

## BENEFITS OF GETTING PROBIOTICS FROM FOODS

YOUR GUT IS WHERE IT ALL BEGINS



When it comes to adding probiotics to your diet, you're faced with a variety of options. Probiotics, the beneficial bacteria that support gut health, are available in foods, drinks, and supplements. Understanding the differences can help you make the best choice for your health.

### WHY CHOOSE PROBIOTIC FOODS?

Probiotic foods are often seen as the preferred option for several reasons:

- **Nutritional Benefits:** Probiotic dairy products not only provide probiotics but also contain essential nutrients like calcium. These nutrients support overall health in ways that probiotic supplements alone may not.

- **Ease of Consumption:** For those who find swallowing pills difficult, probiotic foods like yogurt offer a tasty and convenient alternative.

### DISCOVERING PROBIOTIC FOODS



Selecting foods with probiotics can seem complex. Although numerous foods boast live cultures, not every culture qualifies as probiotic. These cultures might appear similar at first glance, yet their differences are significant. The effectiveness of probiotics is linked to specific strains, making it crucial to identify the genus, species, and strains present in each food item. Commonly sought-after probiotic genera include:

- *Bifidobacterium*
- *Lactobacillus*

Within these groups, certain probiotic species and strains have been extensively researched for their health benefits. These include:

- *Bifidobacterium animalis lactis DN-173 010/CNCM I-2494*
- *Lactobacillus casei DN-114 001*
- *Bifidobacterium BB-12®\**

### EXAMPLES OF PROBIOTIC FOODS

PROBIOTIC YOGURT 	INFANT FORMULA WITH PROBIOTICS ADDED 
PROBIOTIC KEFIR 