

ACTIVIA®

GUT HEALTH DICTIONARY

GUT

The gut is a crucial part of our digestive system, encompassing the stomach and intestines, along with a complex community of bacteria known as the gut microbiota. This community plays a significant role in digesting food and maintaining overall health.

GUT HEALTH

Gut health refers to the optimal functioning of the digestive system, ensuring it processes food efficiently and remains free from issues like discomfort or gastrointestinal disturbances.

MICROORGANISM

Microorganisms, or microbes, are tiny organisms invisible to the naked eye, including bacteria, viruses, yeasts, and moulds. Bacteria, for instance, can be helpful, harmless, or harmful to our health.

MICROBIOTA

This term describes the community of microorganisms, such as bacteria, fungi, viruses, and yeasts, living in a specific environment, like our gut.

MICROBIOME

The microbiome is essentially the entire habitat of the microbiota, including the microorganisms and their genetic material, in a particular environment.

LIVE AND ACTIVE CULTURES

Live and active cultures refer to beneficial bacteria that play a key role in fermentation processes, a method used in creating various foods and beverages. Beyond their technological use, these cultures have a significant health benefit, particularly for digestion. They have been found to aid in breaking down lactose, which can be especially helpful for people with lactose intolerance.

PROBIOTIC

Probiotics are live microorganisms that provide health benefits when consumed regularly in the right amounts. They can help balance the gut microbiota and support a healthy digestive system.

PREBIOTIC

Prebiotics are substances that feed the beneficial bacteria in our gut, helping them grow and flourish, which in turn benefits our health.

SYNBIOTIC

Synbiotics are combinations of probiotics and prebiotics that work together to enhance gut health by supporting the growth of beneficial bacteria.

CFU (COLONY FORMING UNITS)

CFU refers to the number of viable bacteria in a product, indicating the amount of live microorganisms it contains. The CFU count should match the levels proven to be beneficial in scientific studies.

STRAIN

A strain is a specific version of a microorganism, identified by a unique name. Different strains of the same species can have varying effects on health, making strain identification crucial for understanding a product's benefits.



YOUR
GUT IS
WHERE
IT ALL
BEGINS



Sources:

Probiotics, Prebiotics, Synbiotics, Postbiotics and Fermented Foods Defined. The International Scientific Association for Probiotics and Prebiotics (ISAPP). Available at: <https://isappscience.org/wp-content/uploads/2021/07/DefinitionsInfographic.pdf>. Accessed February 10, 2022.

Deciphering a Probiotic Label. The International Scientific Association for Probiotics and Prebiotics (ISAPP). Available at: <https://isappscience.org/decoding-a-probiotic-product-label/>. Accessed February 10, 2022.

Prados A. Why gut health comes up in conversation so often? Gut Microbiota for Health. Available online at: <https://www.gutmicrobiotaforhealth.com/why-gut-health-comes-up-in-conversation-so-often-five-dietitians-define-gut-health-and-discuss-why-taking-care-of-it-is-so-important/>. Published June 8, 2021. Accessed March 31, 2022.

Gut definition & meaning. Merriam-Webster. Available online at: <https://www.merriam-webster.com/dictionary/gut#:~:text=2%20%3A%20to%20destroy%20the%20inside%20of%20fire%20guttled%20the%20building>. Accessed March 31, 2022.