



## **Concepts Of Spring Releases New Information Outlining All You Need To Know About Probiotics**

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Elkhart, Indiana based Concepts of Spring, recently released information for consumers regarding probiotics. They have compiled information that outlines the benefits of probiotics as well as how to get adequate amounts of the bacteria into daily diets.

According to Eva Galvez, spokesperson for the company, probiotics are essential for gut health, as well as other health issues. She says, "Scientists have been studying probiotics since the beginning of the 20th century, although consumers have only been seriously interested in their benefits since the mid-1990s."

A Russian scientist, Elie Metchnikoff, introduced the concept that the gut flora could potentially be modified and beneficial microbes could be introduced to replace harmful ones more than a century ago. Today, doctors recommend probiotics for patients who have certain digestive problems. The bacteria have been shown to be effective in treating a number of health conditions including irritable bowel syndrome, infectious diarrhea, inflammatory bowel disease, and diarrhea related to prescription antibiotics.

The bacteria help to break down food, making it much easier to digest, which has been observed to aid in a

number of health conditions involving the stomach and intestines. Studies show that these healthy bacteria can also be beneficial for a number of skin conditions, such as eczema, and to help in preventing colds and allergies in seasonal sufferers.

Probiotics can be found in a number of foods including chocolate and yogurt. In addition, those who are not getting enough probiotics in their daily diets can also take a supplement, and Concepts of Spring offers their Spring Vitality Probiotic Supplement, which is an alternative source for getting the healthy bacteria into the body.

"Our supplements contain more than the recommended dosage of probiotics for adults, and come in an easy to take form," points out Eva Galvez. She goes on to say that the probiotic properties of the supplement may also be beneficial to teenagers and children who are suffering from digestive problems.

Those interested in learning more about Spring Vitality Probiotic Supplement can visit Concepts of Spring's official Facebook page, or see the company's seller's page on the Amazon marketplace where the supplement can be purchased.

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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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