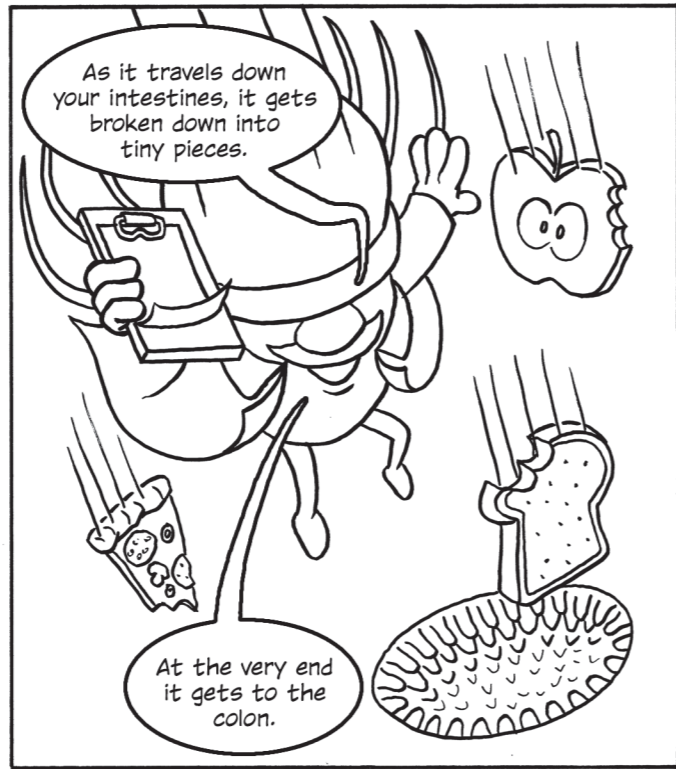




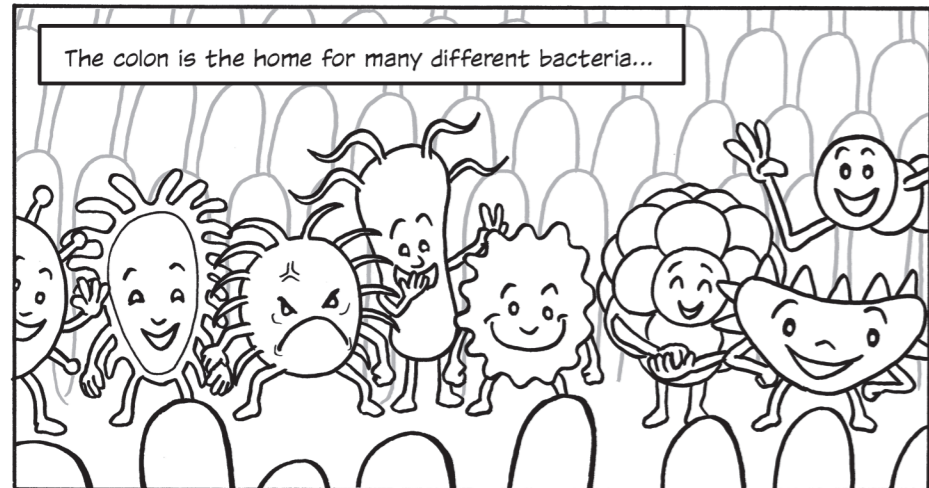
Have you ever wondered where the food you eat goes to and how it's used?

Let me show you!



As it travels down your intestines, it gets broken down into tiny pieces.

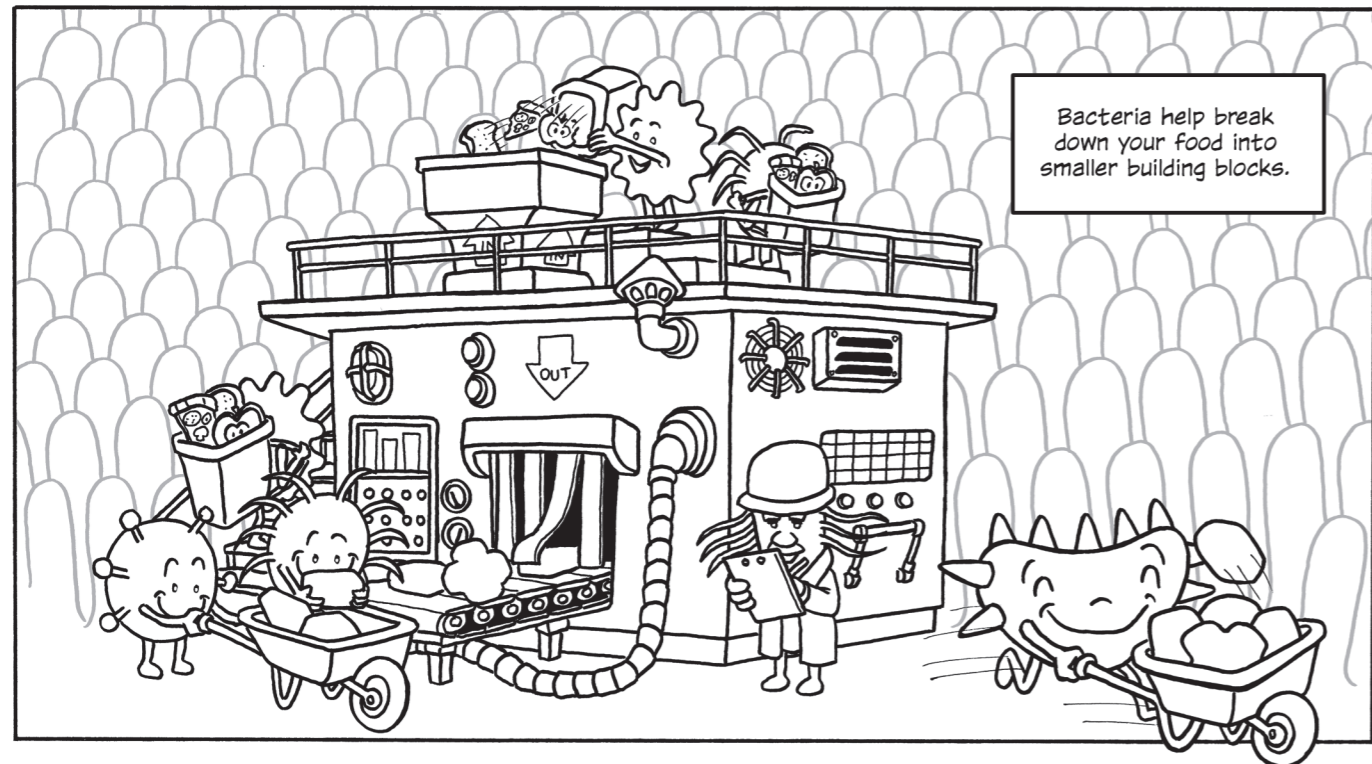
At the very end it gets to the colon.



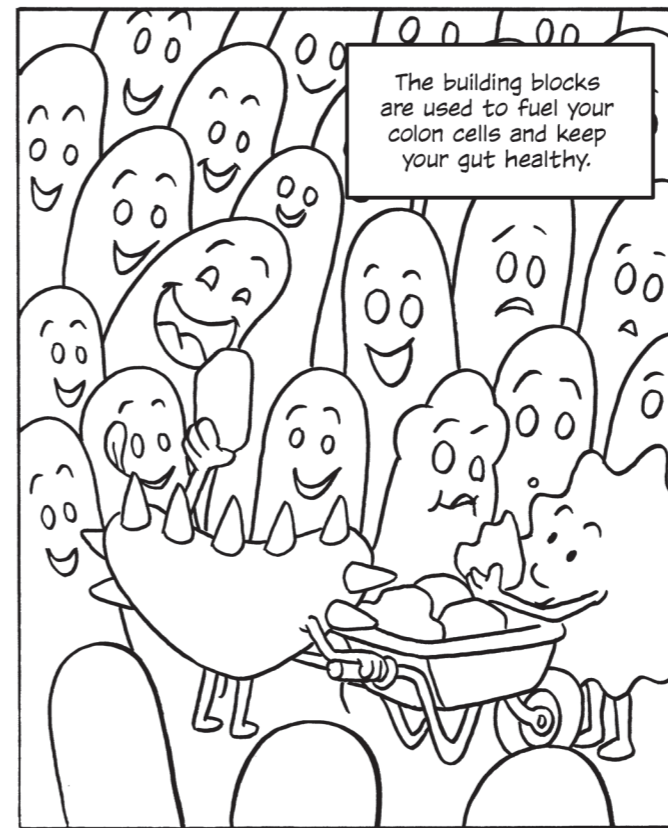
The colon is the home for many different bacteria...



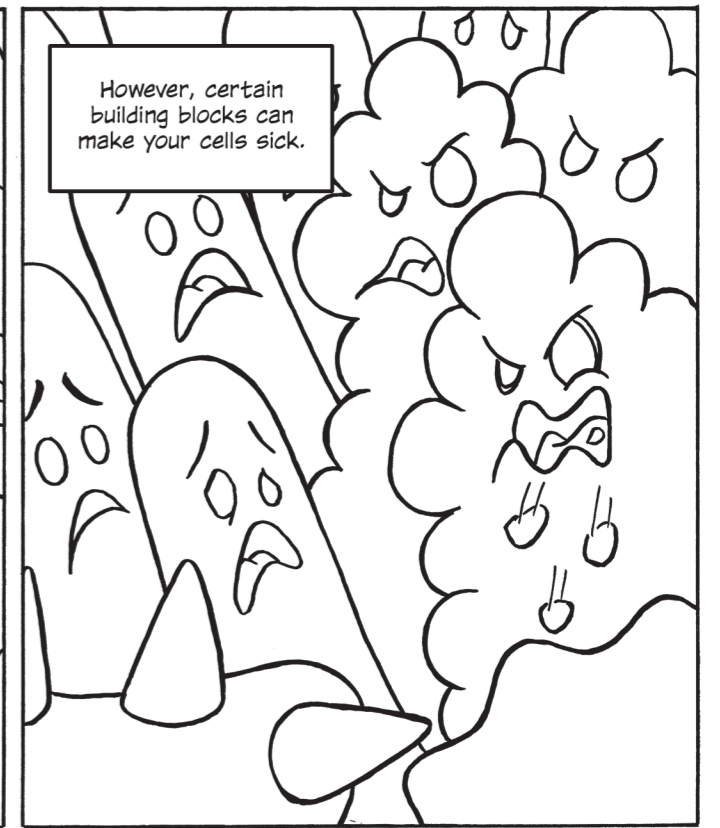
...and immune cells.



Bacteria help break down your food into smaller building blocks.



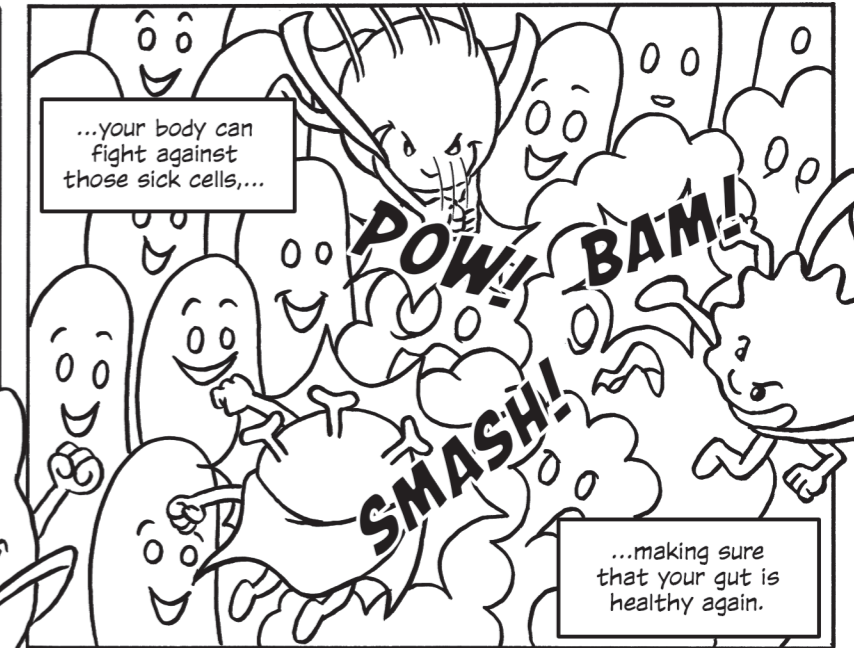
The building blocks are used to fuel your colon cells and keep your gut healthy.



However, certain building blocks can make your cells sick.



But with your bacteria, immune cells and the right building blocks,...



...your body can fight against those sick cells,...

...making sure that your gut is healthy again.



So by choosing good food, you help us help you stay healthy!