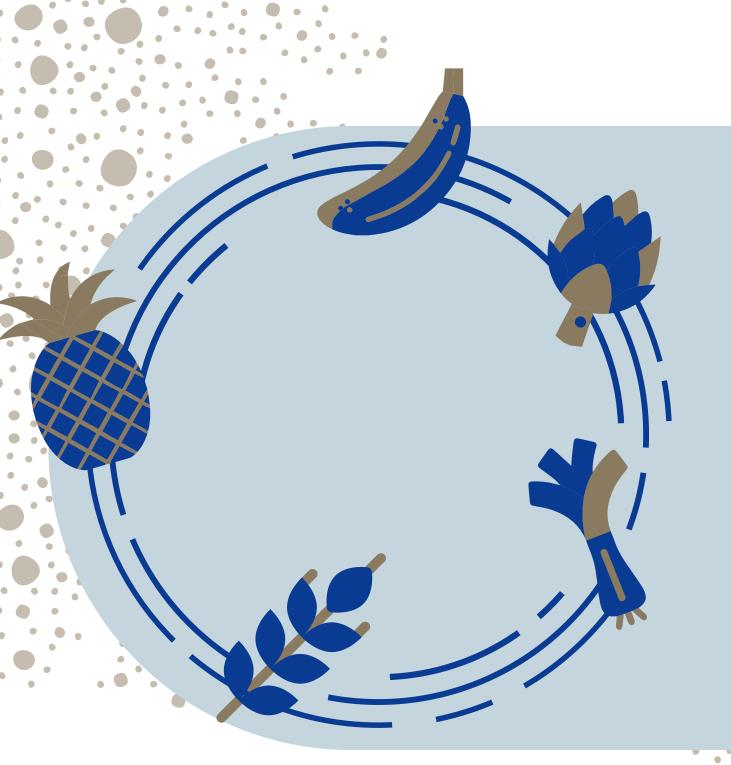
# THE BIOTICS



What are the differences between prebiotics, probiotics, synbiotics, paraprobiotics and postbiotics?





### **PREBIOTICS**

Non-digestible and fermentable food ingredients

**Utilised by microorganisms** 

Promote the growth of health-beneficial probiotics

**Examples**: Inulin, FOS (fructo-oligosaccharides), GOS (galacto-oligosaccharides), fructans, etc.



#### **PROBIOTICS**

Live microorganisms

Confer a health benefit when consumed in sufficient quantities

Promote the development of good bacteria at the expense of pathogenic bacteria

Keep the gut microbiota balanced

Examples: Bacteria (Bifidobacterium or Lactobacillus) and yeast strains (Saccharomyces boulardii)

## SYNBIOTICS

A combination of live microorganisms and substrates selectively utilised by host microorganisms



## PARABIOTICS AND POSTBIOTICS

Mixture of inactivated microorganisms and/or their components

Obtained after the metabolism of prebiotics by probiotics

Contain inactivated microbial cells or cell components (cell walls, proteins, membranes)

Examples of metabolites: Short-chain fatty acids, enzymes, vitamins, etc.



