# **ACTIVIA BIOTIC PRIMER**



### WHAT ARE PROBIOTICS?

Probiotics are friendly bacteria shown to offer health benefits when consumed in adequate amounts. 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:2,3

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

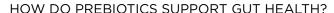
WHERE CAN I FIND PROBIOTICS?

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.



Researched health benefits of specific prebiotic substances include:4

- 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

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## YOUR GUT IS WHERE IT ALL **BEGINS**



