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## Immunity Through Probiotics And Healthy Gut

New Straits Times · 3 May 2021 · 30

A HEALTHY gut has good bacteria that aids in digestion but for many of us, years of bad eating, poor lifestyle choices and even the over-use of antibiotics have led to bad bacteria taking hold of our gut.

For some people these symptoms are temporary while for others, it's a long-term problem.

A healthy gut is not only crucial for good digestion but studies are increasingly showing that it can also play a role in boosting the immune system, improving metabolism, influencing weight gain, improving brain function, allowing us to sleep better and even have more healthy skin. The crucial message is that gut health influences overall health.

Being one of the largest systems in our body, the gut not only digests food and absorbs nutrients but is also a major part of our immune system.

Without a healthy digestive system, one may suffer from malnourishment and even major diseases and it generally takes no more than a few simple changes in our diet and lifestyle to keep our digestive system healthy and working efficiently.

This includes gaining an understanding of how our digestive system works and how to prevent common gut problems.

Your gut processes food and absorbs nutrients, hence what you eat and how you eat is very important.

Taking holistic wellness and lifestyle solution as its main approach, Vingz has designed health supplement products that are made from 100 per cent natural formulation, non-GMO ingredients and cruelty-free.

It's a collaboration with top scientists and Research and Development (R&D) expertise that has helped them to produce products that could help to boost healthcare and lifestyle standards. Its goals were to ensure that its products are accessible to people from all walks of life as it believes that every individual deserves the right to attain personal growth, wealth, and the desired lifestyle. Vingz has launched a new daily nutritional nourishment that stimulates gut health. The daily natural nourishment that contains nothing but the best and the purest nutritional essence. It is packed with patented formulas and premium ingredients such as Promitor (prebiotic), Sunfibre (prebiotic), DigeZyme (enzyme), Berries, Bifidobacterium Longum (probiotic), Dandelion Extract, Lotus leaf Extract, and Aloe Vera Powder.

### Health Benefits

The method employed in the extraction and purification processes guaranteed the retention of the highest quality and purest nutritional essence from natural sources. This powerful formulation harnesses the full nourishment of the ingredients to maintain the general good health, stability, and balance of our multiple body systems.

V-amp stimulates the growth of gut microbiota that promotes a healthy and ecologically balance gastrointestinal system. Besides promoting a healthy detoxification system, it also strengthens the immune system, boosts metabolism, promotes cardiovascular health, and enhances the regulation of the excretory system.

"Mental and physical health is important for a person's wellbeing. We are confident by launching V-Amp to the market, we could help many more people improving their health and enhancing their lives," said the founder and president of Vingz, LiSun Liong.