



MARSH

Reset your gut: Discover the power of prebiotics

Prebiotics are non-digestible food components that nourish beneficial gut bacteria and help them thrive. They help good bacteria to multiply by eliminating harmful microbes and by supporting a stable gut environment.



Local examples:

Garlic, Onion, Whole grains, Oats, Banana, Apple



Benefits:

- Improve digestion and nutrient absorption
- Strengthen the immune system
- Help to regulate bowel movements
- Maintain a healthy gut microbiome



Pro tip:

Begin with a small quantity, not all at once. Gradually increase it over 2-3 weeks to allow your digestive system to adapt.

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