

# ACTIVIA®

## BIOTIC PRIMER

YOUR  
GUT IS  
WHERE  
IT ALL  
BEGINS

### WHAT ARE PROBIOTICS?

Probiotics are friendly bacteria shown to offer health benefits when consumed in adequate amounts.<sup>1</sup> They can be found in some yogurt and other fermented foods, as well as dietary supplements.

#### HOW DO PROBIOTICS SUPPORT HEALTH?

The most studied benefits include:<sup>2,3</sup>

- Immune function
- Gut health
- Produce vitamins and aid in nutrient absorption

#### WHERE CAN I FIND PROBIOTICS?

Look for probiotics in foods, like:

- Probiotic yogurts
- Kefir
- Dried fruits and juices with probiotics added

### WHAT ARE PREBIOTICS?

Prebiotics are defined as substrates selectively utilized by host microorganisms conferring a health benefit.<sup>4</sup> Commonly, prebiotics are dietary fibers that are non-digestible but serve as food for beneficial microbes that live in the gut.

#### HOW DO PREBIOTICS SUPPORT GUT HEALTH?

Researched health benefits of specific prebiotic substances include:<sup>4</sup>

- Improving calcium absorption
- Regulating blood sugar
- Enhancing colonic bacterial fermentation to reduce gut transit time

#### WHERE CAN I FIND PREBIOTICS?

Prebiotics can be found naturally in plants, such as:

- Onions
- Chicory root
- Garlic
- Beans
- Bananas
- Whole grains

Prebiotics are also added to some foods like;

- Yogurts
- Cereals
- Bread
- Drinks

#### REFERENCES

1. Probiotics: What you need to know. National Center for Complementary and Integrative Health. Available at: <https://www.nccih.nih.gov/health/probiotics-what-you-need-to-know>. Accessed December 13, 2021. 2. Probiotics. International Scientific Association for Probiotics and Prebiotics (ISAPP). Published 2019. Available at: <https://isappscience.org/for-consumers/learn/probiotics/>. Accessed December 13, 2021. 3. Probiotics Consumer Infographic. International Scientific Association for Probiotics and Prebiotics (ISAPP). Published 2019. Available at [http://4caud4salerizalka3wrmie1-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Probiotics\\_0119.pdf](http://4caud4salerizalka3wrmie1-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Probiotics_0119.pdf). Accessed December 13, 2021. 4. Prebiotics. International Scientific Association for Probiotics and Prebiotics (ISAPP). Published 2019. Available at: <https://isappscience.org/for-consumers/learn/prebiotics/>. Accessed December 13, 2021.

