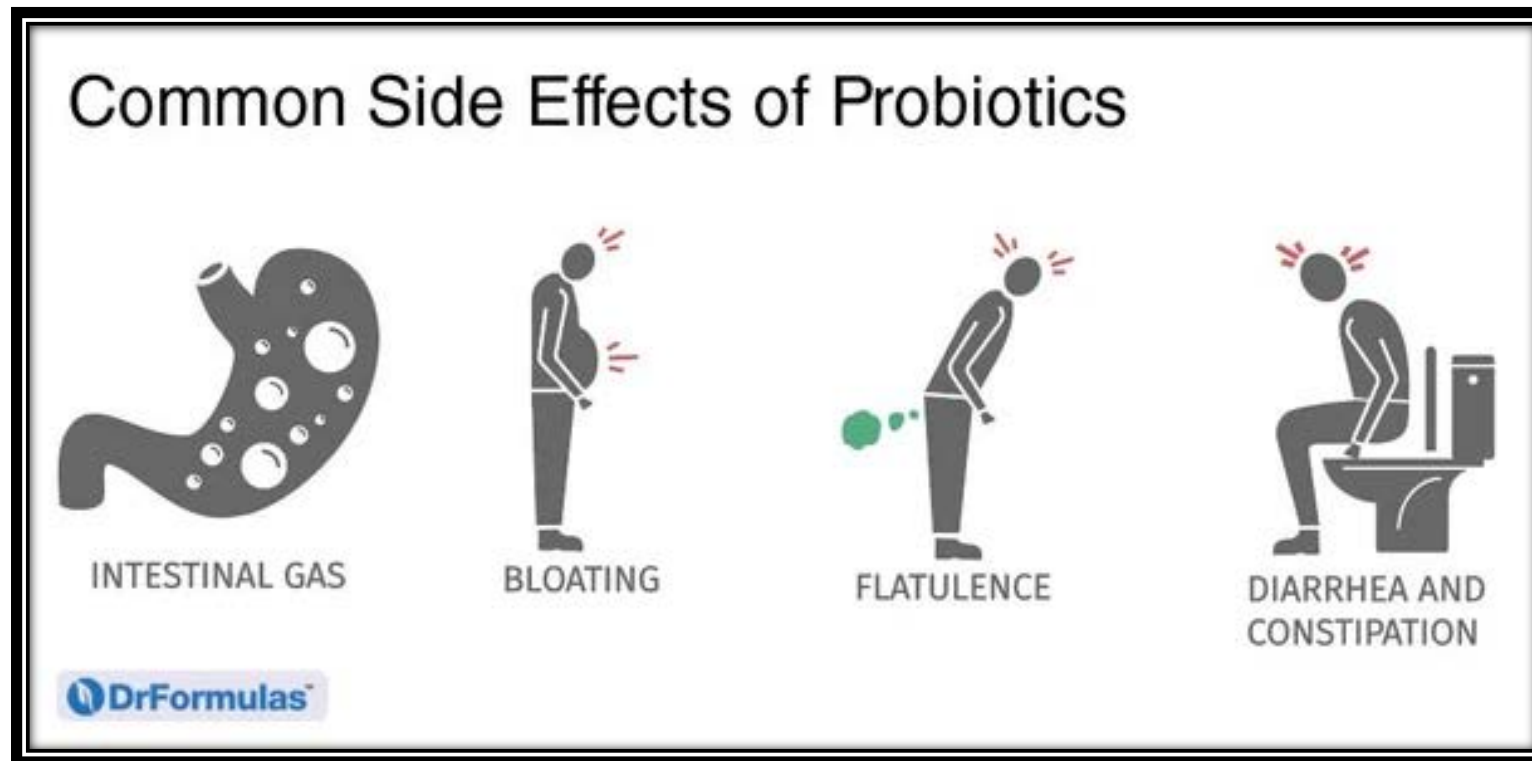


# NEGATIVE EFFECTS OF PROBIOTICS

GROUP NUMBER 4

Nina, Ema, Pános, Rana, Patricija, Mateusz

- Probiotics are safe for the majority of the population, but side effects can occur. The most common side effects are a temporary increase in gas, bloating, constipation and thirst. Some people can also react poorly to ingredients used in probiotic supplements or to naturally occurring amines in probiotic foods.

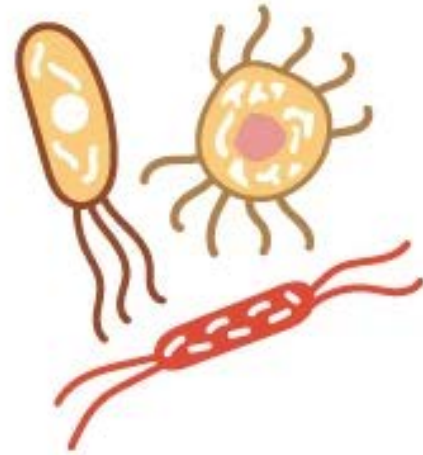


# 1

## Mild Gas and Bloating

### Most common side effect of probiotics

Probiotics and gut microbes naturally feed on undigested food particles and produce gas.



Taking probiotics increases microbial activity in the gut, which can lead to more gas production.

# Solution

---



Excess gas usually resolves on its own within a few days of taking the probiotic.



Take a digestive enzyme supplement to support the breakdown, absorption, and digestion of food.



Take probiotics on an empty stomach before bed.



Consider a different combination of probiotic strains.



# Group Research

## OTHER NEGATIVE EFFECTS

- Amine in probiotic food may trigger headaches
- Acne
- Rash
- SIBO illness
- Probiotics weak concentration
- Allergic reaction

- Increase level of histamine
- In rare cases, they can cause infections
- Increase infection risk
- Constipation
- Increased thirst
- Stomach upset
- Diarrhea

- It is important not to choose probiotics only according to the price, but it is necessary to read the labels.
- The key should be the amount and ratio of bacteria you need in one dose, but also how often the dose should be taken during the day.
- You should also be careful about the expiration date.



# Market Research

- We made a research in the market and we tried to choose the best probiotic foods.



KEFÍR: It supports the body's digestion, helps to create a natural balance in the entire digestive system and last, but not least it produces a small amount of **CO2** in the human's body.



SHEEP CHEESE: It is rich in **nutritional products, vitamins, proteins and noble fats**. It contains **calcium** and **vitamin D** and this helps to keep bones, nerves and muscles strong and healthy, but also to regulate the metabolism.



CABBAGE: It contains a huge amount of **vitamin C**, which strengthens our immunity, it is also full of minerals such as **calcium, magnesium, iron**, rich in salts of phosphoric acid, **glycosides** and **enzymes**, and of course contains **fiber**, which helps the proper functioning of the intestines.



PICKLES: It contains **vitamin K**, which helps your blood clot and keeps your bones strong, **calcium** which adults need for teeth and healthy nerves, **potassium**, that helps your nerves work right and **vitamin C**.





**COTTAGE CHEESE:** It is an excellent source of **calcium**, a mineral that plays a major role in tooth and bone health, and in the prevention of osteoporosis. It also helps you to regulate your blood pressure and might even play a role in preventing certain cancers, such as prostate cancer.



**YOGURT:** It helps to regulate the digestive system and decrease gas, diarrhea, constipation, and bloating. It can boost the **immune system**, help with weight management, and reduce the risk of cancer.



**TEMPEH:** It has an **anti-inflammatory effect**, and may help with cognition, as well as supporting digestive health.



CHEESE: It is a good source of **protein** and *calcium*. Cheeses may provide nutrients that promote gut health, aid weight loss, improve bone health, and decrease your risk of heart disease.



PROBIOTIC DRINKS: It's packed with important nutrients like **calcium**, **phosphorus**, **B vitamins**, **potassium** and **vitamin D**. Plus, it's an excellent source of protein. It may prevent osteoporosis and bone fractures and even help you maintain a healthy weight.

THANK YOU FOR YOUR ATTENTION 😊