**Postbiotics**

A postbiotic is a preparation of inanimate microorganisms and/or their components that confers a health benefit on the host.

**POSTBIOTIC:**
- Derived from microorganisms, but a postbiotic does not have to be derived from a probiotic
- A deliberate process to terminate cell viability must be applied
- The final postbiotic must contain inactivated microbial cells or cell components, with or without metabolites
- Viable cells are absent or negligible in final product
- Evidence of a health benefit in the target host
- Assessment of safety of the postbiotic preparation for the intended use

**NOT POSTBIOTIC:**
- Viruses, including bacteriophages
- Vaccines
- Filtrates without cell components
- Purified microbial components (e.g., proteins, peptides, exopolysaccharides)
- Purified microbial metabolites (e.g., organic acids)

**THE POSTBIOTIC DEFINITION EXPLAINED:**

**Postbiotic** is derived from “biotic”, relating to living organisms, and “post”, meaning after (life).

**Preparation** recognizes that the specific formulation, including microbial biomass, matrices, and inactivation methods, may play a role in the beneficial effect.

**Inanimate** recognizes that the terms ‘dead’ or ‘inactive’, may suggest an inert material, rather than a material capable of conferring a health benefit.

**Components** recognizes that health effects may be mediated by a variety of different cell parts, whether fragmented or intact.

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