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**FOR IMMEDIATE RELEASE****Topic:**

- Probiotics for natural protection against what life throws at us

**Your Gut Protects You!**

*Cottonwood, AZ*— We face environmental and health challenges every day. We live most of the time in a sealed environment and are always in close proximity to other individuals. Happens all the time. It's life.

Fortunately, we have a built-in defense team to keep our bodies healthy and balanced—the immune system.

The Sedona Labs® company in Cottonwood, Arizona, is a leader in multi-strain probiotics that support a flexible and robust immune response to help us stay healthy while going through our daily routines.

“Most people think of probiotics for digestion, not the immune system,” says Lisa Peterson Love, Marketing Director for Sedona Labs. “However, probiotics and your natural flora are critical to a healthy immune response. In fact, over 70% of your immune system is in the lining of your gut.”

It's good to wash your hands, but nature designed an even stronger protection for your health than hand washing—your mucosal immune system.

**GOOD BACTERIA IN THE GUT TRIGGER HEALTHY IMMUNE RESPONSE**

Your natural good bacteria (also called natural flora) that populate the mucus in your gut give the signal for your immune cells to go into action.

No matter the time of the year, it's important to have an immune system that can turn on quickly—and then turn back down so it doesn't go out of control.

Although scientists don't know all the details of how good bacteria and your immune system interact, they know that having a healthy population of good bacteria is critical to a normal, flexible immune response.

## HAVING OPTIMAL LEVELS OF GOOD BACTERIA SUPPORTS A ROBUST IMMUNE SYSTEM

Because many people have lower than optimum levels of good bacteria due to age, medications, poor diet, and stress, taking a daily probiotic like iFlora® Multi-Probiotic® Formula can help support a normal immune response. Probiotics are safe to take for all ages.

## MULTI-STRAINS HELP REGULATE RESPONSE

iFlora® Multi-Probiotic® has a variety of strains that help the immune system modulate normally.

“Some strains trigger the immune response to power up and some strains help the inflammation response go back down,” says Ms. Peterson Love. “iFlora has 16 strains that help support the normal, flexible functioning of a healthy immune system.”

The iFlora® Multi-Probiotic® formula contains 16 strains of probiotics.

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