



Is Your Gut Out of Balance?

Take this quick quiz to find out if your gut might be sending you warning signs. Answer YES or NO to the following questions:

1. Do you frequently experience bloating, gas, or constipation?
2. Have you developed new food intolerances or sensitivities?
3. Do you suffer from frequent skin flare-ups like acne, eczema, or rosacea?
4. Do you catch colds or infections more often than others?
5. Do you feel foggy, fatigued, or emotionally off more days than not?
6. Do you crave sugar or processed foods regularly?
7. Have you been struggling with your weight despite diet and exercise?
8. Do you often feel anxious, stressed, or low in mood?
9. Do you have a history of taking antibiotics multiple times?
10. Do you feel your digestion is sluggish or unpredictable?

If you answered YES to 3 or more questions, it may be time to tune in to your gut health. Visit www.bellicu.com for tips, tools, and wellness support tailored to your microbiome.