

Supercharge Your Gut

Strengthen the health of your gut flora with these delicious probiotic-rich foods and drinks. BY LAURA SCHOBER



1. DRINK TO YOUR GUT HEALTH

Yogi Cinnamon Berry Probiotic Balance Tea combines the heat-stable probiotic GanedenBC³⁰ with aromatics such as hawthorn berry, hibiscus flower, Korakundah black tea leaf, cayenne and cardamom. **\$5, yogiproducs.com**

2. HEALING HYDRATOR

One bottle of Suja Juice Orange Ginger Pineapple Pressed Probiotic Water contains 2 billion vegan probiotic colony-forming units (CFUs) and loads of fruity flavor from organic orange, pineapple and ginger juices. **\$3, sujajuice.com for where to buy**

3. STRAIGHT TO YOUR GUT

Farmhouse Culture Garlic Dill Pickle Gut Shots commingles both tangy and fermented ingredients such as garlic, dill, cabbage, cucumber and sea salt to emulate the taste of homemade pickles, with 10 billion CFUs per serving. **\$6, farmhouseculture.com**

4. HEALTHY INDULGENCE

Adding a daily serving of Sakara Chocolate Probiotics nourishes your microbiome with 10 billion active bacterial cells. This sweet, dairy-free treat includes the prebiotic yacon root and four probiotic strains: *L. acidophilus*, *B. bifidum*, *B. lactis* and *B. longum*. **\$30, sakara.com**

5. ALL HAIL KALE

Curb sudden snack attacks with Brad's Plant Based Crunchy Kale Radical Ranch with Probiotics, which contain GanedenBC³⁰, a probiotic that helps support the immune and digestive systems. **\$5, bradsrawchips.com for where to buy**

6. GUT-FRIENDLY GRANOLA

The delectably crunchy and nutty Purely Elizabeth Maple Walnut Probiotic Granola gets its probiotic benefits from GanedenBC³⁰, a probiotic strain that's been proven to survive the heat of the baking process thanks to its protective spore. **\$7, purelyelizabeth.com**