

**Total Digestion:  
Multi-Strain Probiotic with Digestive Enzymes  
(50 billion CFU's per gram)**

Bad Bacteria have taken over, thanks to years of bad foods, antibiotics, stress and a backed up load of fecal matter in your colon. There are so many of them that **most people have 85% bad bacteria and only 15% good bacteria!** **THIS CAUSES GAS AND BLOATING, LOW ENERGY, CONSTIPATION AND DIARRHEA, ANXIETY, HEADACHES, MOOD SWINGS, JOINT PAIN, COLDS AND IMMUNE PROBLEMS, ITCHY SKIN AND ACNE, BAD BREATH, YEAST PROBLEMS, SINUS PROBLEMS AND DEPRESSION.**

You can reverse this process and by including this state of the art probiotic blend with digestive enzymes. Drink 8 glasses of pure water per day, and eliminate nutrient robbing junk food.

Enhance the results with the **Mega Cleanse Internal Cleansing Complex**. It contains 31 herbs and super foods to clean toxins from the colon, liver, kidneys, lungs, lymph system, and skin. In a short time the good bacteria will be plentiful and the ratio of good to bad bacteria will be restored. Your digestive system will get back to normal quickly. You will pass normal stools, gas and bloating will go away. With enough friendly flora, your immune system can function at peak efficiency to keep you well.

The following explains what these bacteria and digestive enzymes can do for your health and well being.

**Lactobacillus Acidophilus** is a bacteria that lives in the small intestine and is generally considered to be beneficial because it produces vitamin K, and lactase. It breaks down food in the intestines and forms several substances that create an unfriendly environment for "bad" bacteria.

**Lactobacillus Plantarum**-This bacteria creates a healthy barrier in your colon to keep dangerous bacteria from penetrating the lining of your intestines and entering your blood stream. It can be a treatment for Irritable Bowel Syndrome, ease Crohns disease and Colitis.

**Lactobacillus Salivarius** breaks up and melts away hard, crusty old fecal matter packed on the walls of your colon. It is a bowel cleanser which is very active on proteins as well as by products of protein putrefaction. Aids oral health when combined with B Coagulans.

**Bacillus Coagulans** is especially known for improving the vaginal flora, improving abdominal pain and bloating in Irritable Bowel Syndrome patients and increasing immune response to viral challenges. The bacterium has also been assessed for safety as a food ingredient, and is beneficial for maintaining good breath. Spores are activated in the acidic environment of the stomach and begin germinating and proliferating in the intestine.

## **Digestive Enzymes --Why we need them**

**Alpha and beta amylase** is an enzyme that breaks down starch into sugar. It is present in human saliva.

**Protease** is a very important enzyme to digestion as it breaks down the protein foods to liberate the amino acids needed by the body.

**Lipase** is an enzyme that breaks down the fats in food so they can be absorbed in the intestines. People who have health conditions such as Crohn's disease, and celiac, may not produce enough lipase to digest fats properly.

**Cellulase** is an enzyme that breaks down cellulose, the carbohydrate that is the main part of the cell walls of plants. The human body does not produce cellulase. By adding it to our diets, our digestive tract can break down plant material better, thereby getting the most nutrition from the plants that we eat.

**Lactase** is essential for the digestion of milk. Deficiency of the enzyme causes lactose intolerance.

**Since enzymes play such a crucial role in our health, supplementing with enzymes is essential.** These enzymes are derived from plant sources grown in a laboratory specifically for digestive use. Supplementing with plant enzymes is an investment in life and enables you to get more from the foods you eat.

**Total Digestion provides the perfect balance of probiotics and digestive enzymes to give your body the ability to digest and assimilate the foods you eat and the supplements you consume.**