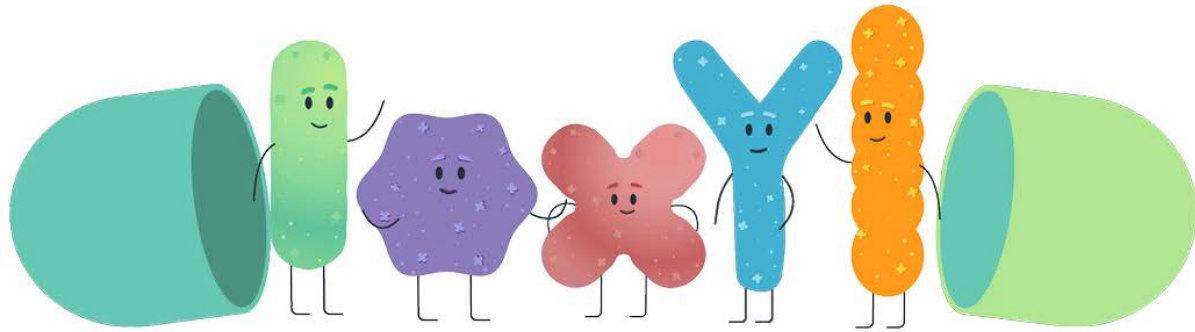


THE DIFFERENCES BETWEEN PREBIOTICS AND PROBIOTICS

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WHAT ARE PROBIOTICS AND PREBIOTICS?

Probiotics: What's Inside is Alive



CONNECTIONS BETWEEN PROBIOTICS AND PREBIOTICS

PROBIOTICS – Living bacteria in some food or supplements. In metabolise system they protect us from bad bacteria and funguses.

PREBIOTICS – This stuff comes from some kind of carbs [mostly fiber], that human can't consume.

Consuming balanced amount of pro and prebiotics can help us keep right balance these bacteria, to have healthy bowel's microbiota. And food what we eat have important function in balancing good and bad bowel's bacteria.

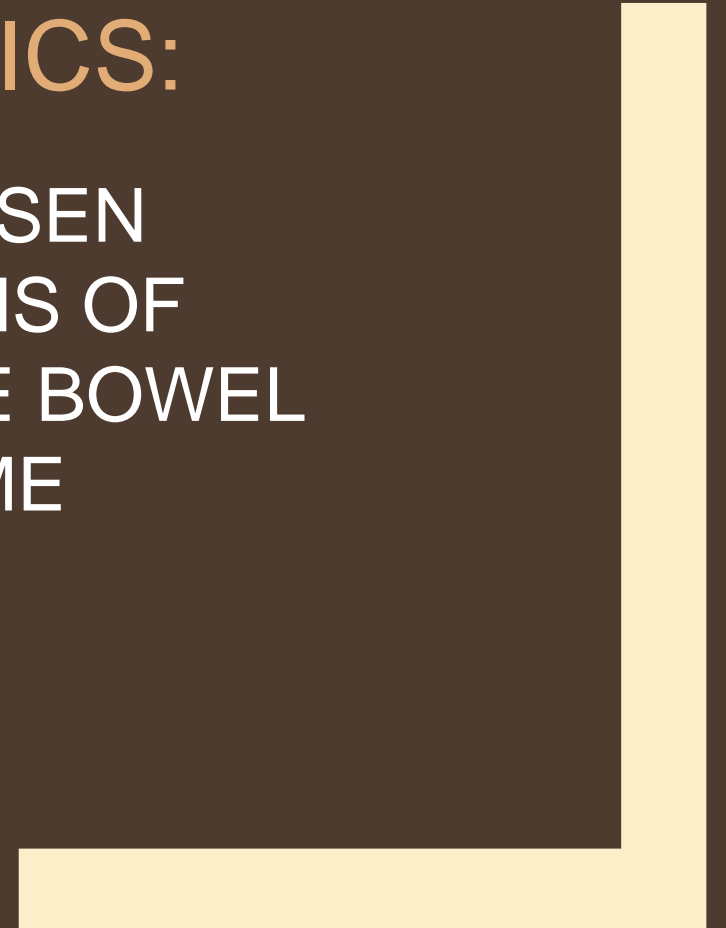
SIDE EFFECTS OF

PROBIOTICS:

- BLOATING
- HEADACHES
- INCREASED HISTAMINE LEVELS
- MAY INCREASE A RISK OF INFECTIONS

PREBIOTICS:

- MAY WORSEN SYMPTOMS OF IRRITABLE BOWEL SYNDROME



BENEFITS OF PREBIOTICS

Cancer prevention	Bacteriocin production
Cholesterol removal	Poultry, fishery, pig and cattle feed
Immumopotentialiation	Prevention and treatment of allergy
Gut health maintenance	Treatment of inflammatory bowel disease
Food additive and starter culture	Cardioprotective effects
Bone mineralization	Improves renal health
Gastroenteritis prevention	Improves gut microbiota

PROBIOTICS

- **Probiotics Help Balance The Friendly Bacteria in Your Digestive System**
- **Probiotics Can Help Prevent and Treat Diarrhea**
- **Probiotic Supplements Improve Some Mental Health Conditions**
- **Certain Probiotic Strains Can Help Keep Your Heart Healthy**
- **Probiotics May Reduce the Severity of Certain Allergies and Eczema**
- **Probiotics Can Help Reduce Symptoms of Certain Digestive Disorders**

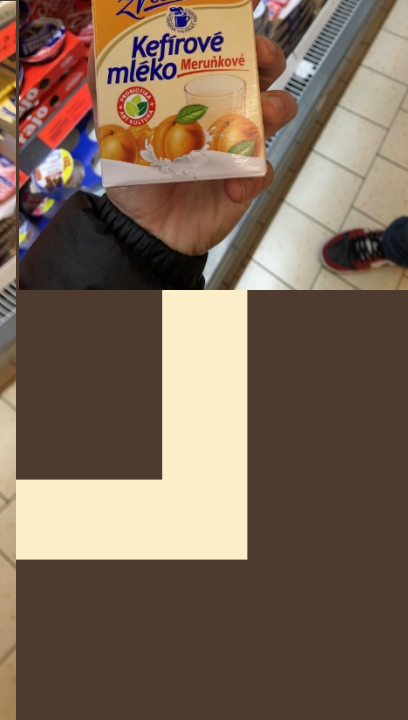
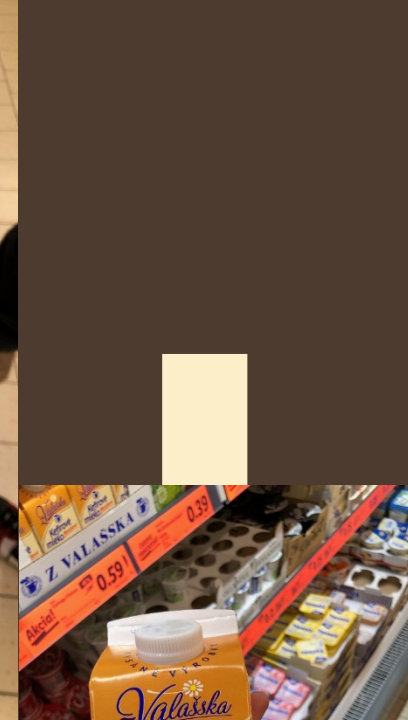
LIST OF FOODS

PROBIOTICS:

- YOGURT
- KEFIR
- SAUERKRAUT
- KIMCHI
- KOMBUCHA
- PICKLES
- SOME TYPES OF CHEESE
- MISO

PREBIOTICS:

- GARLIC
- ONIONS
- LEEKS
- ASPARAGUS
- BANANAS
- COCOA
- SEAWEED



INCREASED INTEREST IN PROBIOTICS

COUNTRIES MOST
INTERESTED IN CONSUMING
PROBIOTICS:

1. TAIWAN (58%)
2. GREECE (45%)
3. SLOVAKIA (36%)
4. HONG KONG (34%)
5. CANADA (33%)
6. SINGAPORE (33%)
7. SERBIA (32%)

