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Did You Know a Healthy Gut Is Linked to Healthy Aging?

Just one small change in your daily routine can have a big payoff

by Align Probiotic (Paid Content)

A gut that is rich in good bacteria helps support a healthy immune system and plays a vital role in your overall health.¹ Your gut has a mix of good and bad bacteria that can sometimes fall out of balance. Many Americans suffer from occasional digestive issues due to stress, changes in diet and sleep habits, and other life disruptions that influence this balance of good and bad bacteria. One small change you can make to help improve your gut health is to take a daily probiotic supplement. A probiotic like Align 24/7 Digestive Support⁵ helps to soothe occasional bloating, gas, and abdominal discomfort by adding to the balance of good bacteria in your gut.*

5 Things to Know as You Add a Daily Probiotic to Your Routine

1. Not all probiotics are the same

There may be a lot of options on the shelf of your local pharmacy. Don't get overwhelmed. Look for a brand that is recommended by doctors and can offer the specific digestive benefits you're looking for. For example, **Align Probiotic** is recommended by Gastroenterologists 2x more than any other probiotic brand² and is backed by more than 20 years of research.

2. It's tough to get the probiotics you need from food

It isn't easy to get all the good bacteria your gut needs from food alone, so taking a probiotic supplement can help you get the benefits you seek. Some foods like yogurt can be made with or contain live bacteria. Most, however, have little if any data suggesting those live bacteria offer the specific health benefits you can expect from probiotic supplements.

3. More isn't always better

Probiotic supplement dosing is measured in colony-forming units, also known as CFUs. The number of CFUs needed for a probiotic to be effective depends on the specific strain and benefit you are looking for, therefore, tens of billions of CFUs are not necessarily more effective than 1 billion CFUs. Talk to your doctor or pharmacist for help choosing a probiotic with the right number of CFUs for the specific benefit you want.

4. Not all probiotics need to be refrigerated

In order to be effective, probiotic bacteria needs to be "alive." While some probiotics rely on refrigeration to keep bacteria alive, shelf-stable probiotics leverage proper manufacturing and packaging technology that keeps bacteria alive and effective at room temperature. Choose a probiotic specially packaged to keep out moisture and protect the contents.

5. You need to be patient

It takes time for probiotics to work in your gut. While some may start to notice results in 1-2 weeks, it's wise to keep taking the probiotics daily for a month. This will give your gut the time it needs to adjust to the new good bacteria and let you know if the probiotic is right for you.

Who Can Benefit From a Healthy Gut?

Everyone can benefit from a healthy gut, and some probiotics can be helpful in supporting the immune system for adults over 50. The lining of your digestive tract is covered in microscopic creatures, mostly bacteria. This system, called the gut microbiome, plays a significant role in your health and well-being. Studies have shown that older adults with a rich microbiome tend to be healthier and live longer than those with less diversity in their gut.³ For help feeling your best, consider taking Align Probiotic, the #1 doctor recommended probiotic brand.⁴ With enough time and daily use, the good bacteria that Align 24/7 Digestive Support⁵ adds to your gut will work naturally with the body to help soothe occasional bloating, gas, and abdominal discomfort.*

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

[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 and gastroenterologists who recommended a brand of probiotic in a ProVoice 2021 survey.

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

*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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