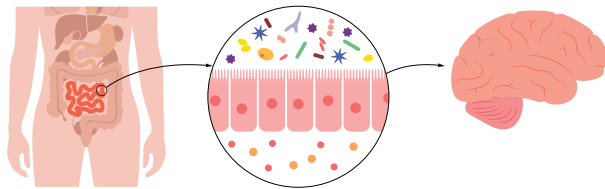


# Probiotics and the Gut-Brain Axis

Microorganisms that inhabit the digestive tract are collectively called the gut microbiota, which influence development and help maintain health.

Emerging evidence suggests that the gut microbiota plays a role in brain function and behavior.<sup>1</sup> This is because the gut and brain communicate with each other through the enteric nervous system, and this two-way connection is called the gut-brain axis.



When we take probiotics, they interact with our own gut microbes, the food we consume, neurons, endocrine cells, and various immune receptors in the GI tract.<sup>2</sup>

Due to our modern diet and lifestyle, there have been changes in the gut microbiome, so we often supplement beneficial microorganisms, such as probiotics, to bring the gut into balance. These probiotics affect the communication transmitted through the gut-brain axis and support mental health.

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**MicroVita®**  
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Clinically Proven Strains

Supports Focus, Mood, and  
Emotional Regulation for  
Children and Adults

# MicroVita® Focus

MicroVita® Focus is a probiotic/prebiotic with six clinically proven strains to support focus, healthy gut function, and proper dopamine regulation.

It provides live cultures that have been clinically shown to significantly increase the levels of both serotonin and dopamine and to improve emotional behaviors.<sup>3</sup>

MicroVita® Focus contains strains that have been shown to improve cognitive function, memory, and learning.

Three prebiotics were also included to nourish and provide the energy for the specific probiotic strains in MicroVita® Focus to thrive.

**Best if refrigerated.**

*Lactobacillus plantarum* (PS128™) is one of the most studied probiotics that supports dopamine regulation. One study showed that two months of PS128™ supplementation specifically improved attention and reduced hyperactivity.<sup>4</sup>

Probiotics	CFUs
<i>Lactobacillus plantarum</i> (PS128™)	30B CFU
<i>Lactobacillus paracasei</i> (PS23™)	5B CFU
<i>Lactobacillus helveticus</i> (HA-122)	5B CFU
<i>Lactobacillus rhamnosus</i> (GG)	5B CFU
<i>Bifidobacterium bifidum</i> (Rosell®-71)	3B CFU
<i>Bifidobacterium longum</i> (Rosell®-175)	10B CFU
Prebiotics	
Galactooligosaccharides	30 mg
Inulin	30 mg
Jerusalem Artichoke Powder	15 mg



GLUTEN FREE



DAIRY FREE



SOY FREE



SUGAR FREE



## The MicroVita® Kit

The MicroVita® Probiotic Kit contains a one month supply of MicroVita® Focus and a one month supply of MicroVita® Mood.

The MicroVita® Kit is intended to be taken over a three month period:

- FIRST MONTH**  
It is recommended to take 1 capsule of MicroVita® Focus per day.
- SECOND MONTH**  
It is recommended to take 1 capsule of MicroVita® Mood per day.
- THIRD MONTH**  
No probiotics are consumed, allowing the gut flora to come to equilibrium.

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.

# MicroVita® Mood

MicroVita® Mood is a probiotic/prebiotic with six clinically proven strains to support mood, healthy gut function, and proper serotonin regulation.

It contains live and heat resistant cultures that have been shown to improve mood, decrease anxiety and stress, as well as maintain normal inflammatory response.

MicroVita® Mood also contains three different prebiotics to nourish these specific probiotic strains. **Best if refrigerated.**



*Lactobacillus helveticus* (Rosell®-52) has been clinically shown to decrease anxiety and depression after supplementation for thirty days.<sup>5</sup> Another study showed that individuals on Rosell®-52 (reclassified from *L. acidophilus*) saw significant improvement in sleep quality and mood score.<sup>6</sup>

Probiotics	CFUs
<i>Lactobacillus plantarum</i> (K21™)	5B CFU
<i>Lactobacillus paracasei</i> (PS23™)	3B CFU
<i>Lactobacillus paracasei</i> (Rosell®-215)	9.5B CFU
<i>Lactobacillus reuteri</i> (Rosell®-444)	0.5B CFU
<i>Lactobacillus helveticus</i> (Rosell®-52)	8B CFU
<i>Bifidobacterium infantis</i> (Rosell®-33)	2B CFU
Prebiotics	
NeoGOS™ (Galactooligosaccharides)	30 mg
Actazin® (Kiwi Fruit Powder)	30 mg
Chicory Root Powder	15 mg



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