

# Discover the Dr. Ohhira Difference!™

Over 30 years ago Dr. Ohhira proved that supporting the optimal intestinal balance is more than just delivering massive amounts of a few isolated probiotic strains into our systems. His research showed that it all has to begin with the foods we eat, with a focus on traditional fermented foods. As a result, Dr. Ohhira selected wholesome fruits – including some that are now recognized as “super fruits” — vegetables, mushrooms and even seaweed, as a rich source of diverse prebiotic fibers.



## With PRE, PRO and Restorative POSTbiotics

He added 12 proven strains of probiotics and grew those together to ferment the rich food source. Over a three-year period, these probiotic bacteria created hundreds of natural postbiotic metabolites — mirroring what beneficial bacteria do in an optimal intestinal system. Modern science is now confirming that the real benefits from probiotic supplementation actually come from these postbiotics and that they are critical for supporting the intestinal system and ultimately health throughout the entire body.\*