



## Probiotic Deficiency And Its Effects On The Body's Health

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Elkhart, Indiana based Concepts of Spring has released a product that is designed to help counter the risks associated with probiotic deficiency. Eva Galvez, spokesperson for the company, states, "The risks and symptoms associated with probiotic deficiency can be prevented by eating foods rich in the nutrient, or by taking a product like our Spring Vitality Probiotics Supplement."

A deficiency in probiotics is a common cause of stomach and digestive related discomfort. Often fatigue, constipation, nausea, and diarrhea can be caused by simply not getting enough probiotics in daily diets. Digestive issues are the main symptoms of a deficiency. Those who suffer from indigestion on a regular basis, have stomach pain or gas regularly, and experience constipation or diarrhea frequently may have such a deficiency, according to WebMD.

Studies have shown that those suffering from inflammatory bowel syndrome have a probiotic deficiency more often than not, and research has shown that probiotic therapy can often help to alleviate the symptoms of this uncomfortable disease. Those suffering from probiotic deficiency may also develop lactose intolerance and become sensitive to certain foods that they have eaten their entire lives. Yeast infections, athlete's feet, and

urinary tract infections are just a few other results of not getting the adequate daily amount of probiotics.

Spring Vitality Probiotics Supplement by Concepts of Spring, is designed to help consumers to alleviate the symptoms and long term results of not getting enough probiotics. According to Galvez, the product, offers a natural approach to fighting probiotic deficiency.

"We offer nothing but the highest in quality, and this supplement introduces an adequate amount of probiotics into your daily diet, helping to ward off a number of health issues," Eva Galvez states. It has also been found that the supplement can help to lower cholesterol levels, kill bacteria that can cause tooth decay, and offers a number of other benefits. "Your doctor can give you more information about how our product can help you to live a healthier life," adds Galvez.

Those looking for more information about the company, or the products that they provide, can visit their Facebook page or their official website.

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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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