

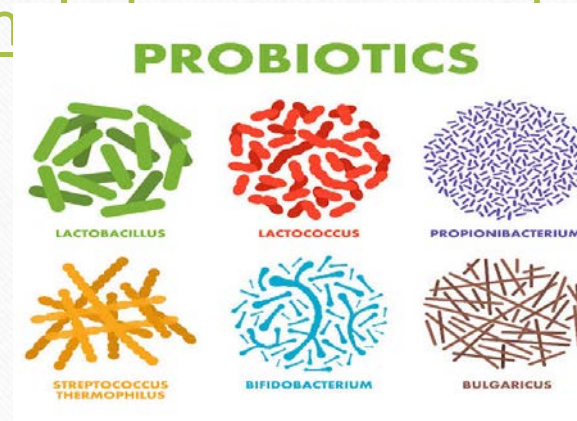
# Probiotics and Prebiotics

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# What is PROBIOTIC?

- Probiotics are live bacteria and yeasts that are good for you, especially your digestive system. We usually think of these as germs that cause diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help



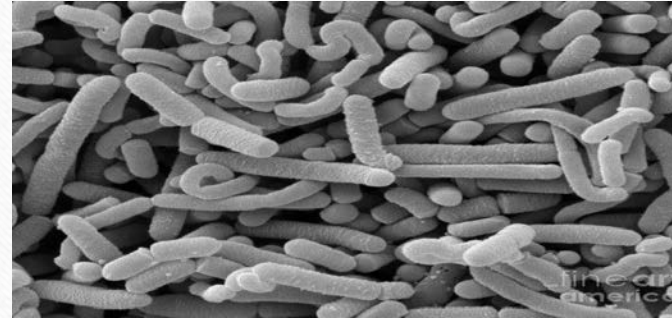
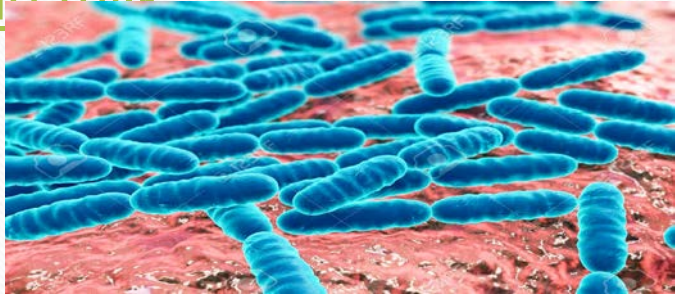
# How do they work?

- When you lose "good" bacteria in your body, for example after you take antibiotics, probiotics can help replace them
- They can help balance your "good" and "bad" bacteria to keep your body working the way it should.

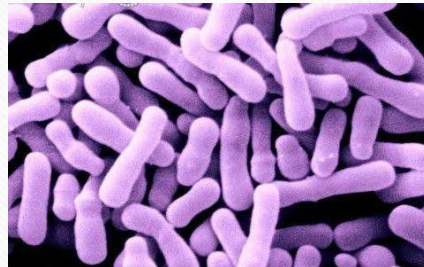


# Types of Probiotics

- **Lactobacillus**. This may be the most common probiotic. It's the one you'll find in yogurt and other fermented foods. Different strains can help with diarrhea and may help people who can't digest lactose, the sugar in milk.



- Bifidobacterium**. You can find it in some dairy products. It may help ease the symptoms of irritable bowel syndrome (IBS) and some other conditions.



# What do they do?

- Among other things, probiotics help send food through your gut by affecting nerves that control gut movement. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
- inflammatory bowel disease (IBD)
- Infectious diarrhea (caused by viruses, bacteria, or parasites)
- Diarrhea caused by antibiotics

There is also some research that shows they're useful for problems in other parts of your body. For example, some people say they have helped with:

- Skin conditions, like eczema
- Urinary and vaginal health
- Preventing allergies and colds
- Oral health

# What is PREBIOTIC?

- Your digestive system is home to trillions of bacteria, both good and bad. Prebiotics are special plant fibers that help healthy bacteria grow in your gut. This makes your digestive system work better.



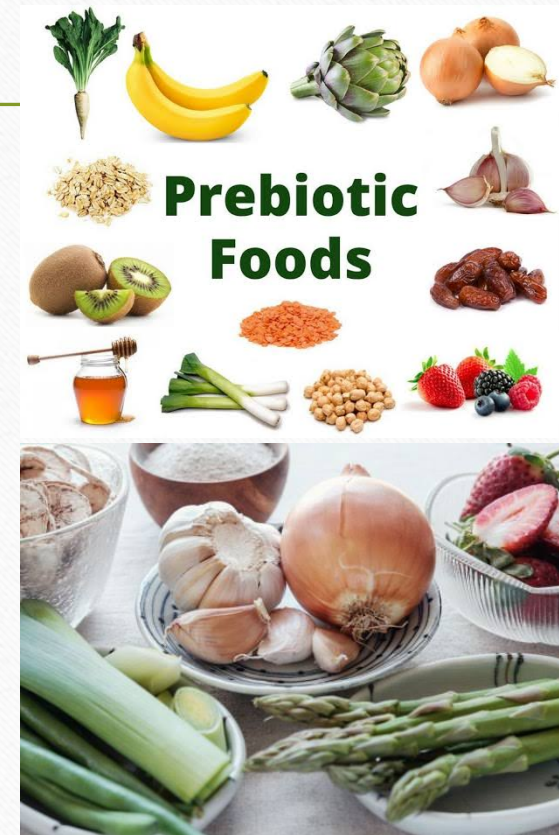
# Where do you find them?

- You'll find prebiotics in many fruits, vegetables, and whole grains like:

- Artichokes
- Asparagus
- Bananas
- Barley
- Berries...

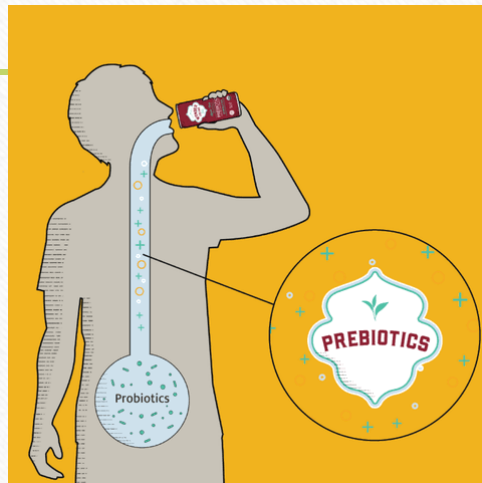
Some products have added prebiotics. You might hear this called fortified. They include:

- Baby formula
- Bread
- Cereal
- Cookies
- Yogurt



# How do they work?

- Prebiotics are carbs your body can't digest. So they go to your lower digestive tract, where they act like fertilizers to help the healthy bacteria grow. Without prebiotics, good bacteria in





# PROBIOTICS

# PREBIOTICS

Live microorganisms

Bacteria or yeast

Available as food supplements and in certain foods containing live cultures such as yoghurt, coconut water, kefir, aged cheese, kombucha, pickles, kimchi, sauerkraut or miso

Probiotics may support the treatment of diarrhea, irritable bowel syndrome, certain intestinal infections, prevent or reduce the severity of colds and flu or aid digestion



Yogurt



Sour Cream



Kefir



Probiotic Milk



Asparagus



Garlic



Wheat bran/  
Flour



Banana



Non-living, non-digestible by human ingredient (carbohydrates)

Serve as food for friendly bacteria within the gut

Available as food supplements and naturally occurring in certain foods, such as chicory root, Jerusalem artichoke, onion, leek, garlic, carrots and dandelion

Prebiotics aid digestion and may support the treatment of several chronic digestive disorders or inflammatory bowel disease