

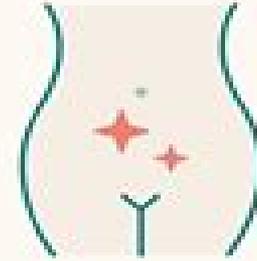
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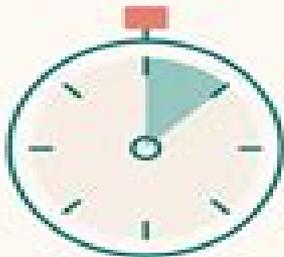
Regular and pain-free  
bowel movements



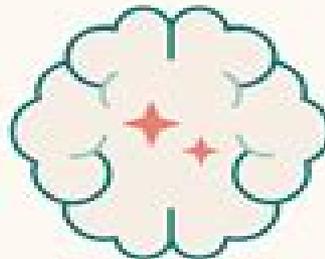
Consistent  
energy



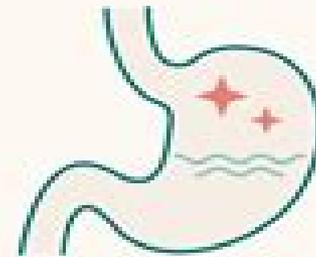
Normal amount of  
gas and bloating



Healthy bowel  
transit time



Mental  
clarity



Healthy reactions to  
food and stress

# Why Gut Health Foods Explained For Students 37473

**TD Snyder**



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