

PREBIOTICS *vs.* PROBIOTICS

PREBIOTICS

PROBIOTICS

WHAT ARE THEY?

Natural, nondigestible food components that may promote the growth of helpful bacteria in your gut.⁴ Prebiotics support probiotics.

Live microorganisms—such as those belonging to the *lactobacillus* and *bifidobacterium* groups—present in numerous foods, beverages, and dietary supplements.⁷

WHY CONSUME THEM?

Prebiotics may improve GI health and calcium absorption.⁵ The International Scientific Association for Probiotics and Prebiotics recommends consuming at least 5 grams of prebiotics every day.⁶

The live active cultures in probiotics may provide benefits in supporting digestive health, immune function, and nutrient absorption. Some may even alleviate certain GI issues such as irritable bowel syndrome.⁹

WHERE ARE THEY FOUND?

Prebiotics are found naturally in many foods (fruits, vegetables, legumes, pulses, whole grains, seeds, nuts) and can be isolated from plants (e.g., chicory root).

Probiotics may be found in dairy products (such as yogurt, kefir, and cheese), fermented foods (if not pasteurized or heat-treated),⁹ and dietary supplements.