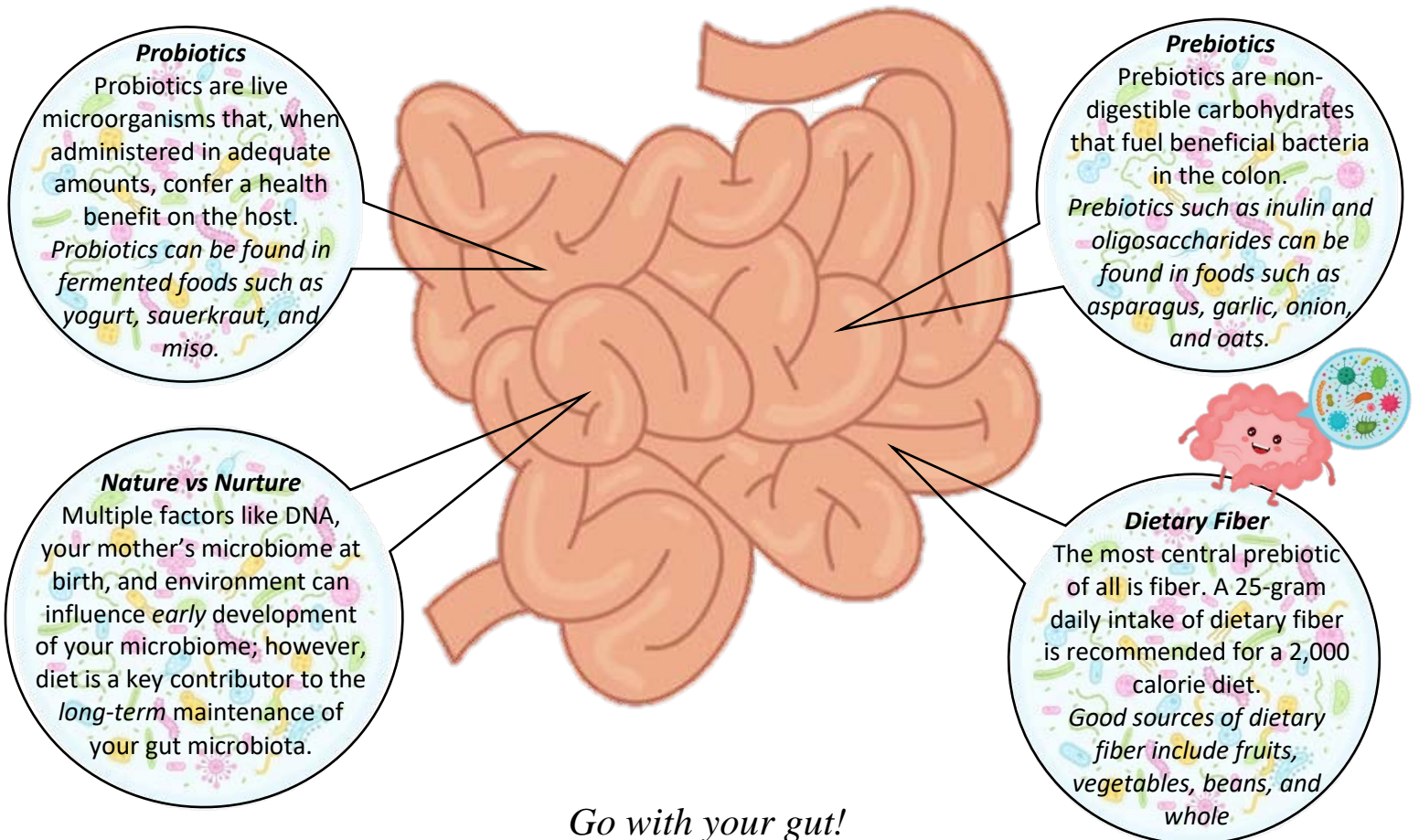


G.I. Tract: A True Digestive Hero

Much like G.I. Joe, your gastrointestinal (G.I.) system is a hero - it allows your body to absorb nutrients and maintain health. While the intestines are a well-known part of the G.I. tract, the microbiome is an equally important component of digestion that is often overlooked and sometimes neglected.

Approximately 40 trillion microorganisms are present in the intestines, affecting the way that you store fat, how you balance levels of glucose in your blood, and how you respond to hormones that make you feel hungry or satiated. Go through the twists and turns of the intestines to learn how to keep your gut microbiome happy and healthy.



Go with your gut!

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