

## **What probiotic manufacturers don't want you to know Just take a look at their shamefully misleading label**

Do you want to lose weight?

Have a flat belly?

Or maybe you would like relief from a digestive health issue such as IBS, colitis, and Crohn's Disease.

Over 200 studies have shown that inadequate probiotic levels are connected to over 170 health issues, including allergies, asthma, diabetes (both Type 1 and Type 2), LDL cholesterol, and even moods. It makes sense because 80% of your immune system resides in your gut, whose job is to allow "good" nutrients in while protecting against the entry of harmful, invading species. Friendly bacteria even make nutrients like vitamins B and K and short-chain fatty acids.

Taking probiotics helps correct and maintain a healthy ratio of good to bad microflora, supports a healthy intestinal tract, helps you digest protein-rich foods, wards off harmful bacteria, reduces lactose intolerance, and even cures yeast infections.

There's only one problem. According to Shawn Wells, the director of Research & Development at BioTrust®, most people don't reap the many benefits of taking probiotics because the pills they are swallowing are completely useless for three important reasons.

### **Reason #1. Bacteria don't survive the journey from the factory to your intestines.**

Most probiotic bacteria are extremely sensitive to changes in environment and can die before they ever reach your intestines.

Most people keep their bottles on the shelf in a dry place, but over 68% of that bacteria will be die on the shelf. Because most companies mass produce hundreds of thousands of bottles at once, the majority of these bottles end up stored in a warehouse for a year or more before they ever hit the store shelves or online sellers, much less make it to your pantry. Just a slight change in temperature, like when you put the bottle in the trunk of your car, can kill a large portion of the bacteria before you open the bottle. Another 80% of the bacteria that are still alive at the moment you ingest them won't survive the highly acidic environment of your stomach.

### **Reason #2. Some bacteria strains are better than others**

Not all probiotics are the same. It makes a tremendous difference which strains of bacteria are introduced into the intestinal community. Some probiotics only have one or two strains and those strains only address one or two problems. When you buy a probiotic with multiple strains, there is a chance that they may interact with each other adversely and cancel out the benefits.

### **Reason #3. Most probiotic delivery systems are useless.**

The challenge is getting the probiotics into the digestive system and giving them enough fuel to survive and thrive there.

Many probiotics include a prebiotic, which is a molecule that fuels probiotics so that they can multiply and grow. The only problem is that most PREbiotics are made from indigestible fibers which, as the name implies, are not fully digested in the GI tract and can cause many of the side effects associated with indigestion—bloating, cramping, diarrhea, constipation, and flatulence.

Another problem is that many of the bacteria in your gut won't use these fibers if you have other food sources in your stomach, especially sugary foods.

Perhaps the biggest problem is that many PREbiotics only work in the large intestine. This not only isn't helping any of the good bacteria in the small intestine, instead, those PRObiotics you spent your hard-earned money on may actually be making it easier for bad bacteria to flourish in your small intestine.

### **There is one brand of probiotics that overcomes all three of these limitations.**

Pro-X10™ is designed by BioTrust® to overcome the drawbacks of other probiotic brands, making it possible for you to restore your gut to maximum efficiency and bring you one step closer to achieving all your health goals.

The premium and patented ingredients in this brand new, revolutionary 2.0 formula have been shown through peer-reviewed research to:

- Decrease "bad" pathogenic, health-derailing bacteria in your gut by a whopping 80%—and *fast*.
- Dramatically improve overall digestive health, gut lining strength, AND immune health, while at the same time crowding out and halting the growth of harmful bacteria.
- **Yield a 467 TIMES increase in your positive gut bacteria and probiotic levels in as little as 48 hours!** — NEVER, EVER seen before in the realm of probiotics!
- Significantly improve your gut flora ratio in just **5 short hours**—while other traditional products take weeks or months to begin working, if at all.
- You should feel a difference the first time you use it.

Pro-X10™ is produced with our patented, protective Microencapsulation™ process, effectively delivering up to 10X more live probiotic cells to your gut than traditional probiotic supplements.

It's not only about quantity, though. The types of bacteria in your gut flora make a difference in your health. Here are some of the areas that are affected by the beneficial bacteria strains in Pro-X10™.

- **Your body type.** Studies have shown that obese people and skinny people have different types of bacteria in their guts.
- **Your mood.** In a study spearheaded by Dr. John Cryan, researchers found that supplementation with *Lactobacillus rhamnosus* reduced stress and anxiety-related behaviors in mice. The researchers found that the probiotics altered availability of GABA, a calming neurotransmitter in the brain.
- **Your behavior.** In a study out of McMaster University conducted by Dr. Berick, two species of mice with known behavior types were used to test if the microflora in the gut can influence behavior. One species of mouse with a specific microflora makeup is known to be "shy" and "timid" while the other mouse with a different microflora environment is known to be more exploratory. The mice were treated with antimicrobial interventions to clear out their existing gut bacteria and then their microflora systems

were swapped. The results were unprecedented. The behavior of each species of mice had completely adapted to the changes in microflora, meaning the shy mice were now exploratory and vice versa. This was the first time that behavioral changes based on changes in microflora were observed!

- **Even your IQ.** Recent research out of the University of California at Los Angeles (UCLA) led by Dr. Kristen Tillisch supports the notion that probiotics are beneficial for brain function. When the UCLA researchers gave a fermented milk product fortified with *Lactobacilli* and *Bifidobacteria* to women twice daily for four weeks, they found that the participants' brain function significantly changed both at rest and while experiencing emotional stress.

Find out more about Pro-X10™ by clicking [\[here\]](#).

You'll be able to find out how to improve your immune health, promote your bowel regularity, maintain a healthy balance between good and bad bacteria in your gut, and see an improvement in your GI function within hours—not weeks.

One of the biggest benefits of Pro-X10™ is that it can help you lose weight. And if losing weight is one of your goals, you can get even more help [\[here\]](#). When you order you will get a free copy of "The Three Week Diet" and "53 Fat Burning Smoothies."

If you are fewer than 10 pounds overweight, one bottle might be enough. If you are 10–30 pounds overweight, order three bottles so that you can give yourself enough time to get the results you want. If you have more than 30 pounds to lose, we recommend that you order 6 bottles.

The more you order the more you save. One bottle is \$49. Three bottles is \$44 each. And when you order 6 bottles, they are \$39 per bottle.

We don't use an auto-pay system. You just pay for what you need. There is a one year, 365 day, money-back guarantee. You can always return what you don't use if you decide Pro-X10™ isn't right for you.

The ideal healthy ratio of "good" to "bad" bacteria is 85% to 15%, or 9 to 1. Pro-X10™ can help you achieve that ratio.

How can you tell if your intestinal bacterial out of balance? Some of the signs include:

- Gas and bloating
- Constipation and/or diarrhea
- Skin problems
- Overall sickness
- Headaches
- Urinary tract infections
- Trouble sleeping
- An inability to lose weight
- Sugar cravings, especially for heavily refined carbs

Unfortunately, due to lifestyle and environmental factors, the vast majority of the population is severely lacking when it comes to good probiotic bacteria, throwing their gut flora ratio completely out of whack.

Neglecting your gastrointestinal health increases your risk for health problems and disease and will make it more difficult to lose weight.

To order your first bottle, click [\[here\]](#).