



Gut Health Dictionary

Gut

A part of the digestive tract, especially the intestine or stomach and the mix of bacteria making up the microbiota of the gut.

Gut health

While difficult to define and challenging to measure, gut health is often determined by how well the digestive system is functioning and if it is free of gastrointestinal disturbances.

Microorganism

A microorganism or microbe is an organism that is too small to be seen by the naked eye. The most common types are bacteria, viruses, yeasts and molds. Bacteria can be classified as beneficial, neutral or harmful.

Microbiota

A community of microorganisms, including bacteria, fungi, viruses, yeasts in a defined environment.

Microbiome

The microbiome represents the microbiota (and its genes) living in a given environment; it can be seen as a “living ecosystem.”

Live and Active Cultures

Live and active cultures are bacteria used for technological purposes such as fermentation. However, they have been shown to help with the digestion of lactose which can be beneficial to individuals with lactose intolerance.

Probiotic

Live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.

Prebiotic

A substrate that is selectively utilized by host microorganisms conferring a health benefit on the host

Postbiotic

Preparation of inanimate microorganisms and/or their components that confers a health benefit on the host.

Synbiotic

A mixture comprising live microorganisms and substrate(s) selectively utilized by host microorganisms that confers a health benefit on the host.

CFU (Colony Forming Units)

The number of viable bacteria in the product, sometimes designated as “live cultures”. CFU listed on the product label should equal the amount shown to be beneficial in human studies.

Strain

A strain designation identifies the specific strain in the product. Strain specificity is important as different strains within the same species can have different health benefits.

Sources:

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Your Gut Is Where It All Begins

