



## **Spring Vitality Probiotics Supplements Found To Be An Alternative Source Of Probiotics**

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Concepts of Spring, a health and beauty company in Elkhart, Indiana, has announced that their probiotics supplements may contain all the right levels of probiotics to sustain the body. At the same time, they have released information about the various nutrients that include probiotics. However, all of these can be replaced simply by taking the supplement.

"What we care about is that people are healthy and happy," says Eva Galvez from Concepts of Spring. "This is achieved through a healthy diet and proper exercise regime. However, consuming all the necessary probiotics through natural sources is almost impossible as it takes so much time and effort."

Some of the best sources of probiotics include yogurt, sauerkraut, miso soup, soft cheese, kefir, sourdough bread, milk with added probiotics, sour pickles, kombucha, Mircoalgae, Kimchi, Poi, and tempeh. The vast majority of these dishes come from the Asian continent and are common there. In this country, however, the options are much more limited. Additionally, consuming nothing but the available foods with probiotics would

result into a bland diet without sufficient variation to be properly nutritious.

Additionally, official recommendations for people in terms of their probiotic consumption is now to actually take supplements. The Spring Vitality probiotics supplements have been found to be perfect for this, as they contain exactly the right amount of probiotics needed to sustain the body. "Basically, thanks to our supplement, people no longer have the need to eat sourdough bread with soft cheese and pickles every day," adds Eva Galvez. "As much as people may like those foods, nobody could eat them and nothing but them every day of their lives. Thanks to our supplements, people know they have the right levels of probiotics every day, whether they have yoghurt for breakfast or not."

Concepts of Spring is also encouraging all customers to visit their Facebook page. This is an opportunity to find out more information about the scientific research behind probiotics, and also to ask questions and join a community of people who have already tried the supplement. Finally, any special offers on the supplements will also be listed on the Facebook page.

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofpring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

## Spring Vitality

*Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.*

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