

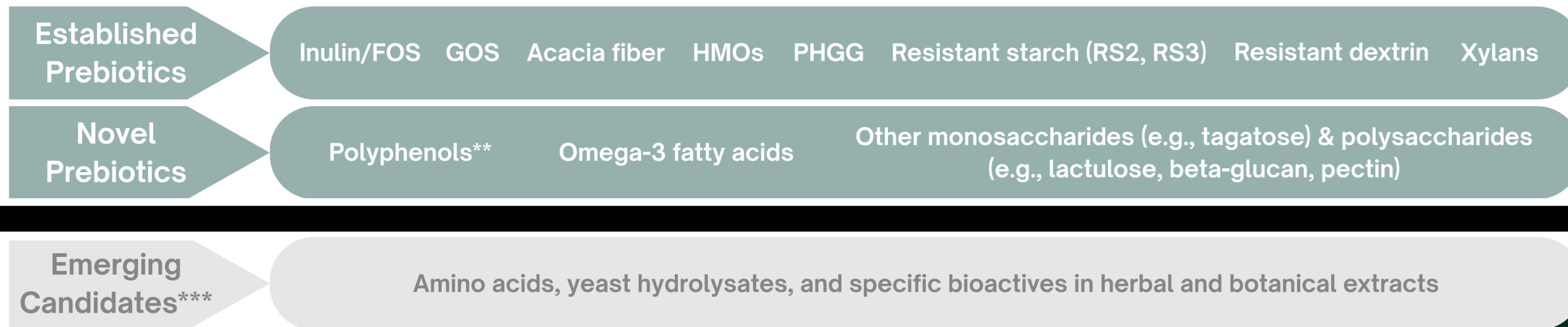
TYPES OF PREBIOTICS

GPA defines a prebiotic as ‘a compound or ingredient that is utilized by the microbiota, producing a health or performance benefit.’

And prebiotic effect, which is dose-dependent, is defined as ‘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 compound or ingredient by microorganisms.’

Prebiotic types refer to the scientific classification of prebiotics and prebiotic candidates based on the level of evidence supporting their prebiotic activity and health effects.

Recognized examples*:



*This list is not exhaustive. It provides examples of commonly recognized prebiotics and emerging candidates with a general consensus on their classification, while acknowledging that the science continues to evolve and new data may emerge, supporting the prebiotic potential of additional ingredients.

**Select polyphenol types for which substantiating clinical evidence is available, supporting their prebiotic candidacy. For more details, see GPA’s Standards of Evidence.

***Clinical studies are usually lacking for this category. Emerging candidates may be substantiated by preclinical studies.