

# Benefits of Vaalia Probiotics



Vaalia contains *Lactobacillus rhamnosus* (LGG®) and *Bifidobacterium animalis* subsp. *lactis* (BB-12®). LGG® is the world's most documented probiotic strain. Clinical studies show that both LGG® and BB-12® survive through the gastrointestinal (GI) tract to deliver immune and digestive health benefits.



## HOW LGG® BOOSTS IMMUNITY FOR ADULTS AND CHILDREN<sup>1</sup>:

1. Promotes good bacteria in the gut and reduces potential pathogens (bacterium, virus, or other microorganism that can cause disease) to improve natural balance
2. Supports the immune system by inhibiting disease-causing pathogens with anti-microbial molecules
3. Protects the gut barrier function to reduce the passage of disease-causing pathogens
4. Stimulates immune cells to produce compounds that fight infection



## HOW BB-12® BOOSTS DIGESTION FOR ADULTS<sup>1</sup>:

1. Improves bowel function through improved digestion of food, water and nutrient absorption, and waste disposal
2. Enables the movements of your digestive system to bring food down through each stage of digestion until it is eliminated
3. Increases waste disposal rates for improved regularity

<sup>1</sup> Eskesen D. *Lactobacillus rhamnosus*, LGG® and immune response in humans: a systematic review of controlled trials. Chr. Hansen A/S. 2019.

<sup>2</sup> Eskesen D. *Bifidobacterium animalis* subsp. *lactis*, BB-12® and bowel function in humans: a systematic review of controlled trials. Chr. Hansen A/S. 2019.

