

Digestive Health Supplements

Support a balanced microbiome, comfortable digestion, and regularity - with probiotics, prebiotic fiber, enzymes, and soothing botanicals.

Probiotics

Fiber

Gut health

Enzymes

Regularity

Trillions

of microbes live in the gut,
shaping health

~70%

of immune activity is based in
the gut

25-38g

daily fiber target most adults
miss

2-4 wk

for microbiome changes to take
hold

What this category covers

Digestive health supplements support the gut in a few complementary ways. Prebiotic fiber feeds beneficial bacteria and keeps you regular; probiotics add live beneficial strains to help rebalance the microbiome; digestive enzymes and ginger help break down food and ease bloating; and targeted options like peppermint oil support comfort in conditions such as IBS. Because the gut influences immunity, mood, and nutrient absorption, small, consistent improvements here tend to pay off across the whole body.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Prebiotic fiber (inulin/psyllium)	5 - 10 g	Feeds good bacteria; regularity	Strong
Probiotics (multi-strain)	10 - 50 B CFU	Adds beneficial bacteria; balance	Moderate
Peppermint oil (IBS)	180 - 225 mg	Eases IBS cramping & discomfort	Moderate
Ginger	500 - 1,000 mg	Nausea & digestive motility	Moderate
Digestive enzymes	per label	Help break down food; reduce bloating	Moderate
L-glutamine	5 g	Gut-lining support (limited evidence)	Limited
Slippery elm	per label	Soothing mucilage for the gut	Limited
Betaine HCl	per label	Supports stomach acid (if low)	Limited

How it helps

Support spans microbiome balance, digestion, comfort, and regularity.



Microbiome balance

Prebiotic fiber feeds beneficial bacteria while probiotics add live strains, together supporting a healthier gut ecosystem.



Regularity

Adequate fiber adds bulk and moisture to stool, supporting comfortable, consistent bowel movements.



Less bloating

Digestive enzymes and ginger help break down food and move it along, easing gas and post-meal bloating.



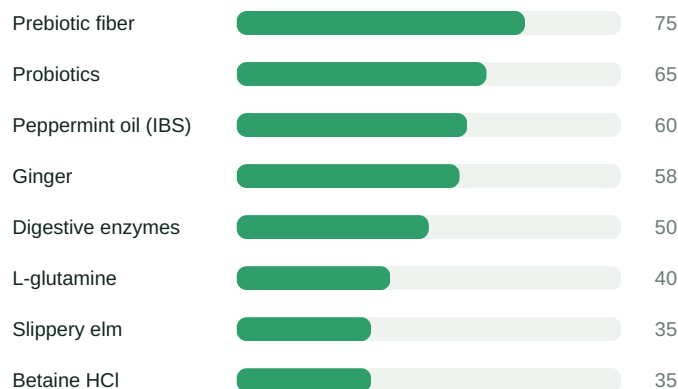
Comfort in sensitivity

Peppermint oil and soothing botanicals support comfort for sensitive stomachs and conditions like IBS.

The data at a glance

Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for digestion.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Bloating, irregularity, and general gut balance, plus targeted support for sensitive stomachs and IBS-type discomfort.

When to take

Take probiotics daily and consistently; increase fiber gradually with plenty of water; take digestive enzymes with meals and ginger before or after eating.

What to pair

A probiotic with prebiotic fiber (a synbiotic) so the good bacteria have fuel; ginger with enzymes around meals.

Safety & interactions

- Increase fiber slowly and with plenty of water - ramping up too fast causes gas and bloating.
- Probiotic strains differ in what they do - match the strain to your goal, and refrigerate if the label requires it.
- Enzymes and betaine HCl aren't for everyone; people with ulcers or on acid-reducing medication should check first.
- Persistent or alarming symptoms - blood in stool, unexplained weight loss, severe pain - need prompt medical care.
- If you have a serious illness or weakened immunity, ask a doctor before taking live probiotics.

Frequently asked

Prebiotic or probiotic - what's the difference?

Probiotics are live beneficial bacteria you add; prebiotics are the fibers that feed them. They work best together, and getting enough fiber first gives probiotics something to thrive on.

How long until a probiotic works?

Some effects on regularity show within days, but rebalancing the microbiome usually takes about 2-4 weeks of consistent daily use.

Does a higher CFU count mean a better probiotic?

Not necessarily. The right strains for your goal matter more than a big number - a well-matched 10 billion CFU can beat a generic 100 billion.

Why does more fiber make me bloated at first?

Your gut bacteria need time to adapt. Increasing fiber gradually and drinking enough water lets the bloating settle as your microbiome adjusts.

Featured products

Live items from this category, populated from the Tradebee products-read action.

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