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6 Truths About the Role Probiotics Play in Your Digestion

Be in the know, because better digestion equals a better life
by Align Probiotic (Paid Content)

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A healthy gut is well equipped to support the immune system and essential to overall health. Taking a daily probiotic like Align 24/7 Digestive Support³ helps soothe occasional bloating, gas, and abdominal discomfort⁴ by adding good bacteria to your gut. This is especially true for older adults. Studies have shown that adults with a diverse gut microbiome are more active and being more active can lead to a healthier lifestyle.¹ Probiotics are widely recognized for the digestive health benefits they can offer, but there are still misconceptions about how these daily supplements work.

Debunking the Myths About Probiotics

Myth: You can get all the probiotics you need just by eating yogurt.
Truth: While yogurts are made with live bacteria, most do not have data supporting the health benefits needed to be considered a probiotic.

Myth: All probiotics are the same.
Truth: Not all probiotics deliver gut health benefits. Talk to your doctor for recommendations on the probiotic that can provide the right benefits for you.

Myth: Bacteria is bad and you don't want it in your body.
Truth: Your digestive system contains billions of beneficial bacteria. Probiotics add more "friendly" bacteria to your system to promote gut health.

Myth: Taking probiotics is too complicated.
Truth: Quality probiotics are live cultures of good bacteria that provide health benefits, and getting them can be as easy as taking a capsule once a day.

Myth: If you don't notice results in a few days, the probiotics are not working.
Truth: It can take up to a month of daily use to feel the effects of a quality probiotic in your gut.

Myth: Probiotics need to stay refrigerated until taken in order to work.
Truth: With the proper formulations and packaging, bacteria can stay alive in capsules and gummies without refrigeration.

The Science of Probiotics

It's important to understand the truth behind probiotics, as well as how they work. Probiotic supplements contain good bacteria that provide a health benefit and are essential for many vital body functions, including healthy digestion. Many of the microorganisms in these supplements are the same or similar to those that occur naturally in your body. This "gut microbiome" is made up of good and bad bacteria. The balance of this bacteria can be affected by things like stress, diet, and changes in your schedule, so taking a daily probiotic can help maintain your digestive system's natural balance.²

To feel your best, consider taking **Align Probiotic**, the #1 doctor recommended probiotic brand⁵. With enough time and daily use, the good bacteria in Align 24/7 Digestive Support³ make a difference in your gut microbiome, which can naturally help relieve occasional bloating, gas, and abdominal discomfort.⁷

Try Align for a month and see how great a healthy gut can feel!⁸

[Click here to learn what millions of Align users already know](#)

¹ National Institute on Aging, *Unique gut microbiome patterns linked to healthy aging, increased longevity*. May 13, 2021. <https://www.nia.nih.gov/news/unique-gut-microbiome-patterns-linked-healthy-aging-increased-longevity>

² Among Doctors who recommended a brand of probiotic in a ProVoice 2021 survey.

³ Fortifies your digestive system 24/7 with continued daily use.

⁴ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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