



Biotic Primer



What Are Probiotics?

Probiotics are friendly bacteria shown to offer health benefits when consumed in adequate amounts.¹ 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.⁴ 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: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
- Garlic
- Bananas
- Chicory root
- Beans
- 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://isapscience.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://4cau4isal-er1zqlk3wnm1ef-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Probiotics_0119.pdf. Accessed December 13, 2021. 4. Probiotics. International Scientific Association for Probiotics and Prebiotics (ISAPP). Published 2019. Available at: <https://isapscience.org/for-consumers/learn/prebiotics/>. Accessed December 13, 2021.

