

Probiotics

What are probiotics?

Probiotics are live microorganisms that when taken in sufficient amounts can provide health benefits. 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?

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

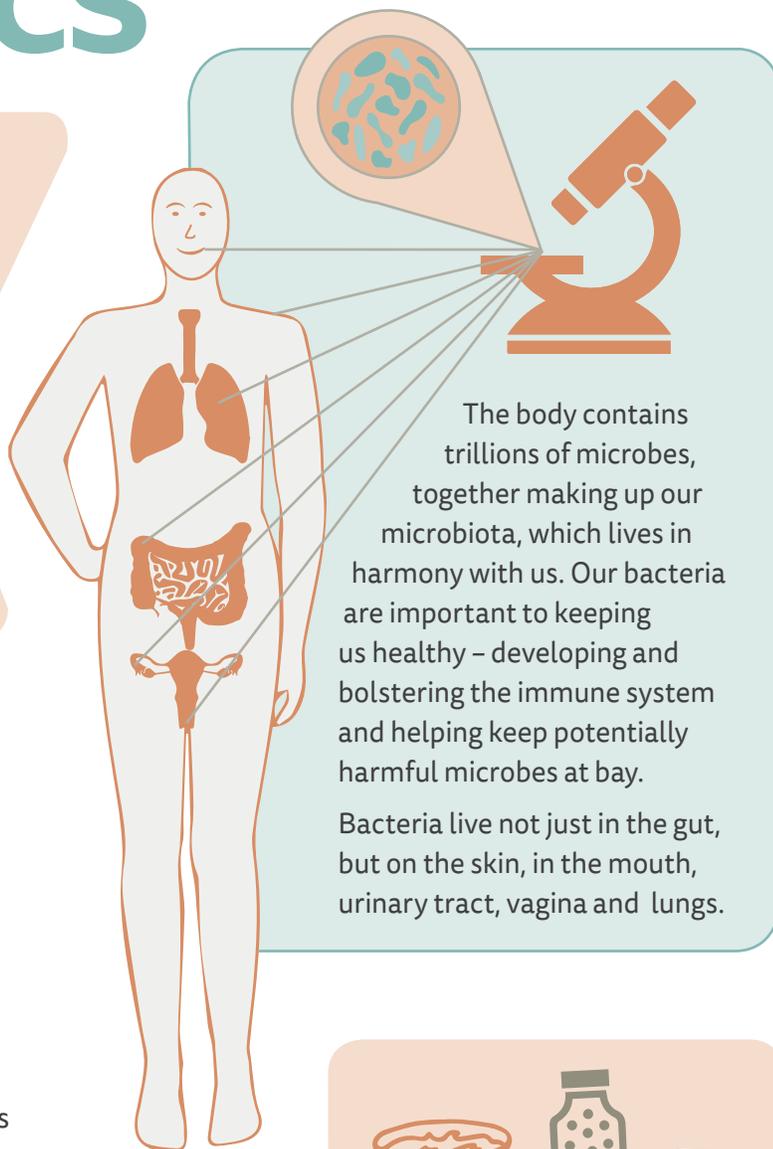
Supplements – These can be convenient for travel and may have a higher potency than foods

Fermented Foods – Can be sources of live bacteria if not heat-treated. See: www.isapp.net/fermentedfoods



International Scientific
Association for Probiotics
and Prebiotics

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The body contains trillions of microbes, together making up our microbiota, which lives 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.



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.