

Probiotics

What Are Probiotics?

Probiotics are live microorganisms that help us stay healthy. They can help support the bacteria that live with us, especially when our bacteria are challenged, for example by antibiotics, poor diet or traveling. Scientists define probiotics as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. They are present in numerous foods and dietary supplements.

What Can Probiotics Do for You?

The body contains thousands of different microbes, together making up the microbiome, which live in harmony with us. Our bacteria are important to keeping us healthy - developing and bolstering the immune system and helping keep potentially harmful microbes at bay. Bacteria live not just in the gut, but on the skin, in the mouth, urinary tract, vagina and lungs.

Probiotics can support health in different ways:

- Help your immune system function properly.
- Aid digestion by breaking down some of the food we can't digest.
- Keep harmful microorganisms in check.
- Produce vitamins and aid in nutrient absorption.

They have the potential to:

- Help reduce antibiotic-associated diarrhea.
- Help manage digestive discomforts.
- Help reduce colic symptoms and eczema in infants.
- Help with the digestion of lactose.
- Treat infectious diarrhea.
- Help manage vaginal infections.

Sources of Probiotics



Yogurt

Look for added probiotics listed on the label



Supplements

These can be convenient for travel and may have a higher potency than foods



Fermented Foods

Can be sources of live bacteria if not heat-treated

Choosing a Probiotic

- Match the strain to the benefit you want, not all strains are the same.
- Amounts matter. Be sure the product contains the level of probiotics needed for the health benefit.
- Safety first. Probiotics are safe for most people, but talk to your doctor first if you suffer from an immune disorder, have a serious underlying illness, or before giving to an infant.

For more information visit:

isappscience.org/probiotics

usprobioticguide.com

Prebiotics

What Are Prebiotics?

Prebiotics are dietary fibers that are selectively fermented by beneficial microbes of your intestine.

In Food

Some prebiotics (oligofructose and inulin) can be found in onions, garlic, bananas, chicory root and Jerusalem artichokes, but typically are present at low levels. To increase your daily intake, include prebiotic supplements or foods with added prebiotics as part of your diet. Prebiotics may be added to yogurts, infant formula, cereals, breads, biscuits/cookies, desserts or drinks. Try to get at least 5 grams of prebiotics in your diet every day. Eating whole grains, fruits and vegetables, and other fiber-rich foods can help.

Mother's Milk

Human milk provides a rich source of prebiotics to the nursing baby. They support infant's health by encouraging beneficial gut microbes.

What to Look for on the Label

The word 'prebiotic' is seldom used on the label. Look for:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin

What Can Prebiotics Do For You?

<p>Prebiotic Facts</p>	<ul style="list-style-type: none"> • Prebiotics provide health benefits by specifically altering either the composition or function of the gut microbiota.* • Prebiotics can be found naturally in foods, and are added to some dietary supplements and foods, including foods for infants. • Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics. • As with dietary fibers, some gas or bloating can result from too much prebiotic. Start with small amounts and allow your gut to adapt. <p><i>* The human digestive tract contains 100 trillion bacterial cells. These bacteria, termed our intestinal microbiota, are important to our health.</i></p>
<p>For Your Health</p>	<ul style="list-style-type: none"> • Improve digestive function (bowel regularity). • Support the body's natural defenses. • Improve mineral absorption. • Help regulate your desire to eat, energy balance and glucose metabolism.

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