

POSITIVE EFFECTS OF PROBIOTICS

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WHAT ARE PROBIOTICS?

- ▶ Probiotics are a combination of live beneficial bacteria and/or yeasts that naturally live in your body
- ▶ You have two kinds of bacteria constantly in and on your body — good bacteria and bad bacteria
- ▶ Probiotics are made up of good bacteria that helps keep your body healthy and working well
- ▶ This good bacteria helps you in many ways, including fighting off bad bacteria when you have too much of it, helping you feel better.

HOW PROBIOTICS HELP WITH MEDICAL CONDITIONS?

Some of the conditions that might be helped by increasing the amount of probiotics in your body (through food or supplements) include:

- ▶ Diarrhea (both diarrhea caused by antibiotics and from *Clostridioides difficile*).
- ▶ Constipation.
- ▶ Inflammatory bowel disease (IBD).
- ▶ Irritable bowel syndrome (IBS).
- ▶ Yeast infections.
- ▶ Urinary tract infections.
- ▶ Gum disease.
- ▶ Lactose intolerance.
- ▶ Eczema (atopic dermatitis).
- ▶ Upper respiratory infections (ear infections, common cold, sinusitis).
- ▶ Sepsis (specifically in infants).

BENEFITS OF PROBIOTICS

Probiotics also affects mental health for example Alzheimer.

- ▶ A review of 15 human studies found supplementing with *Bifidobacterium* and *Lactobacillus* strains for 1-2 months can improve anxiety, depression, autism, obsessive-compulsion disorder and memory.



BENEFITS OF PROBIOTICS

Probiotics help balance the friendly bacteria in your digestive system.

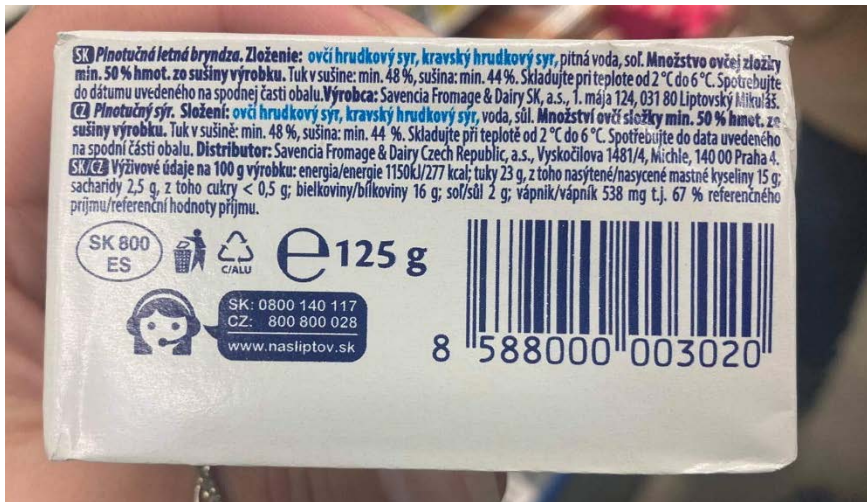
- ▶ Probiotics include “good bacteria”, these are live microorganisms that can provide health benefits when consumed. These benefits are thought to result from the ability of probiotics to restore the natural balance of gut bacteria. Consequences can include digestive issues, allergies, mental health problems, obesity and more





BENEFITS OF PROBIOTICS

- ▶ Certain probiotics strains may reduce the severity of eczema in children and infants
- ▶ Certain types of probiotics from the Bifidobacterium and Lactobacillus strains have improved symptoms in people with mild ulcerative colitis
- ▶ Probiotics may help give your immune system a boost and inhibit the growth of harmful gut bacteria
- ▶ Probiotics may help with weight loss, for example some probiotics prevent the absorption of dietary fat in the intestine
- ▶ Several studies suggest probiotic use is associated with a reduced risk of antibiotic associated diarrhea



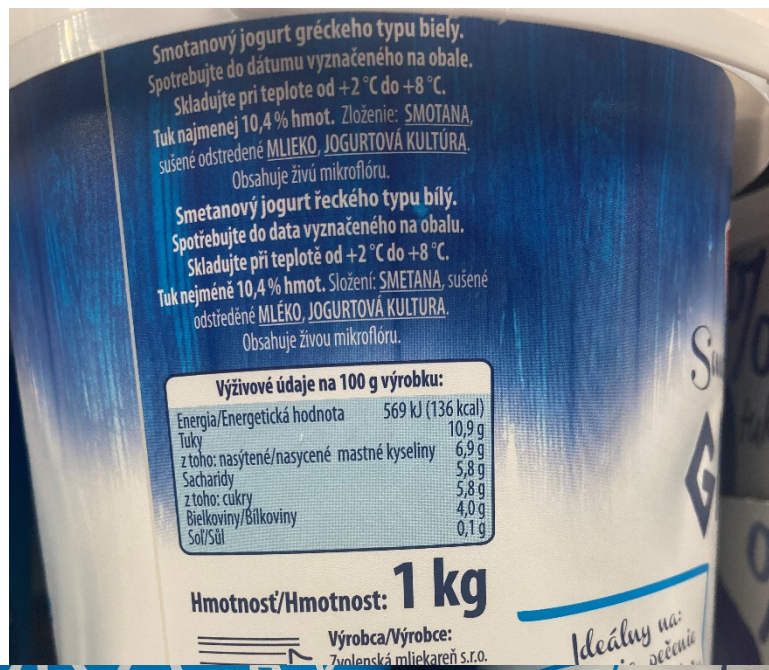
BRYNDZA/ SHEEP CHEESE



125g vs. 125g

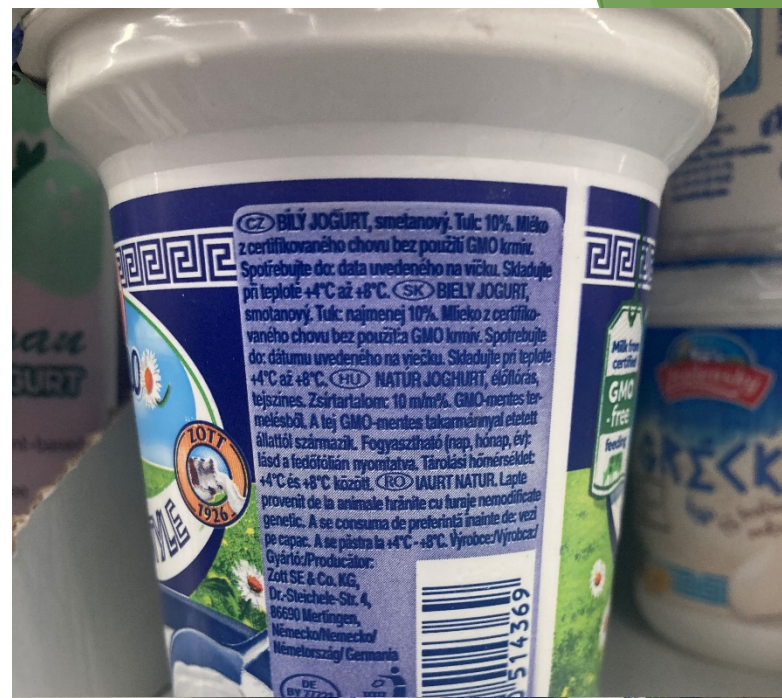


Difference is
0,20€



GREEK YOGHURT

1kg vs. 330 g



Difference is 1,60€



THANKS FOR YOUR
ATTENTION

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. A thin white line runs diagonally across the lower right portion of the image.