

PREBIOTIC TYPES:

GPA defines a prebiotic as *'A product or ingredient that is utilized by the microbiota producing a health or performance benefit.'*

A prebiotic effect is *'A health or performance benefit that arises from alteration of the composition and/or activity of the microbiota, as a direct or indirect result of the utilization of a specific and well-defined product or ingredient by microorganisms.'*

Most Commonly Known Prebiotics:

Select Fiber
(i.e., Acacia)

Resistant
Starch

FOS

GOS

Inulin

IMO

HMO

XOS

Pectin

Lactulose

Whole Food
Matrix

Tagatose

Glucan
(i.e., Guar)

Resistant
Dextrin

Polyphenols
(select)*

*Select types found in both established and emerging categories

GPA is aware of new science to further validate established prebiotics as well as to support emerging and novel prebiotics.