WHAT'S YOUR GUT FEELING?

6 Habits to Support Digestive Health

1. Chew Your Food
   Chewing food well allows your saliva to start breaking the food down for smoother digestion.

2. Handle Stress
   When you're stressed, digestion slows. Take time to lessen the stress in your life.

3. Get Regular Exercise
   When you exercise, you support the muscles of your intestines, which helps maintain regularity.

4. Take Supplements
   Your health care professional can recommend supplements targeted to your needs.

5. Stay Hydrated
   Drinking water supports regularity and the health of the digestive system.

6. Eat More Fiber
   Dietary guidelines recommend eating 25-35 grams of fiber a day.

We can help!
From enzymes to probiotics, there is a wide range of Standard Process and MediHerb® products to support digestive health. Ask your health care professional for your individualized recommendations.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.