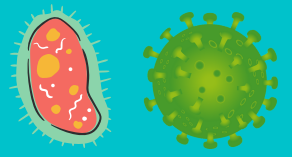


# Functional Nutrition Explained!



## PROBIOTICS + PREBIOTICS

We naturally have both good and bad bacteria in our digestive system.

**Probiotics** are healthy live gut bacteria. They keep the bad bacteria in check and increase the microbiome diversity.

**Prebiotics** are fibres that humans cannot digest but act as fertilizers for the gut bacteria. Prebiotics promote the growth and activity of the microorganisms.

**Synbiotics** are a combination of both probiotics and prebiotics.

High diversity of gut bacteria is associated with benefits such as reducing inflammation, regulating digestive function, promoting our immune system and improving mood and mental health.

### SOURCES OF PROBIOTICS



MISO SOUP



SAUERKRAUT



KEFIR



PICKLES



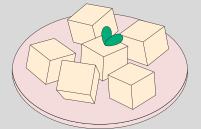
KOMBUCHA



YOGURT



KIMCHI



TEMPEH

### SOURCES OF PREBIOTICS



ASPARAGUS



GARLIC



BANANA



WHEAT



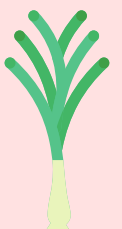
ONION



SWEET POTATO



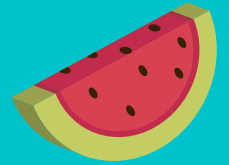
DANDELION GREENS



LEEK

### FACTORS THAT REDUCE MICROBIOME DIVERSITY:

- Standard American Diet
- Processed foods
- Antibiotic use
- Single crop farming
- Low intake of fruit and vegetables



Strains of bacteria associated with improved mood:



*Bifidobacterium longum* R0175

*Lactobacillus helveticus* R0052

Look for synbiotics with multiple bacterial species of > 10 - 20 billion CFUs (Colony Forming Units)

