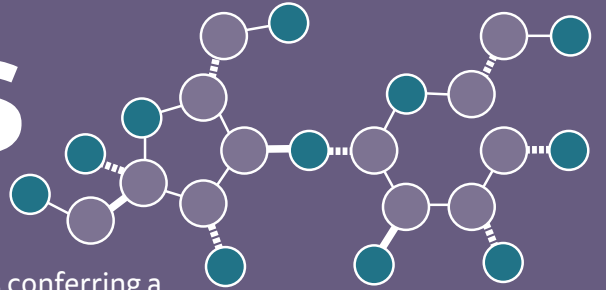


Prebiotics



What are prebiotics?

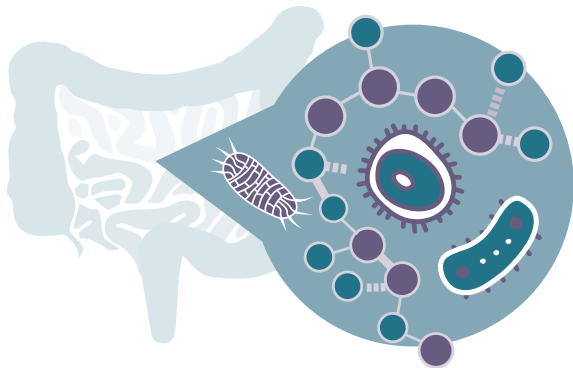
Substrates that are selectively utilized by host microorganisms conferring a health benefit. Simply put, they are food for beneficial microbes that live on or in us.

Prebiotic facts

- Prebiotics provide health benefits by specifically altering either the composition and/or function of the gut microbiota.
- Prebiotics can be found naturally in foods, and are added to some dietary supplements and foods, including foods for infants.
- Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
- As with dietary fibers, some gas or bloating can result from too much prebiotic. Start with small amounts and allow your gut to adapt.

Prebiotics and our microbiome

Residing within each of us is a complex community of microbes - around 38 trillion of them. These microbes have important roles in digestive, immune and metabolic functions, and are increasingly understood to contribute to our overall health. Prebiotics are dietary substances that human digestive enzymes can't break down, which can then become a source of food for the beneficial microbes in the intestine.

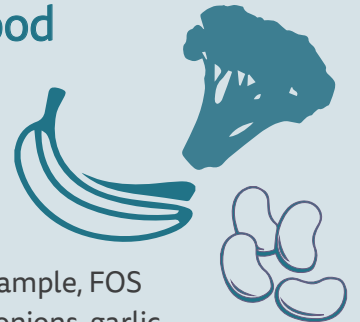


Prebiotics for your health

- Prebiotics have the potential to:
- Improve digestive function and bowel regularity
- Support the body's immune system
- Improve mineral absorption
- Help regulate your desire to eat, energy balance, and glucose metabolism

Prebiotics in food

Eating a wide range of whole plant foods (fruits, vegetables, grains, legumes, seeds) will increase your prebiotic intake. For example, FOS and inulin are found in onions, garlic and Jerusalem artichokes, while potatoes that are cooked then cooled are a source of resistant starch. Thousands of polyphenol compounds are present in plant foods, many of which are being studied as possible prebiotics.



Standard western diets contain low levels of prebiotics. To get the right amount of prebiotics for researched health benefits, add prebiotic supplements or foods with prebiotics to your diet.

Prebiotics in mother's milk

Human milk provides a rich source of prebiotics to the nursing baby. They support infant's health by encouraging beneficial gut microbes.

What do you look for on the label?

The word 'prebiotic' is increasingly used on food labels. Look for mention of the specific prebiotic ingredient with health claims backed by science. Some common prebiotic ingredients include:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin
- Lactulose
- Resistant starch
- Human milk oligosaccharides (HMO)



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