

Probiotics

Probiotics are live microbial organisms that are naturally present in the digestive tract of the body. They are considered as beneficial to the host body by promoting health, improving immunity, suppressing the growth of potentially harmful bacteria, enhancing protective barrier of the digestive tract and helping to produce Vitamin K. There are over 400 species of microorganisms in the human digestive tract, including Lactobacillus and Bifidobacterium.

Factors like antibiotic administration, irregular diet, and lifestyles disturb the microbial balance of colon causing diarrhoea and yeast infections. Probiotics help to reduce to restore bacterial imbalance and assist in digestion and assimilation. They colonise in the gut and help prevent pathogens taking hold. Once ingested, probiotics colonize the intestines and other parts of the body and can sustain themselves unless they are destroyed by antibiotics or other factors.



Prebiotics

"Prebiotics" improve the balance of probiotics in the intestines. They are non-digestible carbohydrates that stimulate the growth of beneficial bacteria in the intestines. Sources of prebiotics include fructo-oligosaccharides (FOS) and inulin, found in onions, asparagus, chicory, legume and banana. FOS is also available as a supplement and is sometimes combined with probiotic dietary supplements.



Benefits of Probiotics

- Probiotics helps in prevention of
- Diarrhea Due to Antibiotic Use
  - Traveller's Diarrhea
  - Irritable Bowel Syndrome
  - Vaginal Yeast Infections
  - Ulcerative Colitis
  - Immune Support
  - Lactose Intolerance
  - Allergic Rhinitis / Hay fever
  - Constipation
  - Colon Cancer Prevention
  - Small Intestine Bacterial Overgrowth



Prebiotics and Probiotics:

Prebiotics and probiotics combinendly restore the microbial balance in the digestive tract. Common strains of Probiotics include Lactobacillus and Bifidobacterium families that are naturally available in food. These microorganisms need to be supplemented when they are damaged or disturbed. Prebiotics being non-digestible foods make their way through our digestive system and help good bacteria grow and flourish thus keeping the beneficial bacteria healthy.



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