

PREBIOTICS 101

WHAT IS A PREBIOTIC?

A product or ingredient that is utilized in the microbiota producing a health or performance benefit.

PREBIOTIC SOURCES

Food



Fruits & vegetables like onions, garlic, green bananas, chicory root and Jerusalem artichokes contain the richest amounts of prebiotics.

Dietary Supplements

You can take prebiotic supplements on their own or combined with probiotics. Choose a reputable brand and check the label to ensure an efficacious amount of prebiotic(s) is included.



Functional Foods & Beverages

You can find foods like cookies, yogurt, cereal, bars, digestive tonics and others that are fortified with prebiotics.



HOW DO PREBIOTICS WORK?

Prebiotics nourish the good bacteria in three main ways:



Prebiotics help balance the microbiome, which increases short-chain fatty acids (SCFA) and leads to multiple health benefits, including gut health/digestion, immunity, regularity and stress/mood.

TYPES OF PREBIOTICS:

For optimal benefit, consume a variety of prebiotics daily.



WHO SHOULD TAKE PREBIOTICS?



Most people do not get enough prebiotics in their daily diet so nearly everyone can benefit from including more prebiotics in their diet.

WHAT IS THE BEST TIME TO TAKE PREBIOTICS?



Prebiotics can be taken through foods, supplements or functional foods/beverages daily at anytime that is most convenient for you.

HOW MUCH TO TAKE?



Just like fruits and vegetables, a variety of prebiotic types should be consumed daily. Amounts vary, so consult the prebiotic manufacturer or your health care professional.