



Digestive Harmony: A Supplement Guide



Why Supplements Matter:

A balanced diet and healthy lifestyle are foundational for maintaining good gut health. Supplements can provide additional support.

Before You Begin:

Always consult with a health coach and check with your doctor for guidance on supplements.



Supplements That Enhance Digestion:

- Digestive Enzymes: Assist in breaking down food.
- Betaine HCL/Pepsin: Boosts stomach acid, improves digestion of proteins.
- Digestive Bitters: Stimulate digestive juices, reduce sugar cravings.

Supplements for a Healthy Gut: Flora:- Prebiotics:

- Fuel for good bacteria, crucial for a healthy gut.
- Probiotics: Maintain bacterial balance, aid in recovery post-antibiotics.

Nourishing the Gut Lining:

- L-Glutamine: Repairs and strengthens the gut lining.
- MSM: Reduces inflammation, supports tissue repair.
- Mucilaginous Herbs: Soothe the digestive tract, reduce inflammation.
- Magnesium: Aids detoxification, improves stool consistency.

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Remember: Adjust supplements based on how your body responds. Individual results may vary.