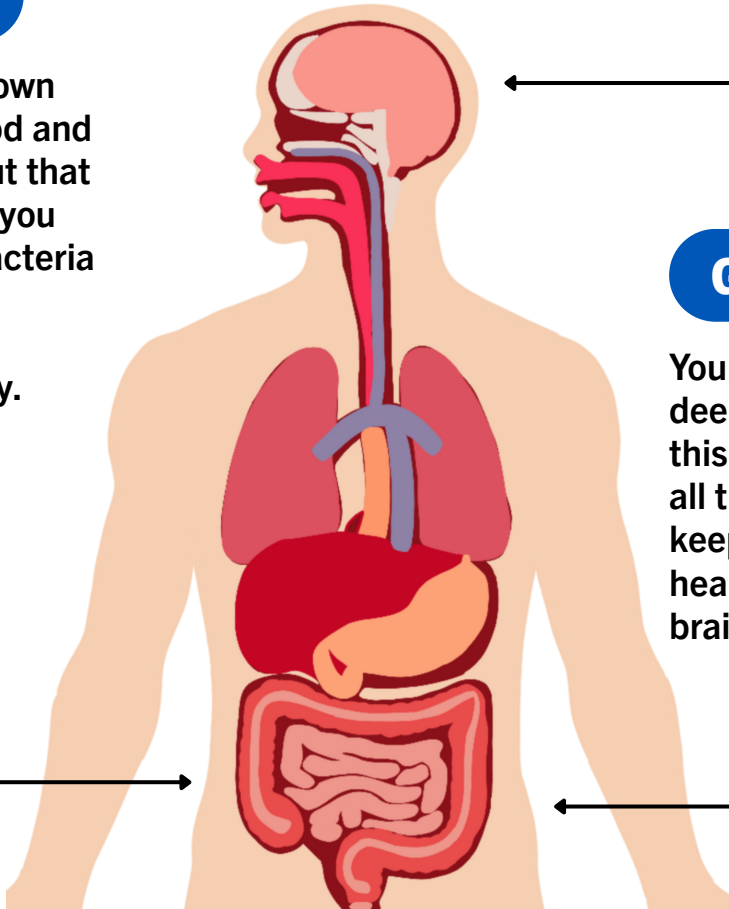
Use this infographic to help you optimize your gut health.

The Healthy Gut Highlight Reel

Gut Biome Basics

Better Biome

Your gut biome is its own ecosystem. It has good and bad bacteria. For a gut that performs at its peak, you need to keep good bacteria happy and in higher numbers, so that bad bacteria is kept at bay.



Gut Brain

Your gut and brain are deeply connected, and this connection influences all the other systems that keep your body moving. A healthy gut and a healthy brain mean a better game.

Signs of Gut Dysfunction



Irregular bowel movements



Stomach cramps



Skin problems



Bloating



Low energy



Sleep disruptions



Constipation



Chronic fatigue



Mood changes

These are only some of the possible signs of gut dysfunction.

If you suspect an issue with your gut health, it is always best to consult your doctor.

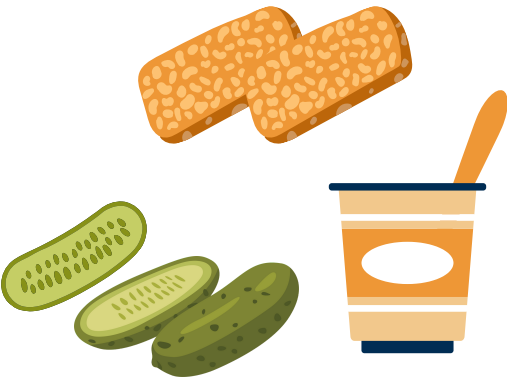


**When your gut is off,
your game feels off.**

4 Winning Gut Health Strategies

Success is where preparation meets opportunity. Stay ready for anything by keeping your gut biome happy and thriving with these winning strategies.

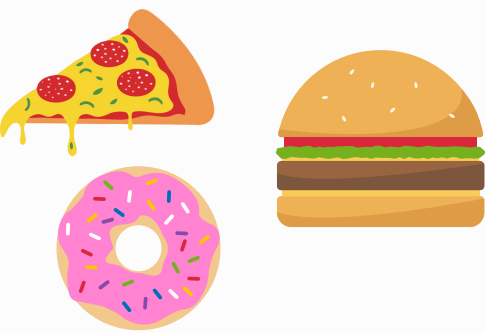
Boost your good bacteria numbers by eating fermented foods rich in probiotics.



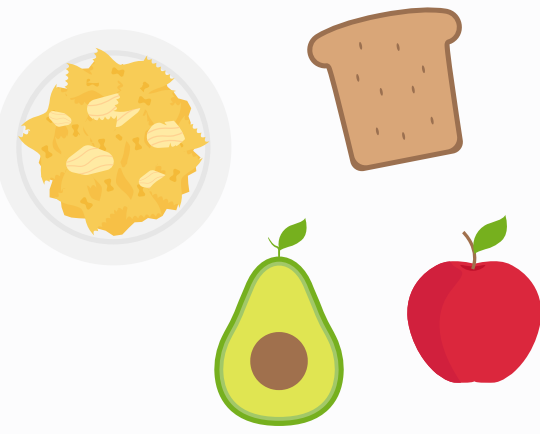
Feed your good bacteria with high-performance prebiotic foods. Common sources include fiber-rich plant-based foods.



Avoid low-performance foods. They are highly processed and contain unhealthy levels of sugar, fats, artificial colorants, and preservatives that bad bacteria thrive on.



Move things along in your digestive system by eating 25g to 35g of fiber every day.



REMEMBER

HEALTHY GUT = STRONGER PERFORMANCE!