

# Holigos® Advanced Abdominal Support

## High prevalence of digestive issues

Several factors may influence gut health, including diet, stress, genetics, medications (e.g., antibiotics, NSAIDs), tobacco use, alcohol use, activity level, geography, and age. <sup>(1)(3)</sup> Additionally, the Western diet often lacks gut-supportive ingredients from vegetables, fruit, and fermented foods. <sup>(10)(11)</sup> It's no surprise that digestive issues are some of the most common concerns seen by primary care physicians in the United States. <sup>(4)</sup>

## A unique blend of prebiotics and probiotics

Holigos® Advanced Abdominal Support is a unique, evidence-based dietary supplement that can help address numerous digestive concerns including occasional abdominal discomfort, bloating, gas, and constipation.\*

This FODMAP-friendly product is formulated with a blend of two clinically studied ingredients for digestive support. It contains the prebiotic 2'-Fucosyllactose (2'-FL) and the probiotic strain *Bacillus coagulans* Unique IS2. In combination, these two ingredients offer a symbiotic benefit.\*

2'-FL is a human milk oligosaccharide (HMO) prebiotic that targets the growth of beneficial bacteria in the gut. *B. coagulans* Unique IS2 restores the gut's natural balance of beneficial and non-beneficial bacteria. Together, this unique blend supports optimal gut-barrier function.\*

## Digestive benefits of Advanced Abdominal Support

Advanced Abdominal Support is an easy-to-use powder (no capsules) that is free from yeast, gluten, added sugar, and artificial dyes. The ingredients found in Advanced Abdominal Support may help with occasional:\*

- Abdominal discomfort
- Bloating
- Gas
- Constipation





## Recommending Advanced Abdominal Support

Advanced Abdominal Support comes in a packet that can be mixed into a hot or cold food or drink. Although patient needs may vary, one packet once per day is generally recommended. Each box contains 28 servings.

## Advanced Abdominal Support vs. others

This table compares Advanced Abdominal Support, a blend of 2'-FL and *B. coagulans* Unique IS2, to ingredients commonly recommended for digestive discomfort.\*

Addresses	Abdominal discomfort*	Occasional bloating and gas*	Occasional constipation*	Occasional diarrhea*
 2'-FL <sup>(9)</sup> + <i>B. coagulans</i> Unique IS2 <sup>(5)</sup>	✓	✓	✓	—
	✓	✓	✓	—
Peppermint oil <sup>(2)(7)</sup>	✓	✓	—	✓
Magnesium <sup>(8)</sup>	—	—	✓	—
<i>Saccharomyces boulardii</i> <sup>(6)</sup>	—	—	—	✓
Soluble dietary fiber <sup>(12)(13)</sup>	—	—	✓	✓

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.