

# MYTH or FACT?

Debunk these 10 common probiotic myths with the help of Align Healthy Gut Team Up!



## Myth 1: Probiotics don't work

- ✓ **FACT:** Not all probiotics are made equal. Align Probiotic's flagship strain was developed by gastroenterologists over 20 years ago and have been shown in research to provide digestive health benefits. **Align is the #1 Gastroenterologists Recommended Probiotic Supplement.†**

## Myth 2: Just have yogurt! It's packed with probiotics.

- ✓ **FACT:** Many yogurts don't have probiotics or data supporting their benefits. Align Digestive Support is formulated with a unique strain that adds the right amount of healthy bacteria shown to provide digestive health benefits.

## Myth 3: You only need probiotics when you are taking antibiotics.

- ✓ **FACT:** Probiotics can benefit you every day. Align Digestive Support probiotics are made for daily use and have been shown to improve symptoms of irritable bowel syndrome, including abdominal discomfort, occasional gas, and bloating.

## Myth 4: All probiotics are the same

- ✓ **FACT:** Not all probiotics deliver gut health benefits. Align's flagship strain *Bifidobacterium 35624™* is backed by over 20 years of research and is the **#1 Gastroenterologists Recommended Probiotic Supplement.†**

## Myth 5: You should notice results from taking probiotics within a few days.

- ✓ **FACT:** Your body needs time to adjust to the new bacteria in your gut. To tackle common irritable bowel syndrome symptoms, try taking Align Digestive Support probiotics daily for just one month to feel the difference!\*

## Myth 6: You can get all the probiotics you need from food.

- ✓ **FACT:** Getting enough healthy probiotics from your diet is no easy task! Taking Align Digestive Support probiotics once daily is a convenient way to add more good bacteria to support your gut health.\*

## Myth 7: Good probiotics need to be stored in the refrigerator.

- ✓ **FACT:** The bacterial strain used in Align Digestive Support probiotics is freeze-dried to keep the microorganisms dormant until they reach your gut. Because of this, no refrigeration is required. Align guarantees potency through expiration, so you can be confident you're getting good bacteria to your gut.

## Myth 8: Taking probiotics is complicated.

- ✓ **FACT:** Align probiotics were developed to be taken on a simple, once-a-day routine. In as little as one month of regular use, Align relieves and manages common symptoms of irritable bowel syndrome like abdominal pain, gas, and bloating.\*

## Myth 9: You get more health benefits by taking more probiotics.

- ✓ **FACT:** Each probiotic strain requires a specific amount of CFUs (colony-forming units) to deliver its intended health benefits. Adding more CFUs doesn't necessarily mean that you will see an increased benefit. Align's flagship strain *Bifidobacterium 35624™* and the number of CFUs it contains is backed by over 20 years of research. When looking for a probiotic supplement, don't focus on what has the most CFUs - instead, focus on the right number of CFUs you need to get the health benefit you want.

## Myth 10: Bacteria is bad, and you don't want it in your body.

- ✓ **FACT:** Your gut microbiome has billions of beneficial and important bacteria. Align probiotics add more healthy bacteria to your system, promoting gut health and providing health benefits.



Join the Align Healthy Gut Team Up program today and get a \$3 off coupon



\* Use for at least 4 weeks to experience beneficial effects

† Among Gastroenterologists who recommended a brand of probiotic in a ProVoice 2015-2022 survey.