

The “Quit Buggin’ Me” Quiz

Do you have the right “bugs” in your gut?

If you are wondering if you should take a probiotic supplement, take this simple quiz.

Have you been on an antibiotic within the past year?	Yes	No
Are you under stress that interrupts the quality of your life?	Yes	No
Do you eat poorly several times a week?	Yes	No
Do you have a sedentary lifestyle with very little physical activity?	Yes	No
Have you been diagnosed with a serious illness within the past 12 months?	Yes	No
Have you experienced diarrhea or constipation within the past three months?	Yes	No
Have you had a urinary tract infection within the past three months?	Yes	No
Do you have food allergies, outdoor allergies, or asthma?	Yes	No
Do you have acne, eczema or other skin problems?	Yes	No
Do you ever experience heartburn, gas, or bloating after you eat?	Yes	No
Do you frequently get colds and flu?	Yes	No
Do you travel frequently?	Yes	No
Are you overweight by at least 10 pounds?	Yes	No
Do you have a family history of cancer, heart disease, or diabetes?	Yes	No
Total	_____	_____

If you answered yes, to at least half of the questions, you definitely need a probiotic.

Call our HealthQuest Radio Hotline at 1-800-794-1855 to order Dr. Ohhira's Probiotics, the world's most popular premium probiotic supplement.