

How to pick your probiotic, so that you can be

# EMPOWERED TO GO.



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BEU FITNESS & NUTRITION



## INVEST IN A HAPPIER GUT BECAUSE YOU WANT TO, THROUGH LEARNING HOW TO PICK YOUR PROBIOTIC WITH CONFIDENCE.

Let's get straight to it: a probiotic is probably the first thing you think of when it comes to supporting your gut health. It's all over social media, everyone and their dog seems to have a customized blend specifically for their gut, and you're thinking "well, I could use one of those I just have no idea where to start."

If you're searching for:

- more predictable trips to the toilet
- a solution to the constant bloating and gas after *\*every\** meal
- the way to finally banish that "tired of being tired" feeling
- a fail- safe way to support your overall health, because you aren't getting any younger.

**I see you.** This quick guide was **made for you**. You're going to learn how to pick a probiotic with confidence and ease (and less time wasted scrolling on social media).



DON'T PANIC!!

# 4 Steps To Picking Your Probiotic



1 CFUs

2 Get Specific

3 Storage

4 Pay Attention  
To Timing

LET'S BREAK IT DOWN,

# Going Broke Isn't Necessary

## CFUs

- 1 Probiotics contain Colony Forming Units (CFUs) that need to survive the trip to your gut. CFUs at time of manufacture aren't taking into account the amount of live culture that has died in storage. Look for CFUs provided by each strain, and make sure that number matches up to the overall count advertised.

## Get Specific

- 2 When you look at the ingredients list of your probiotic, you need to see the genus, species, and strain because different strains within the same species can have different benefits. If you're looking to address a specific concern, I'm sharing some of the most researched strains of bacteria that support your needs on the next page.

## Storage

- 3 Pay attention to how your probiotic needs to be stored. If you're using a probiotic whilst you travel, a probiotic that needs to be refrigerated might not be as useful as one that can be stored at room temp.

## Pay Attention To Timing

- 4 Some probiotics don't get specific as to when you should take them- others do. Read the product label to make sure you're taking your probiotic at the best time suggested.



# THESE ARE THE STRAINS YOU'RE LOOKING FOR, TO GET THE RESULTS YOU WANT.

## FOR MORE ENERGY

When you need overall support for streamlined digestion to meet your day's demands

- *Lactobacillus acidophilus*
- *Lactococcus lactis*
- *Bifidobacterium breve* Rosell-70

## FOR BETTER IMMUNITY

Supporting your body's defense system is much easier when your gut is well supported too.

- *Lactobacillus paracasei* Casei 431
- *Bifidobacterium animalis*
- *Bifidobacterium longum*

## FOR HAPPIER SKIN

Skin breakouts/ adult acne can often be a sign that something's awry in your gut.

- *Streptococcus thermophiles*
- *Streptococcus salivarius*
- *Staphylococcus epidermidis*

## FOR WHEN YOU'RE ON ANTIBIOTICS

These strains benefit general well being as antibiotics

- *Bacillus coagulans* Unique IS-2
- *Lactobacillus rhamnosus*
- *Bifidobacterium lactis* Lafti B94



# WITH ALL OF THAT IN MIND, ALL YOU HAVE TO DO IS **Stop scrolling!**

You know what to look for, you know what symptoms you want to address, and you know how to get the most bang for your buck. The doom scrolling through endless posts about curing your gut health for good, and banishing belly bloat for forever only adds to your hesitation.

If you still feel like you're not ready to make that purchase in total confidence, **I curate nutritional therapy and fitness coaching into bespoke solutions that can help you create autonomy and take back ownership of your health and wellness.**

Join the growing global community of high performers who are on the go while **improving their confidence and energy to enhance productivity.** So. What are you waiting for?

# HI, I'M BRONWYN BARRY

I coach high performers to stop surviving and start thriving. Through a proven five pillar- process, you can stop sacrificing your self for your success (you and I both know it's not going to work out well that way).

At one point, I felt control of my health slipping out of my hands. I didn't know what to eat; I was SO tired while working in a job I loved; weight was creeping onto my waistline, and so I tried a probiotic... that **didn't work!** I don't know if you've been there, but what I can tell you is this: I was frustrated, tired, uncomfortable, and I wanted answers. I felt like I was in a spiral of wasting money and time on something that was “supposed” to help me but wasn't.

I trialled a lot, and I learned a lot. I've shared my learnings (and training in nutritional therapy) with countless clients who have turned their health around without the costly time wasting.

You deserve that too.



# CLIENT SUCCESS TO BE CELEBRATED!



## ASHLEY- FITNESS INSTRUCTOR

I felt like I didn't have a lot of direction with my diet and wasn't feeling confident about my food choices. I also wasn't sure about lifting weights...My needs were addressed and more! Now I'm lifting heavy, I don't experience any digestive discomfort (or if I do, I know why), and I feel a lot more self-aware of all the factors that impact my overall well-being.

## EMS- HEADLINER ACT

The level of knowledge and expertise that Bronwyn has with regards to all things health, fitness and nutrition is beyond what I expected and has been so helpful in educating me and helping me to identify my own personal dietary and fitness needs and how to get the best out of my body.



## BETSY- MARKETING STRATEGIST

I was unmotivated, constantly tired, and didn't feel like I was in control of my body. My coach was realistic about changes that could be made, which helped me realize how realistic I was! I'm more mindful of my choices and wished I learned everything she taught me years ago!





# YOU GET TO PICK WHAT WORKS FOR YOU.

## EMPOWERED HOUR

The no brainer way to start your Empowered To Go journey today.

An hour of YOU, focusing on specifics, and getting the answers you need instantly.

## EMPOWERED NUTRITION

Nutritional therapy that doesn't cuff you to your home.

So you can get out, move about, and STILL improve symptoms from a functional perspective.

## EMPOWERED FITNESS

Fitness programming that works for you.

Completing your fitness routine, making it desirable AND achievable no matter what your gym environment throws at you.

## EMPOWERED ELITE

The ultimate transformation and support.

1:1 fitness coaching and nutritional therapy that creates total change and allows you to take back your health completely. You're supported through every aspect of diet and lifestyle to unlock the incredible feeling of being empowered to go.



## READY TO GET STARTED?

### **EMPOWERED TO GO IS READY FOR YOU**

With a structured approach to what you \*really\* need in order to create autonomy over your health, Empowered To Go is here to help you feel like you're back in charge of your health & wellness, even if you're not in charge of your travel itinerary.

[LEARN MORE](#)



A close-up photograph of a person's open palm, held flat. In the center of the palm, there are several pills and capsules: a yellow capsule, a red capsule, and two white capsules. The background is a soft, out-of-focus grey. The text is overlaid on the image.

“ I would 11/10  
recommend  
working with  
BeU Fitness &  
Nutrition

”

**RACHEL - FREELANCE  
DIRECTOR AND  
PERFORMER**

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