

From the Wires

Enhance Overall Health the Easy Way Busy Lifestyle Doesn't Have To Be Unhealthy, Too

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TUSTIN, Calif. Dec. 1, 2010 /PRNewswire/ -- Whether it's a byproduct of elevated stress or increasingly busy lifestyles that lead to poor dietary choices, more than 65 million Americans are currently battling digestive health issues. Such issues can make it difficult to

break down food while robbing the body of valuable nutrients it needs to stay healthy and fight disease.

(Photo: <http://photos.prnewswire.com/prnh/20101201/NY10233>)

While it's easy to identify a digestive problem, many people find such problems far more difficult to address, especially for today's busy, "on the go" lifestyle. But as scientists learn more and more about the gastrointestinal (GI) tract, they're learning that a healthy GI tract is crucial to overall well being. And as hard as it might be for some to believe, improving digestive wellness isn't all that difficult.

"As a health and wellness practitioner, my job is to help people prevent disease and promote a healthy lifestyle," says Doug Holt, CSCS, MFS, founder of Conditioning Specialists (www.conditioningspecialists.com).

"Prebiotics stimulate the growth and/or activity of bacteria in the digestive system which are beneficial to the health of the body and are one tool we use to help people restore their health. The introduction of prebiotics and probiotics into the diet helps fuel the healthy bacteria that aid in digestion and absorption."

Developed to conveniently deliver a healthy digestive boost at any time of the day, **PRE Probiotic Enhancer** fuses organic juice with a proprietary prebiotic blend developed by Jarrow Formulas. The result is a low-calorie beverage alternative that supports digestive health and a stronger immune system.

"The **PRE** prebiotic beverage was developed to conveniently deliver a healthy digestive boost for everyone," says Scot De Lorme, Brand Creator. "**PRE** actively works with the body to promote healthy digestive balance by triggering the growth of beneficial bacteria called probiotics already present in the digestive tract. As the good bacteria increase, so does resistance to harmful bacteria, causing a boost to one's immune system."

Busy, on-the-go professionals, athletes, and moms alike also love the **PRE Powder Synbiotic Drink** mix. Each .25-ounce packet fits easily into a pocket or pocketbook, and is conveniently designed to be added to water or a favorite cold beverage, making it an ideal way to improve digestive health no matter where you are. Available in a host of delicious flavors, including Pomegranate Yumberry, Pomegranate Blueberry, Acai Acerola and Passion Orange Guava, it can make a refreshing, not to mention healthy, addition to your workday.

"Introducing prebiotics into the diet can feed good bacteria that protect the body from attack, thus allowing your system to recover quicker and enabling you to enhance your wellbeing," explains Holt. "**PRE** makes integrating prebiotics and probiotics an easy and delicious part of a lifestyle of wellness."

In addition to the great taste of **PRE Regular's** Pomegranate Blueberry, Passion Orange Guava or Acai Acerola flavors, **PRE Regular** is only 50 calories and sweetened with organic cane sugar making it a delectable low-calorie alternative to sugary sports drinks for those on their way to the gym or even for moms en route to a play date or soccer game.

In addition to **PRE Regular**, **PRE 10** is only 10 calories per serving and sweetened with organic cane sugar and stevia, a blessing to those who find it difficult to get their healthy boost from pills.

For more information on **PRE** products, visit www.preusa.com.

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