

Dr. Mercola Complete Probiotics Review: Happy Gut, Healthy Body

Description

I used to think gut health simply meant not feeling bloated and gassy. But, over the years, I've learned a healthy gut plays a vital role in the health of our whole body, including our mind.

Maintaining a healthy diet comprised of whole, minimally processed food is the biggest factor to ensuring a happy and healthy gut [microbiome](#). By feeding yourself, and therefore the symbiotic bacteria/organisms inside your body, with nutritious foods, you're helping to reinforce yourself with a healthy body.

A common example of the microbiota living inside us are gut bacteria that thrive on probiotics. For me, I make a point to eat various cultured and fermented foods like yogurt, kefir, sauerkraut, kimchi, etc. But, if you tend to be constantly stressed, travel a lot, or exercise, having a good probiotic supplement is essential to help support your immune system.

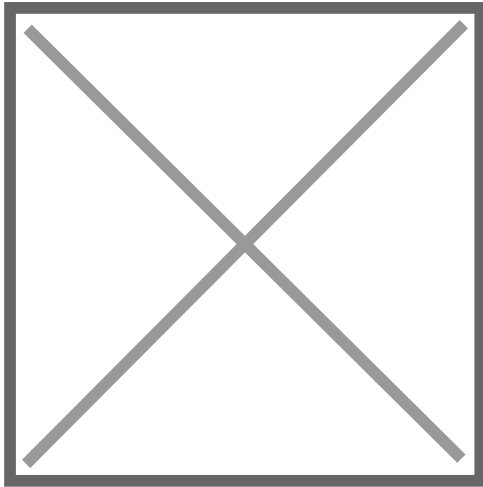
Even someone who considers their diet to be very healthy, like me, can benefit from supplementing with a high quality probiotic. I've been taking [Complete Probiotics by Dr. Mercola](#) for almost two weeks and already notice an improvement.



When it comes to taking anything in pill form, I am extremely cautious. Many manufactures have other ingredients like magnesium stearate or artificial colors just to make the capsule look 'cool', but Complete Probiotics has none of that. Click [here](#) for a PDF of their complete product label.

After about 2 days, I felt a little better inside and *things* just moved better, to put it nicely. Not that I had a lot of trouble before, but with my constant need to exercise daily and finding anything to stress over for no reason, a little help was welcome. As a lover and daily consumer of plain Greek yogurt, I always

figured I'm getting plenty of beneficial probiotics, but never thought of the effect high heat pasteurization has on reducing the beneficial bacterial.



Most commercial yogurts are not a good source of probiotics. Heat pasteurization significantly reduces most of the "good" bacteria benefits.

Guess that's one reason I still felt bloated so often. Thanks to [Complete Probiotics](#), I'm feeling better mentally and physically by just taking two capsules first thing in the morning.

Even better, since they do not need refrigeration, they are perfect for travel, when we need them most. I will never advocate a supplement in place of a diet with real, wholesome food, but with the difference I've felt after taking [Dr. Mercola's Complete Probiotics](#), I think they're worth looking into. [Check out their site](#) for extensive information on what makes Complete Probiotics stand out from the rest, and to order your own.

Here's a snippet for the summary of advantages as listed on Dr. Mercola's page.

Selection Criteria	Complete Probiotics?
Contains specific super-strain <i>Lactobacillus acidophilus</i> DDS-1?	✔ Yes - The manufacturer holds patent and US trademark on DDS-1.
Shows high potency through independent lab test?	✔ Yes - Guaranteed to provide a minimum of 70 billion CFU and as many as 90 billion to ensure potency throughout shelf life.
Works together with prebiotics for improved probiotic performance?	✔ Yes - The manufacturer successfully added intestinal-beneficial prebiotics to complement the probiotics.*
Is stable at room temperature for at least 18 months?	✔ Yes - Provides flexibility with storage and travel needs at room temperature.
Is non-dairy, free from soy, corn, wheat, and gluten?	✔ Yes - One of the industry innovators and first to accomplish this.
Adapts naturally to the human body due to its human origins?	✔ Yes - Soil and animal-origin microorganisms are not natural inhabitants of the human body.
Is acid- and bile-resistant to naturally survive the stomach and intestinal transit?	✔ Yes - Testing has demonstrated high survivability of beneficial bacteria.
Utilizes nitrogen packaging and is freeze-dried?	✔ Yes - Takes advantage of these innovative processes to help ensure stability.
Comes available in vegetable-based probiotic capsules?	✔ Yes - Provides this delivery.
Is Generally Recognize as Safe (GRAS)?	✔ Yes - GRAS notification was filed with the FDA and the agency stated no objection.

If you find that you're constantly stressed, exercise vigorously, travel a lot, or just feel rundown, a good probiotic might help you improve. Again, no supplement will ever make up for a poor diet, so I'd always say look to make changes there if needed.

Since I've felt the good results from taking Complete Probiotics, I've become interested in [all of the products Dr. Mercola has to offer](#) including things for pets, kids, fitness, household use, and more.

Check out their site and let me know what supplement or other product you'd like to try most.

**The product/s mentioned above have been given to me to review, and without any form of compensation. The opinions in this article are solely my own, and have not been influenced by [Mercola.com](#) and/or other parties. I understand that the Food and Drug Administration (FDA) has not evaluated any of the statements mentioned above. This product is not intended to diagnose, treat, cure, or prevent any health condition. Pregnant women, nursing moms, and people who are taking medications or have a medical condition should consult their physician before using this product.*

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