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By Frank Caruso

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"I discovered over 40 years ago that the key to good health begins in the gut!"

Frank Caruso

I remember my good friend and author of the National best seller "Internal Health – The Key to Eternal Youth and Vitality" Ron Gellatley saying; "If someone asked me what is the most important thing anyone can do to ensure a long and healthy life, I would reply straight from my heart "Internal Health".

My first introduction to bowel health and the important role it played in maintaining vibrant health began 60 years ago, at the young age of 5. In my parents and grandparent's day (the 1930s up to the 1960s), it was common practice to have enemas every six months. Bernard Jensen says in his best selling book, Tissue Cleansing Through Bowel Management: "In the 50 years I've spent helping people to overcome illness, it has become crystal clear that poor bowel management lies at the root of many health problems."

My grandmother couldn't read or write, but she had a lot of wisdom. She knew that there was a connection between bowel health and good health. She would always encourage us to eat plenty of oranges and fibre foods so we could have a regular bowel movement everyday. It was common for us to discuss bowel movements, although preferably not when my friends were around. Somehow over the last 50 years, bowel wisdom has been lost and the bowel has become a subject which no one wants to talk about. I guess it doesn't make for great dinner party conversation.

When I turned 18 years of age, I left home and like most teenagers, I had so many other things going on in my life and I started doing what most teenagers did in those days. I worked hard through the day, partied most nights with my mates, ate out most of the time and I stopped exercising completely. By my early twenties I weighed 101 kilos and was very unfit. I'm only 164cm (5'3") tall so I was obese and as a result very self-conscious so I decided to join a gym.



101 kilos (1976)

About 2 weeks into my training the gym owner George pulled me aside and said "Frank, it's great that you are training here but if you don't change your diet you are not going to live a long healthy life!" I said "George, what do you mean, I eat really well." George said, "What you eat today, is what you are tomorrow! Do yourself a favour and buy this book, read it and I promise it will change your life." Reluctantly, I purchased the book just to get him off my back. I really didn't have any intention of reading it.

After a couple of days, I thought I should read a few pages because George would surely ask me questions next time I popped into the gym. I eventually picked up the book and started reading the first chapter and I couldn't put it down. I read the whole book in 3 days. The book was called 'The Miracle of Fasting' by bestselling author Paul Bragg.



The miracle of fasting

Before reading the book, I knew absolutely nothing about a balanced diet or that food and regular exercise played an essential role in maintaining good health and preventing disease. Just like George promised, the book changed my life. I went from one day eating everything that my wife Grace put in front of me, to the next day not eating anything she cooked.

People still ask today; "how did one book have so much impact on my life so quickly?" It's a good question! The reason Paul's book had such a profound impact on me instantly was because it was the first time in my life someone ever said to me: "Eat to live, where most of us live to eat". It was the first time I heard the saying "prevention is better than cure". Paul said if I start taking responsibility for my own health, I could live a long, healthy and vibrant life! Before reading the book, I didn't think I had a choice. It was as though I had been struck by lightning.

You see, before reading the book I thought I had no influence or control over my health. Now, for the first time in my life I realised that I had an option. I had a choice to maintain my health, or I could throw caution to the wind and hope that I wouldn't end up with a chronic disease. It was a no brainer - I decided to maintain my health by choice! As soon as I discovered that I had some control over the outcome of my health I instantly changed my lifestyle habits. I didn't want to waste another second eating foods that would undermine my health.

I started reading every book I could get my hands on about natural living, bowel health, internal cleansing, herbal medicine and vitamin therapy. The more I read, the more I wanted to know! All my time was totally consumed with learning more about this new, healthy approach that I now believed was the secret to regaining and maintaining vibrant health.

In two years I went from weighing 101 kilos, with a body fat percentage of 38% down to 64 kilos and 11% body fat. At 26 years of age, I was in the best shape of my life. I felt amazing. Not just physically but I was mentally strong. My head was so clear, I was less stressed, sleeping better, better mood. I was a much happier person.



With my wife Grace (1983)

I was so inspired by my learnings that I couldn't wait to tell the world. I started with telling my family, friends, work mates and anyone who would listen. I felt like it was my duty to spread the word of natural living so others could experience the same health benefits as I did. That's all I wanted to talk about. It made me so happy. Then, one day I said to my wife Grace, "I really would like to do this full time." I said, "Why don't I open up a health food store?" At the time we had just put a deposit on a block of land and we wanted to build a new home. I said to Grace, "Do we build a new home, or do we open a health food store?"



With my wife and boys (1985)

Everyday I couldn't wait for the sun to come up so I could get to the store and start talking to my customers. I absolutely loved what I was doing! From the very first day of opening the doors, I just couldn't keep my mouth shut. I just talked and talked and talked to every customer that came into my store. In fact, I think I hold the longest record for talking to one customer in one period. She came into the store at 9 o'clock and she left at 5 o'clock in the afternoon. I'm not kidding - my wife is a witness to that.

Over the last 30 years I've had the privilege of speaking at hundreds of health events and have spoken to thousands of people and the conclusion that I have come up with over my 43 years in the health industry is that most Australians don't follow the Australian Government's physical activity or dietary guidelines. Statistics show that in Australia, 55% of adults don't meet the physical activity guidelines, and 44% of working-age adults have a sedentary lifestyle.¹

Could this be the reason why recent Australian publications have shown that 8 in 10 (81.4%) people had at least one long-term health condition, and 1 in 2 (49.9%) had at least one chronic condition?² You read correctly, almost

50% of the Australia population had at least one chronic health condition in 2022! This prevalence shows a trend to increase with age, with almost all (99.2%) of people that are 65 years of age and over had at least one long-term health condition.²

And it gets worse! Many people with chronic conditions are experiencing multi-morbidity, which refers to the occurrence of multiple diseases in a person at one time. Data shows 22% of people had two or more of the 'selected chronic conditions', and this rate has been increasing in reports since 2007-2008 due to their association with various modifiable risk factors.³ These eight diseases have been 'selected' as they're common, and pose significant health problems.⁴ When I first saw these statistics on the Australian Bureau of Statistics and Australian Institute of Health and Welfare websites, I was absolutely shocked! If these numbers don't get you seriously thinking about adopting a healthier lifestyle, I don't know what will.

This is despite the Federal and State Governments, doctors, nutritionists, dietitians and many health professionals promoting the benefits of healthy eating and regular exercise for decades. Many studies over the last 20 years have shown that chronic disease can be reduced dramatically if we simply adopt healthier lifestyle habits. However many Australians ignore the evidence and advice and continue to follow a lifestyle that will ultimately lead them on a path to ill health.

Yes, it's true: Australians are living longer today than ever before, but this is not reflected in the proportion of the duration that is spent in full health. Data shows that for individuals born in 2024, males are expected to spend an average of

88% in full health, which is 71.7 years of their 81.6 years life expectancy, and women are expected to spend an average of 86% in full health, which is 73.8 years of their 85.5 years life expectancy.⁵ I think it would be fair to say that their quality of life could be a lot better! I don't believe anyone wants to live a long life in health conditions causing misery.

One ingredient that can be credited for many of our health problems is sugar. As a nation, we consume far too much sugar. White sugar provides a quick hit of energy, but it does not contain a single nutrient that is essential for supporting health.⁶ Data released in 2025, reporting from a period of 2023-2024 showed that the average consumption of free sugars was 66.4 grams per day per person, which is equivalent to 23.3% of the total dietary energy recommendations, exceeding the World Health Organisation's (WHO) recommendation of less than 10% dietary energy. Majority of this intake, equivalent to 89%, came from discretionary foods such as confectionaries, biscuits, pastries, processed foods and sugar-sweetened beverages, which are generally low in essential nutrients and high in added sugar, salt and saturated fats.⁷

As a result, Australia's obesity levels are increasing. The 2024 Australian Burden of Disease Study (ABDS) identified 20 risk factors that contribute to the burden of disease in Australia, which are accounted by 40 individual components. These risk factors are modifiable, and have strong evidence of casual association that increase the likelihood of health disorders. The study also found that 36% of the burden in Australia could have been reduced and/or avoided, simply due to these modifiable risk factors.⁸



My first health food shop (1982)

At the time we had an 18 month old baby and Grace was pregnant with our second child. The old house was tiny with one bathroom so Grace was keen for us to build a new house. We discussed it and Grace said, "Look, it's your passion, let's open the health food shop and we can build our new home another day." After 36 years it still brings tears to my eyes when I think about that moment. Grace has always believed in me - she is my rock!

So, on the 1st November 1982, on my 28th birthday, I opened my health food store. It was one of the happiest days of my life.



Just as enthusiastic about life as I was in my twenties (2018)

Being overweight, including obesity, was found to be the leading (number 1) risk factor contributing to disease burden in Australia in 2024.⁹ In addition, when calculating the risk factors that attributed to the burden of fatality, being overweight or obese ranked second to the use of tobacco.¹⁰ To put this crisis of overweight and obesity into perspective, data from 2022 showed that Australia ranked 10th out of 21 countries, including age groups of 15 years and over.¹¹ One way that I would suggest keeping track of a healthy weight range is by measuring your Body Mass Index (BMI) – and a healthy BMI ranges between 20-25.¹²

For over 40 years I truly believed that if you follow the principles of natural living you can not only reduce your chances of developing chronic disease but I believe you can also regain your health. You just need to give your body a chance. The human body is magnificent – it's perfect – but just like anything that has moving parts, you need to take care of it otherwise it eventually breaks down. If you give your body the opportunity it will heal itself! If I didn't experience this myself all those years ago, I would never have believed it.

Over the years, I've seen many friends, family members and customers transform their health and their lives by simply adopting a lifestyle that comprises of eating mostly real food, exercising regularly, avoiding processed foods and drinks that contain added sugar.

However, it's important that you don't give up if you don't get results quickly. Everyone is different so it can take time for your body to adjust and start the healing. Your body is continuously rebuilding itself with the foods that you eat, the liquids that you drink and the air that you breathe. Depending on your health and your age, it could take as little as a few weeks or months to feel better. You just need to keep providing your body with foods rich in essential nutrients which will nourish your blood, include daily exercise to help get the blood where it is needed, and allow your body time for rest so it can do its healing.

I'm now in my seventies, I train 4 to 5 days a week. I'm in good health and take no medication. It's not that I'm against them, I simply don't need them. I can say with my hand on my heart that I feel just as alert,

have just as much energy, and feel just as enthusiastic about life today as I did in my twenties. I would like to think I can live well into my nineties and beyond in good health. If I continue to eat to live and exercise regularly, I can't see why not! I'm a good example that if you embrace the principles of natural health you can live a long, healthy and vibrant life.

People always ask me what do I eat? It's difficult to cover my complete menu in this article but basically I eat mostly real food, fresh food, lots of vegetables (mostly green), raw nuts and seeds, sprouted seeds, extra virgin olive oil, coconut oil, lots of fresh herbs, grass-fed beef, free-range chicken and eggs, oily fish and selected fresh fruit. These foods contain an abundance of vitamins, minerals, micronutrients, amino acids, healthy fats (essential fatty acids) and much, much more.

I don't eat foods containing refined added sugar, ice cream, cakes, biscuits, sweetened fruit juices, candy, canned fruit juice, canned fruit, soft drinks and I don't chew gum. I avoid processed food, refined foods, foods made with white flour, foods that contain artificial colours, flavours, preservatives, most canned foods, prepackaged foods, and white rice. I also don't eat processed breakfast cereals because many contain added sugar, artificial colours, flavours and preservatives.

To this day I remain just as committed about educating and helping people to achieve better health through good nutrition and regular exercise as I was when I started way back in 1979. I considered myself somewhat lucky to have discovered the benefits of natural living at a young age. I have made it my life mission to inspire other Australian's to join with me in building an army of health crusaders, to

educate others on the benefits of natural living and the essential role it plays in preventing disease. I hope that by sharing my story, it will have a positive impact on your life just like it did mine all those years ago.

I would like to close with this message: Maintaining your health takes a lot of hard work, commitment and dedication, however in the long run the benefits will outweigh the effort by a long shot. Remember prevention is better than cure! With almost 50% of all Australians² now suffering from chronic disease, the odds are against you. So please don't take your health for granted. I encourage you to embrace the principles of natural living today. I promise, it will be one of the best decisions you will ever make in your life. Make time for good health and you will always have enough health for a good time.

Yours in vibrant health,

Frank Caruso

Frank Caruso

The Natural Health Crusader since 1979



THE POWER OF PROBIOTICS

Nature's Internal Healers

I often get asked, if I were to choose one supplement to take, what would that be? I would always answer within a heartbeat "Probiotics!" Probiotics are live bacteria, also known as friendly or good bacteria. We usually think of bacteria as causing disease, but your body is full of bacteria, both good and bad. Probiotics are good bacteria because they help keep your gut healthy. Your digestive system can't function efficiently without them. It also helps to maintain a healthy immune system and needless to say they are essential for general health and wellbeing.

I was first introduced to probiotics back in 1982 after reading an article written by Natasha Trenev about the many health benefits associated with probiotics. Ever since then, I have been taking a probiotic supplement everyday. Natasha was the pioneer of probiotic supplements in North America. Her family had been culturing milk products containing probiotic bacterial strains for over 100 years in

their birth country of Yugoslavia. Her family's probiotic yogurts were so famous that they were supplied to the royal family of Yugoslavia during the 1930's.

I believe the key to good health begins in the bowel, and a healthy bowel is one with a good, healthy balance of friendly bacteria. Your digestive system simply can't function optimally without good bacteria. They are nature's internal guardians. Your body is thriving with trillions of microorganisms, many that live inside your digestive system. Together, these create a population of friendly bacteria known as your intestinal microbiome. There is a mutually beneficial relationship that occurs between the intestinal microbiome and the gut-host (human body). This is called a symbiotic relationship. Friendly bacteria are not limited to the digestive system however. They also live on our skin, in our nose and mouth, and in our reproductive and urinary systems. These internal guardians are acquired in the

very early stages of life and stay with us for the rest of our days. They are invisible to the human eye, but there are trillions of them. So, let's dive deeper into this amazing world of probiotics.

It was over 100 years ago, Metchnikoff (Father of Natural Immunity) claimed yoghurt was the "elixir of life". He discovered that fermented milk containing bacteria did not spoil, but produced lactic acid which preserved the milk and contributed to longevity and the healthy lives of Bulgarian peasants. It was not until 1965, that the term "probiotic" was coined as an alternative to antibiotic. The term "probiotic" comes from the Greek word "pro", which means "for" and the Latin word "biotic" meaning "bios" or "life", hence "for life". The use of fermented foods and cheeses were promoted by ancient Greeks and Romans in their daily diet. These foods would have contained probiotics and prebiotics as natural by-products of the fermentation process.

The original definition of a probiotic was "a substance which was secreted from a microorganism that promotes the growth of other organisms rather than retard it". Later, in 1974 the definition was clarified and refined to, "organisms and substances that contribute to intestinal microbial balance". In 2002, The World Health Organisation (WHO) along with the Food and Agricultural Organization of the United Nations (FAO) held an expert consultation and as a result published guidelines which again redefined the term. Later in 2013, this was further supported by the International Scientific Association for Probiotics and Prebiotics (ISAPP), with slight grammatical changes to the globally accepted scientific and current definition of "Live microorganisms that, when administered in adequate amounts, confer a health benefit on the host."¹³

"Probiotics" is a collective term used to describe bacteria or other microorganisms that dwell in a population or microbiome, such as the intestinal microbiome. Probiotics are microorganisms that excrete or contribute substances which promote the health of the host they reside in.

The most popular and the most extensively studied bacteria are the Lactobacillus and Bifidobacterium species. Over the last few years however, scientists have discovered and researched many other different species of bacteria. Just listen to this for a moment... different parts of your bowel (the stomach, and small and large intestines) need and DEMAND different kinds of bacteria. So today, when you take a probiotic supplement containing a variety of different types of friendly bacteria, your bowel receives a wide range of health promoting probiotics to share around as needed.



Your digestive system

Your digestive system is a complex system. It is the connection between the outer and inner worlds. It is a long and convoluted tract that travels from mouth to anus. It measures up to nine meters in length and covers a surface area of up to 400m².¹⁴ Your digestive system contains over 1000 species of probiotic bacteria making up your microbiome. This microbiome can weigh as much as 2kg.¹⁵

In addition to the intestinal tract, there are additional secondary organs which contribute to the function of the digestive system. These organs include the liver, gallbladder and pancreas.¹⁴ As secondary organs, they assist by producing enzymes and hormones which aid in digestion, absorption and assimilation of nutrients through the digestive system.^{16, 17} There is an amazing microbiome world within this system.

The many live species of probiotics

We know that your intestinal microbiome is unique to you, and not all species are permanent residents of the gut in which they reside.¹⁸ An adult's intestinal microbiome contains probiotic species which are not the same as an infant, child or older adult, however, some of the same species carry us all the way through our lives.¹⁹ Your intestinal microbiome is naturally conditioned to change throughout your life and is influenced by many dietary and lifestyle factors. The probiotics found in our natural microbiome help to promote the integrity of the barrier along the lining of the gut, which help to prevent from pathogens entering the mucosal tissue.^{19, 20}

Although there are many probiotic species found in the human body, not all have been identified for the role they play. Some species also have a cross-over action, working in other areas of the body.²¹ Also, probiotics do not exist in isolation. As mentioned above, they are symbiotic creatures. They not only have a symbiotic relationship with us as their host, they also interact with one another, helping to contribute to their own survival. One cannot exist without the other or without its colony.²²



In the following table we can identify some of the species of probiotics and some of the benefits they have on the body.

Lactobacillus strains:	Support intestinal beneficial flora
	Helps restore good intestinal, gut and bowel flora
	Nourish friendly intestinal flora
	Support gastrointestinal system health and healthy gastrointestinal function
	Support immune system health and healthy immune system function
	Maintains general health and wellbeing
	Supports intestinal health
	Supports healthy gastrointestinal immune function
	Supports digestive system health and healthy digestive system function
	Relief of symptoms of medically diagnosed Irritable Bowel Syndrome (IBS)
	Relieve abdominal discomfort associated with medically diagnosed IBS
	Relieve abdominal bloating and distention associated with medically diagnosed IBS
	Maintains bowel regularity associated with medically diagnosed IBS
	Support gastrointestinal mucosal membrane health
	Support intestinal friendly flora in individuals over 50 years
	Helps restore beneficial intestinal, gut and bowel flora in individuals over 50 years
	Nourish friendly intestinal flora in individuals over 50 years
Bifidobacterium strains:	Maintain gastrointestinal system health and healthy gastrointestinal function in individuals over 50 years
	Maintain immune system health and healthy immune system function in individuals over 50 years
	Relief of symptoms of medically diagnosed Irritable Bowel Syndrome (IBS)
	Support intestinal beneficial flora
	Helps restore good intestinal, gut and bowel flora
	Nourish friendly intestinal flora
	Maintain gastrointestinal system health and healthy gastrointestinal function
	Maintain immune system health and healthy immune system function
	Maintain general health and wellbeing
	Support intestinal health
	Support healthy gastrointestinal immune function
	Reduce flatulence
	Maintain digestive system health and healthy digestive system function
	Support gastrointestinal mucosal membrane health
	Relief of symptoms of medically diagnosed Irritable Bowel Syndrome (IBS) in individuals over 50 years
	Relieve abdominal discomfort in individuals over 50 years associated with medically diagnosed IBS
	Relieve abdominal bloating and distention in individuals over 50 years associated with medically diagnosed IBS
	Support bowel regularity in individuals over 50 years associated with medically diagnosed IBS
	Support healthy bowel and colon function in individuals over 50 years associated with medically diagnosed IBS
	Maintain intestinal friendly flora in individuals over 50 years
	Helps restore beneficial intestinal, gut and bowel flora in individuals over 50 years
	Nourish good intestinal flora in individuals over 50 years
	Maintain gastrointestinal system health and healthy gastrointestinal function in individuals over 50 years
	Maintain immune system health and healthy immune system function in individuals over 50 years

What Causes An Imbalance Of Friendly Bacteria In Your Gut?

There are many daily lifestyle habits that may cause the disruption of live bacteria in your gut, thus having a negative impact on your gut microbiome. These include medication, food preservatives, food emulsifiers, alcohol, sugar and other chemicals added to processed foods.^{23,24} In addition, an irregular or poor diet, ill health and rising demands on your body can deplete your digestive system of friendly bacteria placing additional pressures on our microbiome.²⁵ I have included a list of the main culprits over the following pages. Your body depends on a vast army of microbes to stay alive. Our microbiome protects us against germs, breaks down food to release energy, and produces vitamins.²⁶ As our microbiome is diverse and ever changing, and probiotic species do not exist alone, taking a probiotic supplement can help to restore health to our gut microbiome.



Antibiotics - The good news and the bad news

Nearly all of us have taken antibiotics at one time or another throughout our lives, but not many people know what these antibiotics do to our intestines. There is no doubt that antibiotics have played a major role in our society thanks to Sir Alexander Fleming. Without them, many lives would be lost or in danger due to infectious diseases. But the goal of an antibiotic is to destroy AS MUCH bacteria as it can. This means that when you take broad-spectrum antibiotics, they kill the beneficial (good) bacteria as well as the harmful (bad) bacteria that is causing the infection.²⁷ As an adult, you have about two kilograms of beneficial bacteria and yeast living within your intestines. The long-term effects of repeated antibiotic use result in a compromised digestive system, depletion and imbalance (dysbiosis) of the intestinal microbiome, low immune health, sensitivities and more complicated health issues. Your body requires exposure to friendly bacteria to allow our natural immune and digestive health to develop and thrive.²⁷

In the happy bowel state, the good bacteria flood the bowel and create a barrier along the gut wall, keeping the bacteria and other microbes that cause an unhealthy bowel environment under control. During antibiotic use, the barrier of friendly microbes is reduced and you may start experiencing some uncomfortable and embarrassing moments such as flatulence, bloating, bad breath and constipation just to name a few! These days, many health professionals recommend taking a probiotic supplement after a course of antibiotics to help restore balance of friendly bacteria in your bowel.²⁷

Monotrophic Diet - not a healthy choice

A monotrophic diet is a type of fad diet that involves eating only one food item (such as potatoes or apples) or one type of food (such as fruits or meats).²⁸ This restrictive style of eating is not sustainable long-term as this can lead to nutrient deficiencies, not to mention boredom! This type of diet interrupts the balance of the intestinal microbiome, and may lead to domination of one strain over another or encourage the growth of unfriendly bacteria.²⁹

Processed Foods – your gut's public enemy number one!

There is nothing easier on a Friday evening than a frozen ready meal or a take-away dinner. However, regular or daily intake of these types of meals is not healthy, regardless of what the packaging may say. Food manufacturers require the food to last longer and look fresher on the shelf, so the addition of preservatives, salt, artificial sweeteners, sugars, artificial flavours, additives and fats are used. These additives can have detrimental effects on our general digestion and health, not to mention our intestinal microbiome.^{30,31} Our intestinal microbiome has to overcome the dysbiosis, inflammation and destruction that these types of foods cause.³¹

Stress - depletes our immune resistance and gut flora!

Our digestive system harbours about 70-80% of the immune system. The gut microbiome helps regulate and modulate the immune's response, and also contributes to and aids in the production of anti-inflammatory immune cells, preventing the foreign bacteria from colonising and proliferating.³² When stress is present it gives rise to natural stress-busting hormones such as cortisol, adrenaline and noradrenaline. However, prolonged stress and continued elevation of stress hormones depletes our immune resistance and gut microbiome.³³

These stress hormones negatively impact our gut health by creating a shift in the microbiome balance in the host. The intestinal gut lining becomes more permeable and foreign bacteria flourish. Additionally, the stress hormone cortisol, depresses the immune system by inhibiting immune cells and allowing pathogens to infect an area.³³

Sugar – The bitter truth!

The consumption of sugar may give you an immediate sense of pleasure, as it hits the brain and produces a release of dopamine, but the long-term effects can be damaging.^{6, 34}

Sugar, comes from the sugar cane plant and was consumed initially as a special treat or only in small amount as it was an expensive product. Now, in the modern industrialised world, it is one of the most profitable processed commodities. Sugar comes in many forms and is found in abundance in foods and drinks produced by the food industry. White sugar contains no fibre, vitamins, proteins, enzymes or fats and for some can even have an addictive quality.^{6, 7, 34}

A diet high in sugar can encourage unfavorable bacteria to flourish. Sugar contributes to an environment in which they can develop and dominate. An increase in sugar creates bacterial induced inflammation in the gut and has an impact on other digestive organs.^{35, 36}

The gut barrier can also become comprised. A high intake of sugary foods can lead to an increase in gut permeability and a weak and damaged gut lining - a condition known as "leaky gut syndrome".³⁵

Unhealthy Fats and high Protein diet

A diet high in unhealthy fats and proteins can also have a negative impact on our health creating an array of health problems. Whilst most of us in the west may adopt a "western style diet", which includes high amounts of unhealthy fats and sugars, it is important to know that this way of eating not only adds to health problems such as cardiovascular disease and diabetes, but it can also damage our gut microbiome.³⁷

A high fat diet has an impact on the microbiota (friendly bacteria in our digestive system) in such a way that it can slow down the production of Short Chain Fatty Acids (SCFA's). SCFA's are produced by the probiotics themselves. As the name suggests, SCFA's are very small and short fatty acids which benefit the bowel by providing it with a source of energy. They also benefit the immune system by helping to regulate inflammation in the body and protect the gut wall lining.³⁷

A high intake of unhealthy fats and animal based protein rich foods such as milk, dairy, cheese and meat can deplete the friendly bacteria of the microbiome after just one meal.³⁸ As a result, the reduction of microflora will therefore reduce SCFA production and lead to a compromised gut microbiome and poor gut health. Ideally, a plant-based diet that includes healthy fats is beneficial for encouraging good gut health.³⁹

Our gut loves soluble fibres, complex carbohydrates and prebiotic fibres found in plant-based foods. These nutrients help the friendly bacteria in our microbiome to flourish and create the right environment not only for themselves to thrive in, but also to help support and promote our digestive health as well as our overall health and wellbeing.⁴⁰

On your way to better health

At least 50% of Australians complain of digestive health problems!⁵⁴ This places a huge burden on our health care system, so it is vital that we focus on developing and then maintaining a healthy digestive system. Encouraging the colonisation of friendly bacteria and the establishment of a healthy microbiome is key to optimal digestive health.

Did you know?

At least 50% of Australians complain of digestive health problems!⁵⁴



Tips on how you can encourage your friendly bacteria to thrive!⁵⁴

Our intestinal microbiome is just like a garden - having a good healthy, gastrointestinal system with the right environment will help our microbiota to thrive. There is no better place to start than your diet. Healthy fresh natural foods which are consumed on a daily basis will help to feed and encourage the growth of the healthy bacteria in your digestive system.^{40, 41, 42} Let's take a look at different nutrients which can aid in gastrointestinal health.

Prebiotics – Your friendly bacteria's best friend!

A prebiotic is a soluble fibre found in various plant-based foods which helps to create the right environment for probiotics to establish, grow and flourish. As these fibres slowly break down, they travel and ferment their way along the digestive tract. Prebiotics contain special fibre structures such as inulin, fructooligosaccharides (FOS), beta glucan, arabinoxylan oligosaccharides (AXOS) and pectin are found in foods such as fruits, vegetables, nuts and legumes.^{40, 43}

Super prebiotic foods to include into your daily diet:



Chicory Root



Dandelion Greens



Jerusalem Artichokes



Garlic



Burdock Root



Leeks



Asparagus



Barley



Slippery Elm Powder



Apples



Watermelon



Grapefruit



Onions, Shallots and Spring Onions



Flaxseed/Linseed



Almonds



Chickpeas, Lentils, Red Kidney Beans and Soybeans



Wheat Bran



Oats

Probiotics and fermented foods

There is a lot of popularity around fermented foods and condiments. The process of fermenting foods has been a way of preserving foods when there has been a ration or reduction in foods available. As part of the fermenting process these foods produce or use various strains of beneficial probiotic bacterium.⁴² This method has been used for thousands of years and can be traced back to the ancient Greeks and Romans.⁴⁴

Super probiotic fermented foods to include into your daily diet

Fermented food	What is it?
Amazake	Japanese fermented rice drink
Apple Cider Vinegar	Fermented apple juice
Kefir	Eastern European fermented milk, similar to a thin yoghurt
Kimchi	Korean spicy fermented cabbage and vegetables
Kombucha	Fermented black or green tea
Miso	Japanese paste often made from fermented soybeans
Natto	Fermented whole soy beans
Pickled Vegetables	Vegetables preserved in acidic brine
Sauerkraut	Central European or German fermented cabbage
Tempeh	Indonesian fermented soybean
Tofu	Fermented soybean curd
Yoghurt	Fermented milk or cream

Healthy fats are so good for you!

Fats are essential for our body - healthy fats that is! We may know that essential healthy fats come in many forms. Fat soluble vitamins such as A, D, E and K are required by the body to function and perform on many levels.⁴⁵ Then we have essential healthy fats such as omega 3, 6 and 9, of which omega 3 is key, and is required in higher amounts than omega 6 and 9.^{46, 47} We can obtain these types of fats through our diet or in supplemental form, but what role do these healthy fats play in our gut health? Although, this is an area with continuous research, we do know that should your microbiome be damaged or wiped out, Essential Fatty Acids (EFA) may contribute to restoring intestinal microbiome.^{48, 49}

Probiotics and their importance in healthy aging

Our body ages, it is a natural process of life and biological changes occur. There is a decline in cellular and tissue function, a reduction in cellular turnover, inflammation of body tissues and other factors such as environmental stressors which contribute to the aging process.^{50, 51}

The aging of our digestive system occurs as well. Our digestive enzyme production can reduce, digestive muscles can weaken and lose some tone and the body is slower to expel waste from the colon, leading to constipation.⁵²

Our microbiome dramatically changes as well. The balance of different bacteria changes, species that were once dominant become less so, and the production of SCFA's is reduced which can lead to changes in digestive system health and function.⁵³

Certain probiotic species have been identified as being more important in those of us who are over 50 years. *Lactobacillus plantarum* helps support bowel transit time and relieve constipation. It has an additional action of maintaining immune and gastrointestinal systems by protecting the gut lining, whilst *Lactobacillus casei* acts as a population enhancer - helping to increase colony numbers and restore beneficial bacteria to the intestines. *Lactobacillus paracasei* is a species that does help to maintain SCFA production and therefore helps to maintain good digestive health. It also helps maintain a healthy immune system.

So, is taking a probiotic supplement everyday beneficial?

I get asked this question all the time and as I said earlier, I've been taking probiotic supplement almost every day since 1982. After all, with at least half of Australians experiencing gut health problems, you have nothing to lose. Our body is exposed to different agents on a daily basis such as pollutants, medication and food toxins just to name a few. In addition, an irregular or poor diet, ill health and rising demands on our body place additional pressures on our gut microbiome. Australian bowel habits could be greatly improved from what they are currently.



As stated previously, at least 50% of Australian adults experience issues related to digestive health and of these, one in seven adults experiences these types of symptoms in a "distressing" manner. Australians currently eat about 23 grams of fibre a day. Yet, to meet the ideal fibre intake for supporting good gut health, Australians need to increase daily fibre intake to 28-38 grams. Our microbiome is diverse and ever changing and probiotic species do not exist alone. They thrive if you offer them a diet high in fibre. It is not only beneficial for improving bowel regularity, an increase in daily fibre can contribute to improving overall bowel health and a healthy gut microbiome. With the addition of good prebiotic and probiotic nutrient dense foods, our gut microbiome will be appreciative. However, as we live busy hectic lifestyles, attaining the right foods on a daily basis can be difficult. Encouraging good microbiota diversity is essential for good gut health and a daily probiotic can contribute to this whilst supporting immune system health too.

"The health of your gut is crucial for the health of your body. If you don't have a healthy gut, you won't have a healthy body."

Dr. John Hart





Gut Health Probiotics

The Creation

I'm proud and excited to introduce to you, Caruso's Probiotic formulas. Caruso's Probiotic range includes 5 shelf stable formulas.



My passionate team at Caruso's have worked tirelessly to develop what I believe are the most outstanding probiotic formulas ever to become available in Australia. They have dedicated endless hours researching every single strain, and countless more blending the strains to ensure that each dose, from a scientific perspective, was absolutely perfect. In the history of the company, I've never witnessed my team work so hard on one project with so much passion.

Always read the label and follow the directions for use.

Antibiotics kill good bacteria along with the harmful ones. Potential benefits of probiotics may be seen in the prevention of many conditions for example, Medically Diagnosed Irritable Bowel Syndrome (IBS).

Probiotics help to breakdown many nutrients in the digestive tract, which is a valuable benefit to help many people who need to build strength during and after an illness. As I said at the start of this book, if I were to choose just one supplement to take daily, it would be a Probiotic!

I'm also proud to tell you that all of my products are manufactured in Australia. I believe we have the best pharmaceutical manufacturing facilities in the world right here in Australia. I have always made it a priority to support Australian manufacturers. All of our cartons and labels are made and printed in Australia. Our Natural Health Crusader magazine, Encyclopaedia and product brochures are all printed in Australia. This helps to keep hundreds of our fellow Australians employed, and as we grow, it will help to create hundreds of new jobs for Australians. Australian manufacturers and service providers need our support now, more than ever before.

I strongly believe that if we all choose to buy products that are manufactured in Australia, it will make our great country a nation that our children and grandchildren can all be proud of for many years to come. Join with me in supporting Australian manufacturing and help keep jobs in Australia.

"I wouldn't put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso

Do you remember the old Castrol TV commercial; "Oils ain't Oils!"? The message here was that not all oils are the same. Well it's a similar story with probiotic strains, herbal and nutritional ingredients. My team examine and research every active ingredient to ensure it meets our very high standards. Cost for ingredients can vary dramatically but I would never compromise on quality.

100% Money Back Guarantee

All of my products come with a 100% Money Back Guarantee. If you are not happy with any of my formula's, for whatever the reason, I will give you your money back. *See the Caruso's Natural Health website for more details on terms and conditions.

Yours in Vibrant Health,

Frank Caruso

Frank Caruso

Founder of Caruso's Natural Health



*<https://carusosnaturalhealth.com.au/pages/returns-exchange>

Once Daily Probiotic

Caruso's Once Daily Probiotic is a way of supporting your intestinal health and friendly intestinal flora. Our digestive system is confronted with a barrage of internal and external demands daily.

It's a good idea to give your microbiome a helping hand to help it do its job effectively.



Indications

- ✓ Maintain intestinal beneficial flora
- ✓ Support intestinal health
- ✓ Helps restore friendly gut and bowel flora
- ✓ Support gastrointestinal system health
- ✓ Support general health and wellbeing

Pack size	60
Format	Hard Capsules
Dose	One-A-Day

Formula

Each hard capsule contains 32 Billion CFU; 6 Strains:

<i>Lactobacillus rhamnosus</i> (Lr-32).....	200 Million CFU
<i>Lactobacillus plantarum</i> (LP-115).....	14 Billion CFU
<i>Lactobacillus casei</i> (Lc-11).....	7 Billion CFU
<i>Lactobacillus salivarius</i> (Ls-33).....	6.6 Billion CFU
<i>Lactobacillus acidophilus</i> (La-14).....	4 Billion CFU
<i>Bifidobacterium lactis</i> (BL-04).....	200 Million CFU
Inulin.....	110mg

Total Lactobacillus = 31.8 Billion CFU per capsule

Total Bifidobacterium = 200 Million CFU per capsule

CFU = Colony Forming Units

Directions for Use

Adults take 1 capsule daily with food, or as advised by your health professional.

Specifications

Appearance: White powder filled in a clear hard vegetable capsule.

L: 21.7mm **D:** 7.6mm

Capsule Size: 0

How Can Caruso's Once Daily Probiotic Benefit You?

Adults microflora consists mainly of Lactobacillus and Bifidobacteria strains which live throughout our whole body.

Probiotics

Each capsule contains 32 Billion Colony Forming Units (CFUs), from 6 strains of Bifidobacterium and Lactobacillus probiotics. Together, they support gastrointestinal system health, intestinal health, maintain friendly intestinal flora and help to restore beneficial flora of the intestines, gut and bowel.

Inulin

Inulin is a natural fermentable prebiotic fibre that can be found in various plant-based foods such as chicory root. It's not digested or absorbed by the gastrointestinal system, rather it acts as a favourable source of fuel for the beneficial bacteria to grow from. Inulin maintains general health and wellbeing.

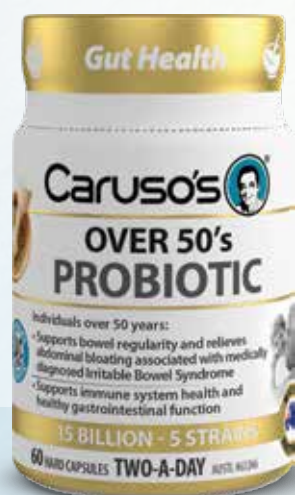
Warnings

- Always read the label and follow the directions for use
- If symptoms persist, talk to your health professional
- If you are taking any medications or have any existing health conditions, always talk to your health professional before use
- Take at least two hours away from pharmaceutical medications
- Contains benzoates, sorbates and sulfites
- If you are pregnant or breastfeeding, seek the advice of a healthcare professional before taking this product

Always read the label and follow the directions for use.

Over 50's Probiotic

Caruso's Over 50's Probiotic contains a total of 15 Billion Colony Forming Units (CFUs) per capsule, from a combination of Lactobacillus and Bifidobacterium probiotics, along with a natural prebiotic fibre, Inulin. This formulation supports individuals aged over 50 years in maintaining gastrointestinal health and healthy functioning, nourishes friendly intestinal flora, provides relief from symptoms of medically diagnosed Irritable Bowel Syndrome (IBS) and also supports immune system health and healthy functioning.



Pack size	60
Format	Hard Capsules
Dose	Two-A-Day

Formula

Each hard capsule contains 15 Billion; 5 Strains:

<i>Lactobacillus paracasei</i> (LPC-37)	2 Billion CFU
<i>Lactobacillus plantarum</i> (LP-115)	3.5 Billion CFU
<i>Lactobacillus casei</i> (Lc-11)	2 Billion CFU
<i>Lactobacillus salivarius ssp salivarius</i> (LS-33) ...	2.5 Billion CFU
<i>Bifidobacterium animalis ssp lactis</i> (UABla-12)	5 billion CFU
Inulin	55mg

Total Lactobacillus = 10 Billion CFU per capsule

Total Bifidobacterium = 5 Billion CFU per capsule

CFU = Colony Forming Units

Directions for Use

Adults take 2 capsules daily with food, or as advised by your health professional.

Specifications

Appearance: White powder filled in a clear hard vegetable capsule.

L: 21.7mm **D:** 7.6mm

Capsule Size: 0

Indications

Individuals over 50 years:

- ✔ Supports bowel regularity and relieves abdominal bloating associated with medically diagnosed Irritable Bowel Syndrome
- ✔ Supports immune system health and healthy gastrointestinal function

Always read the label and follow the directions for use.

Ageing and Gastrointestinal System

The normal process of aging impacts the body in a multitude of ways, including changes to the gastrointestinal system and overall digestive function. As the process of digestion slows down with age, digestive issues are more likely to arise as a result of this⁵⁵, for example there may be reduced acid production (including essential digestive enzymes)⁵⁶, gastric delays, decreased absorption of nutrients⁵⁷, changes to bowel habits and altered defences of immunity which stem from the gut.⁵⁸ This may result in being more prone to conditions or symptoms affecting the digestive system, such as food intolerances, indigestion, malnutrition, IBS and bacterial overgrowth.^{59,60} To maintain digestive health and healthy gastrointestinal system functioning, ensure a healthy lifestyle with sufficient physical activity, a balanced diet with adequate fluid intake and rich in fibre, probiotics with added prebiotics, and regular health check-ups are advised.^{61,62,63,64}

How Can Caruso's Over 50's Probiotic Benefit You?

Caruso's Over 50's Probiotic is ideal for consumers aged over 50 years who wish to support healthy gastrointestinal function, support intestinal beneficial flora and help restore good flora in the gut and bowel. Caruso's Over 50's Probiotic also provides relief from symptoms of medically diagnosed IBS, by supporting bowel regularity and reducing abdominal bloating, distension and discomfort. Additional benefits include supporting healthy immune system function and maintaining immune system health.

Ingredients

Probiotics

Bifidobacterium and Lactobacillus probiotic strains support healthy gastrointestinal function, nourish beneficial intestinal flora and also support healthy immune system function in individuals aged over 50. *Bifidobacterium animalis ssp lactis* (UABla-12) provides relief from the symptoms associated with medically diagnosed IBS, such as abdominal bloating and discomfort, while supporting bowel regularity.

Inulin

Inulin is a natural fermentable prebiotic fibre that can be found in various plant-based foods such as chicory root. It's not digested or absorbed by the gastrointestinal system, rather it acts as a favourable source of fuel for the beneficial bacteria to grow from. Inulin maintains intestinal health and supports general health and wellbeing.

Warnings

- Always read the label and follow the directions for use
- If symptoms persist or worsen talk to your medical practitioner
- If you are taking any medications or have any existing health conditions, always talk to your health professional before use
- Take at least two hours away from pharmaceutical medications
- Drink plenty of water
- Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea
- If you are pregnant or breastfeeding, seek the advice of a healthcare professional before taking this product
- Contains sorbates and sulfites

Super Strength Probiotic

Caruso's Super Strength Probiotic provides a potent* dose of 50 billion Colony Forming Units (CFUs), from a diverse blend of 12 probiotic strains, plus added benefits of Inulin, a natural prebiotic fibre.

This formulation nourishes friendly intestinal flora and helps to restore the beneficial flora in the gut and bowel, supporting overall healthy digestive system function. It may also help to provide relief from symptoms of medically diagnosed Irritable Bowel Syndrome (IBS), such as abdominal bloating and distention. By maintaining the balance of good intestinal flora, the link between healthy gastrointestinal and immune systems is simultaneously supported.



Pack size	30
Format	Hard Capsules
Dose	One-A-Day

Formula:

Each hard capsule contains 50 Billion; 12 Strains:

<i>Bifidobacterium animalis ssp lactis</i> (UABla-12)	10 billion CFU
<i>Bifidobacterium animalis ssp lactis</i> (Bla80)	1 billion CFU
<i>Bifidobacterium breve</i> (BB60)	500 million CFU
<i>Bifidobacterium lactis</i> (HN019)	1.8 billion CFU
<i>Bifidobacterium longum</i> (BL21)	100 million CFU
<i>Lactobacillus acidophilus</i> (LA85)	100 million CFU
<i>Lactobacillus casei</i> (LC89)	500 million CFU
<i>Lactobacillus paracasei</i> (LC86)	400 million CFU
<i>Lactobacillus plantarum</i> (LP90)	30 billion CFU
<i>Lactobacillus rhamnosus</i> (LRA05)	5 billion CFU
<i>Lactobacillus salivarius ssp salivarius</i> (LS97)	100 million CFU
<i>Streptococcus thermophilus</i> (ST81)	500 million CFU
Inulin	110mg

Total Lactobacillus = 36.1 Billion CFU per capsule
Total Bifidobacterium = 13.4 Billion CFU per capsule
Total Streptococcus = 500 Million CFU per capsule

CFU = Colony Forming Units

Directions for Use

Adults take 1 capsule daily with food, or as advised by your health professional.

Specifications

Appearance: Beige powder filled in a clear hard vegetable capsule.
L: 23.3mm **D:** 8.5mm
Capsule Size: 0

Indications

- ✓ Relieves abdominal bloating associated with medically diagnosed Irritable Bowel Syndrome (IBS)
- ✓ Reduces and relieves flatulence
- ✓ Supports healthy immune system function
- ✓ Nourishes and helps restore beneficial intestinal flora

Always read the label and follow the directions for use.

*In comparison to Caruso's Once Daily Probiotic

Gastrointestinal-Immune System

Dysbiosis is an imbalance of gut microbiota (flora), which can result from a lack of friendly (good) bacteria, an overgrowth of pathogenic (bad) bacteria, and/or a lack of diversity in gut flora.⁶⁵ The imbalance of flora can make the Gastrointestinal Tract (GIT) more vulnerable to pathogens and susceptible to health issues. Dysbiosis can also disrupt the communication between the digestive and immune systems, affecting immune responses.⁶⁶ The GIT microbiome has a symbiotic relationship with healthy immune system functions, with over 70% of immune cells residing in the gut and playing a vital role in maintaining digestive system health.⁶⁷ A balanced diet, staying hydrated and using probiotics with prebiotics can help to maintain a healthy balance of flora, supporting healthy gastrointestinal and healthy immune system function.⁶⁷

How Can Caruso's Super Strength Probiotic Benefit You?

Caruso's Super Strength Probiotic is a superior probiotic plus prebiotic formulation, providing a broader spectrum of beneficial bacteria, with 12 carefully selected strains, along with a higher potency* of 50 billion CFU per capsule, setting this product apart from others in our range to offer a wider variety of health benefits. It is ideal for consumers who wish to restore good flora in the intestines, gut and bowel, and can help to maintain general health and wellbeing. It can also help to provide relief from symptoms of medically diagnosed IBS, and support healthy immune function.

Ingredients

Probiotics

Bifidobacterium and *Lactobacillus* probiotic strains help to nourish the intestines with good flora, supporting digestive, gastrointestinal and immune system health. *Bifidobacterium lactis* (HN019) supports a healthy gastrointestinal – immune function.

Inulin

Inulin is a natural fermentable prebiotic fibre that can be found in various plant-based foods such as chicory root. It's not digested or absorbed by the GIT, rather it acts as a favoured source of fuel for the beneficial bacteria to grow from. Inulin maintains intestinal health and supports general health and wellbeing.

Warnings

- Always read the label and follow the directions for use
- If symptoms persist or worsen talk to your medical practitioner
- If you are taking any medications or have any existing health conditions, always talk to your health professional before use
- Take at least two hours away from pharmaceutical medications
- If you are pregnant or breastfeeding, seek the advice of a healthcare professional before taking this product
- Contains sulfites

Poo EZE® Probiotic

Caruso's Poo EZE® contains a blend of Lactobacillus and Bifidobacterium probiotic strains to support gastrointestinal system health and friendly intestinal flora, along with a standardised extract of the herbal ingredient, Cascara, providing stimulant laxative effects to relieve constipation.



Indications

- ✓ Relieves constipation
- ✓ Traditionally used in Western Herbal Medicine to increase bowel evacuation
- ✓ Supports intestinal health and friendly flora

Pack size	60
Format	Hard Capsules
Dose	One-A-Day

Formula

Each hard capsule contains 6 Billion CFU; 2 Strains:

Frangula purshiana (Cascara) ext. dry conc. 153.85mg

From min. dry stem bark 730.79mg

Std. to Hydroxyanthracene derivatives calc. as Cascaroside A 20mg

Lactobacillus plantarum (LP01) 2.5 Billion CFU

Bifidobacterium breve (BR03) 2.5 Billion CFU

Total Lactobacillus = 2.5 Billion CFU per capsule

Total Bifidobacterium = 2.5 Billion CFU per capsule

CFU = Colony Forming Units

Directions for Use

Adults take 1 capsule daily with food, or as advised by your health professional.

Specifications

Appearance: Light brown to brown powder filled in a hard vegetable capsule.

L: 21.7mm **D:** 7.6mm

Capsule Size: 0

Constipation and Laxatives

Constipation is characterised as uncomfortable or infrequent bowel movements, where stools are often hard, dry and difficult to pass, and may also be associated with straining, bloating, gas, cramps and abdominal swelling. Research shows that for adults, the normal range is from three bowel motions per day to three bowel motions per week, and constipation is defined as having three or fewer bowel movements per week.⁶⁸ Laxative herbs work by stimulating the bowel, which can relieve constipation and help to keep bowel motions regular.⁶⁹ A balanced diet with fibre rich foods, drinking plenty of water, regular physical activity and taking probiotics and laxative herbs can all help to reduce constipation.⁷⁰

How Can Caruso's Poo EZE® Probiotic Benefit You?

Caruso's Poo EZE® Probiotic is ideal for consumers who are looking for relief from constipation with the help of herbal stimulating laxative effects along with probiotics to provide beneficial bacteria. It supports gastrointestinal system health and gastrointestinal mucosal membrane health, along with maintaining intestinal friendly flora.

Ingredients

Probiotics

Bifidobacterium and Lactobacillus probiotic strains work to maintain beneficial flora in the intestines, supporting intestinal health, gastrointestinal system health, and gastrointestinal mucosal membrane health. They also assist with supporting healthy gastrointestinal immune function, and additionally in the maintenance of general health and wellbeing.

Frangula purshiana (Cascara)

Frangula purshiana, commonly known as Cascara is stimulant laxative that helps to provide relief from constipation. Cascara has been traditionally used in Western Herbal Medicine to relieve constipation with the help of its aperient laxative effects that help to promote bowel evacuation.

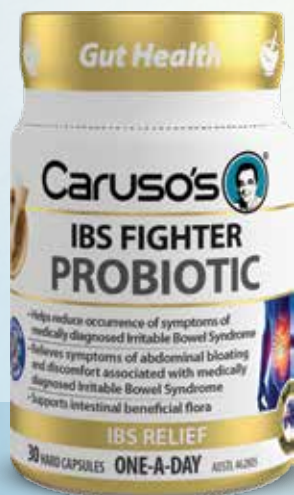
Warnings

- Always read the label and follow the directions for use
- If symptoms persist, talk to your health professional
- If you are taking any medications or have any existing health conditions, always talk to your health professional before use
- Take at least two hours away from pharmaceutical medications
- If you are pregnant or breastfeeding, seek the advice from a healthcare professional before taking this product
- Use in children under 12 years is not recommended
- Drink plenty of water
- Prolonged use may cause serious bowel problems.
- Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea.
- Not recommended for use with heart medication or stimulant laxatives
- Contains sulfites

Always read the label and follow the directions for use.

IBS Fighter Probiotic

Caruso's IBS Fighter Probiotic provides a dose of 23 billion Colony Forming Units (CFUs), from 5 probiotic strains to maintain friendly intestinal flora and support gastrointestinal stem health. This formulation provides relief from symptoms, and reduces the occurrence of symptoms which are associated with medically diagnosed Irritable Bowel Syndrome (IBS) such as abdominal discomfort, bloating and distension, while also supporting bowel regularity.



Pack size	30
Format	Hard Capsules
Dose	One-A-Day

Formula

Each hard capsule contains 23 Billion CFU; 5 Strains:

<i>Lactobacillus plantarum</i> (299V)	10 Billion CFU
<i>Lactobacillus acidophilus</i> (DDS-1)	10 Billion CFU
<i>Lactobacillus paracasei</i> (LPC-37)	1 Billion CFU
<i>Bifidobacterium animalis ssp lactis</i> (UABla-12)	1 Billion CFU
<i>Bifidobacterium bifidum</i> (Bb-06)	1 Billion CFU

Total Lactobacillus = 21 Billion CFU per capsule

Total Bifidobacterium = 2 Billion CFU per capsule

CFU = Colony Forming Units

Directions for Use

Adults take 1 capsule daily with food, or as advised by your health professional.

Specifications

Appearance: White - cream powder filled clear hard vegetable capsule.

L: 19.4mm **D:** 6.9mm

Capsule Size: 1

Indications

- ✓ Helps reduce the occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome
- ✓ Relieves symptoms of abdominal bloating and discomfort associated with medically diagnosed Irritable Bowel Syndrome
- ✓ Supports intestinal beneficial flora

Always read the label and follow the directions for use.

Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a functional gastrointestinal disorder affecting the large intestine, also known as the colon.⁷¹ It is characterised by irregular bowel motions such as diarrhoea and constipation, or an alternation between the two.⁷² Additional symptoms of IBS include abdominal discomfort, bloating, distension, flatulence and wind. Factors that may contribute towards the development of IBS include dietary sensitivities, digestive system function, genetics, diet, lifestyle and stress levels.⁷³ Managing symptoms of IBS can be complex, however working on the management of stress, elimination of triggers and supporting digestive function with probiotics can help to relieve symptoms associated with medically diagnosed IBS.⁷⁴

How Can Caruso's IBS Fighter Probiotic Benefit You?

Caruso's IBS Fighter Probiotic is ideal for consumers who are seeking relief from the symptoms of medically diagnosed IBS, including abdominal discomfort, bloating and distension. It reduces the occurrence of medically diagnosed IBS symptoms, while maintaining bowel regularity. Additional benefits include supporting gastrointestinal system health and friendly intestinal flora.

Ingredients

Probiotics

Bifidobacterium and Lactobacillus probiotic strains assist in the maintenance of beneficial intestinal flora and support gastrointestinal system health.

Lactobacillus plantarum (299v) and *Lactobacillus acidophilus* (DDS-1) strains in particular can help to reduce the occurrence of symptoms of medically diagnosed IBS. These two strains provide relief from symptoms of medically diagnosed IBS, helping to reduce abdominal bloating and distention, while decreasing abdominal pain and discomfort. They also help to maintain bowel regularity.

Warnings

- Always read the label and follow the directions for use
- If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner
- If you are taking any medications or have any existing health conditions, always talk to your health professional before use
- Take at least two hours away from pharmaceutical medications
- If you are pregnant or breastfeeding, seek the advice of a healthcare professional before taking this product
- Drink plenty of water
- Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea
- Contains potassium sorbate, sodium benzoate and sulfites

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Glossary

Prebiotic	Particular nutrients found in foods, which are mostly indigestible, such as inulin, which aid in the growth or activity of beneficial microorganisms in the gastrointestinal tract to the benefit of the host.
Probiotic	Live microorganisms which when administered in adequate amounts confer a healthy benefit to the host. Also known as good or friendly bacteria.
Microbiome	The full array of both microorganisms and their environment within the human body.
Mircobiota/ Microflora	A collective term for the microorganisms which can be found within the human body.
CFU	Colony forming unit which refers to the number of microorganisms which can be found in each serving of probiotic.
SCFA's	Short chain fatty acids. Beneficial bacteria in the gut produce SCFA'S which play an important role in health.
Pathogen	A bacterium, virus or other microorganism that can cause disease.
Symbiosis	A close relationship between two organisms where each provides a benefit for the other, for example the human body and beneficial microorganisms.
Dysbiosis	A state of health resulting from an imbalance of microorganisms within the gastrointestinal tract.

If you have questions or would like more information regarding Caruso's Gut Health Probiotics, please contact our naturopaths on

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