

# probiotics & prebiotics for gut health

Nourish your gut and its microbiome with probiotics, prebiotics, fibre and fluid - for a positive impact on your overall health.



## the gut microbiome

is the ecosystem within your intestines of trillions of bugs (mostly bacteria) and their genetic material<sup>1</sup>.

## gut health → overall health

Your gut microbiome contributes to your overall wellbeing<sup>1-3</sup>:



**Mental health**



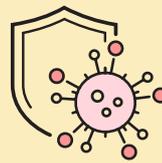
**Digestive health**



**Cardiovascular health**



**Metabolic health**



**Immunity & inflammation**

Factors that can negatively influence the gut microbiome:

- ✗ Poor diet
- ✗ Stress
- ✗ Medications
- ✗ Disease

In a healthy gut, the gut microbiome is diverse, which helps its resilience<sup>2</sup>.

## eat for the good of your gut



### probiotics

are live bacteria that when consumed in adequate amounts, are proven to benefit health<sup>6</sup>.

Probiotic **BB-12™** helps digestive health by improving regularity<sup>7,8</sup>.



### prebiotics

are mostly found in plant-based foods and are food for your gut bugs.

Prebiotic **galactooligosaccharides (GOS)** can be derived from milk, and increases the abundance of good bugs in the gut<sup>12-13</sup>.

Feeding on prebiotics, the bugs produce compounds that lead to a range of health benefits<sup>5, 9-11</sup>.

**30+**

different plant foods per week for microbiome diversity<sup>4, 5</sup>.



### dietary fibre

the part of plant foods that cannot be digested.

**Fibre helps keep you regular.**



### fluid

keeps your gut moving regularly<sup>15</sup>.

# support your wellness from the inside, out

Farmers Union Gut Good is a delicious way to promote a happy, healthy gut. Developed with dietitians, it contains three different probiotic strains and prebiotics<sup>\*</sup>.

<sup>\*</sup>As part of a balanced diet, prebiotic GOS (galacto-oligosaccharides) helps to support gut health by increasing the number of good bugs in your gut, and *B.lactis* (BB-12<sup>™</sup>) improves regularity.



scientifically proven to support gut health<sup>^</sup>

## five ways to enjoy gut good yogurt



**1** On its own as a snack – available in Mango, Strawberry, Vanilla and Caramelised Banana



**2** Freeze into an ice block

**3** Mix into muesli, wholegrain cereal or overnight oats



**4** Blend into a smoothie with milk and fruit

**5** Dollop on top of toast served with honey, fruit & nuts



available at Woolworths and selected independent grocers  
visit [farmersunionyogurt.com.au/gutgood/](https://farmersunionyogurt.com.au/gutgood/)

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This resource has been developed by Farmers Union with healthcare professionals. It should not be construed as professional medical advice. March 2026.

