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How do we know if we need to supplement with Probiotic Sufficiency™?

Unless you were born by a normal vaginal birth, were breastfed for 18-24 months, have never taken an antibiotic or ingested alcohol, consume large amounts of raw fruits and vegetables and virtually no grains or sugars and have a source of probiotics in your diet it is virtually a certainty that you are deficient in probiotics. Common signs of deficiency include gas, bloating and indigestion, bad breath and body odour and impaired immunity indicated by frequent or prolonged cases of colds and flus. Fungal or yeast overgrowths such as Candida, vaginal yeast infections and Athlete's foot are also signs of a deficiency in your "good bacteria". Acne, eczema, dandruff, and overall ill-health are also associated with probiotic deficiency.