

## Do you need probiotics?

If you are wondering if you should take a probiotic supplement, take this simple quiz.

|   | yes | no |
|---|-----|----|
| Have you been on an antibiotic within the past year?                        |     |    |
| Are you under stress that interrupts the quality of your life?              |     |    |
| Do you eat poorly several times a week?                                     |     |    |
| Do you have a sedentary lifestyle with very little physical activity?       |     |    |
| Have you been diagnosed with a serious illness within the past 12 months?   |     |    |
| Have you experienced diarrhea or constipation within the past three months? |     |    |
| Have you had a urinary tract infection within the past three months?        |     |    |
| Do you have food allergies, outdoor allergies, or asthma?                   |     |    |
| Do you have acne, eczema or other skin problems?                            |     |    |
| Do you ever experience heartburn, gas, or bloating after you eat?           |     |    |
| Do you frequently get colds and flu?  |     |    |
| Do you travel frequently?   |     |    |
| Are you overweight by at least 10 pounds?                                   |     |    |
| Do you have a family history of cancer, heart disease, or diabetes?         |     |    |
| <b>Total</b>  |     |    |

If you answered yes, to at least half of the questions, you definitely need a probiotic.