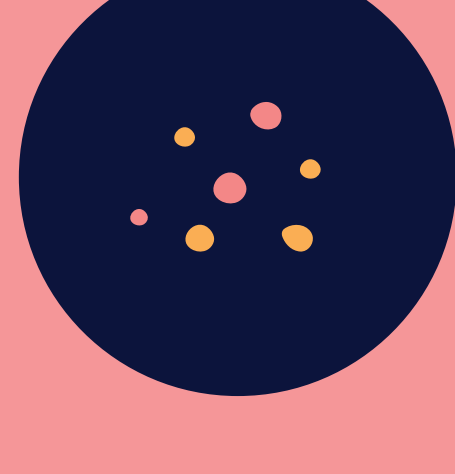


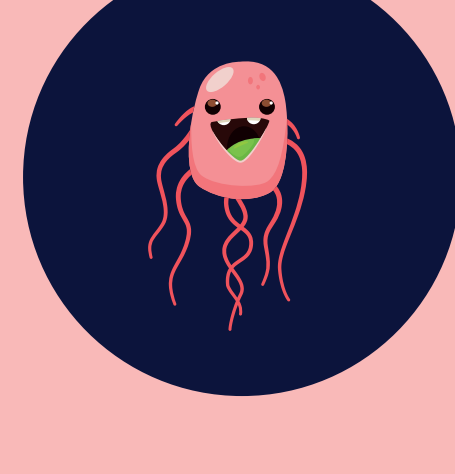


PREBIOTICS



PREBIOTICS

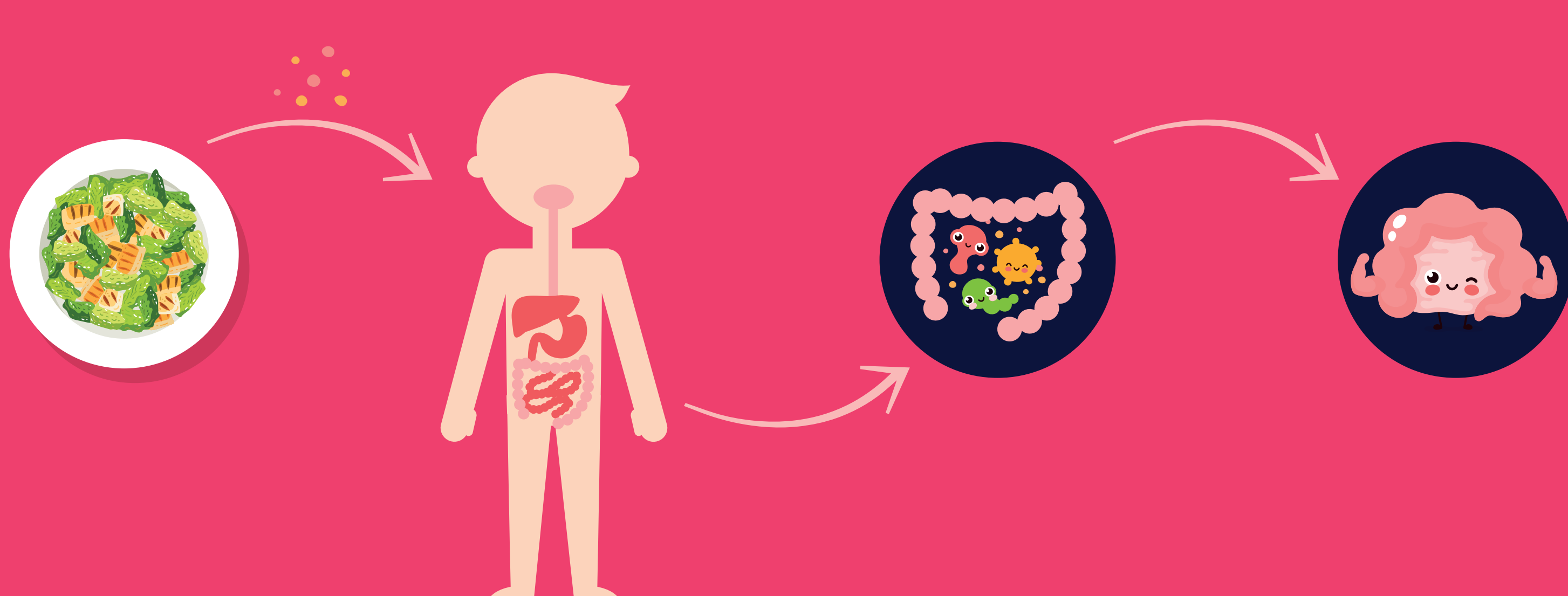
naturally occurring food components utilized by host microorganisms conferring health benefits



PROBIOTICS

live microorganisms that when administered in adequate amounts, confer health benefits to the host

PREBIOTICS are food for human gut microbiota



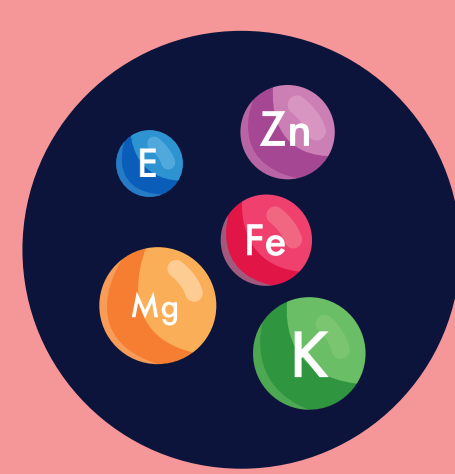
BENEFITS OF PREBIOTICS INTAKE



improved digestion



stronger immune system



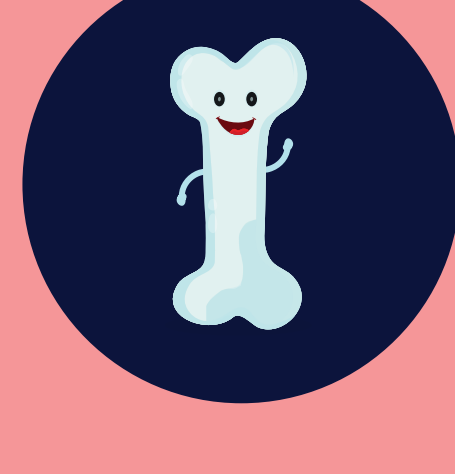
better absorption of nutrients and minerals



support of weight loss (reduced appetite, regulation of glucose metabolism)



decreased "bad" LDL cholesterol

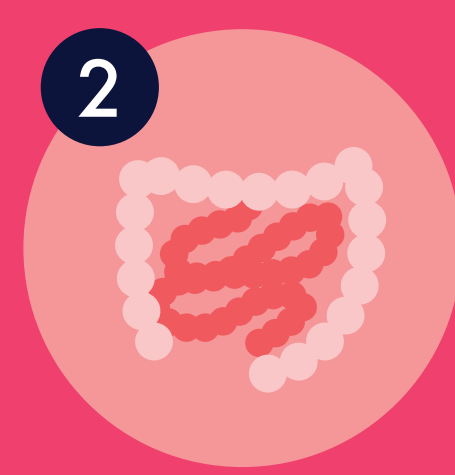


improved bone health

FACTS ABOUT PREBIOTICS



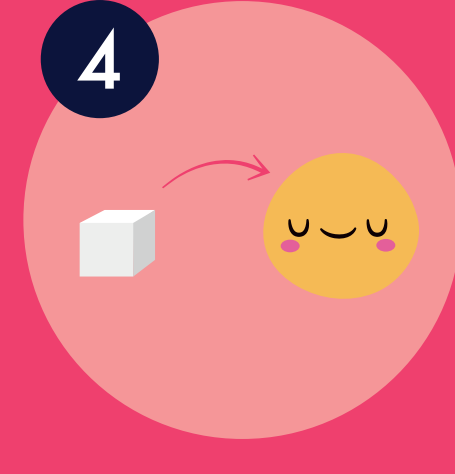
1 Prebiotics are naturally present in food, yet in little amounts. That is why we may commonly find them in the form of dietary supplements.



2 A prebiotic is a type of dietary fibre, but not all dietary fibre is prebiotic!



3 Excessive intake of prebiotics can cause adverse effects to the gastrointestinal tract, such as bloating and diarrhea. Make sure you increase the consumption of prebiotics at a reasonable pace.



4 Prebiotics can be used as sugar replacement - they are very sweet!

READING PREBIOTICS



inulin

fructooligosaccharides

galactooligosaccharides

oligofructose

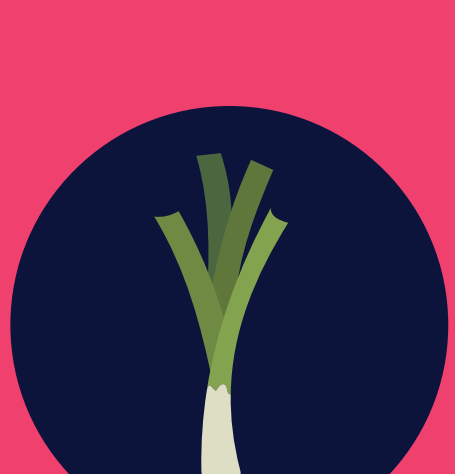
PREBIOTIC-RICH PRODUCTS



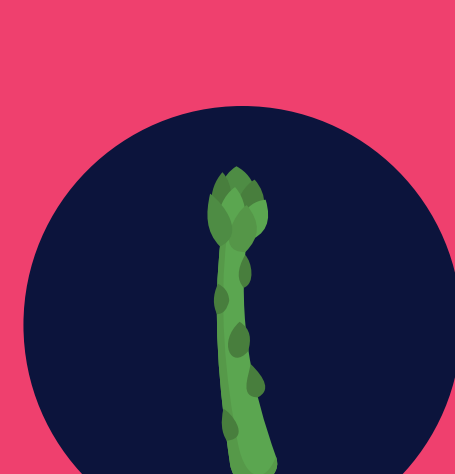
chicory



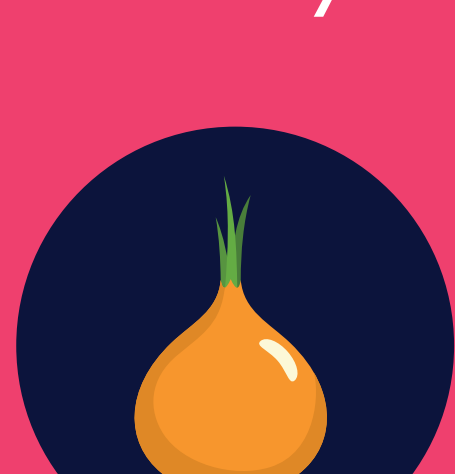
Jerusalem artichokes



leek



asparagus



onion



garlic



dandelion



artichoke



wheat



barley



rye



bananas