



New Information Released On Benefits Of Probiotics - The Good Bacteria

October 14, 2015

October 14, 2015 - PRESSADVANTAGE -

Elkhart, Indiana based Concepts of Spring has recently released information on the benefits of probiotics for health. The company provides a probiotic supplement under the Spring Vitality brand, and has recently found research that indicate the health benefits provided by these good bacteria. Eva Galvez, spokesperson for Concepts of Spring, states, "We've known for some time that probiotics may help to treat certain digestive orders, but new studies suggest that they may also help to elevate mood."

The study that Eva Galvez is referring to comes from the Leiden Institute of Brain and Cognition. The Netherlands' Leiden University recently released a study on the effects of probiotics and mood disorders such as anxiety and depression. Researchers at the university examined young adults, providing half with a probiotic supplement that contains eight types of good bacteria. The study showed that when taken regularly, probiotics can help to elevate mood in the study participants without a severe diagnosed mood disorder. Subjects reported having fewer sad feelings and generally feeling less depressed overall, after taking the supplements for four weeks as opposed to the other half of the test subjects who were given a placebo.

"It's just one more reason to ensure that you're getting probiotics every day," declares Eva Galvez.

"Everybody can use a little mood booster, and with the digestive benefits that probiotics offer, it just makes sense to add them to your daily diet.

Studies in the past have shown that probiotics are effective in treating irritable bowel syndrome as well as some forms of infectious diarrhea, skin conditions, and many oral health issues. These new studies suggest that the bacteria may also be effective in keeping consumers in a better mood, free from stress and anxiety.

Aside from food sources like yogurt, probiotics can also be taken in supplement form, such as with Spring Vitality Probiotic Supplement. Eva Galvez points out that the company's product offers beneficial amounts of the bacteria, one billion microflora per tablet in fact, and in an easy to take form.

More about the Spring Vitality line, as well as updates and information regarding probiotics and their benefits, can be seen on the company's official Facebook page.

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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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