

How to pick your probiotic, so that you can be

EMPOWERED TO GO.



WWW.BEUFITNESSANDNUTRITION.COM

BEU FITNESS & NUTRITION



INVEST IN A HAPPIER GUT BECAUSE YOU WANT TO, NOT JUST BECAUSE YOU FEEL LIKE YOU SHOULD.

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, and for good reason.

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 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

1 **CFUs**
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!

2 **Get Specific**
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, research which strains will benefit you most so you know which ones to leave on the shelf.

3 **Storage**
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!

4 **Pay Attention To Timing**
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.





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...

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.



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, showing several pills and capsules. There are two white capsules, one yellow capsule, and one orange capsule. The background is a soft, out-of-focus grey. The text is overlaid on the hand.

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

”

**RACHEL - FREELANCE
DIRECTOR AND
PERFORMER**

www.beufitnessandnutrition.com

COPYRIGHT

The information in this info pack is created by BeU Fitness & Nutrition for information purposes only. The unauthorized reproduction of this content is unlawful.