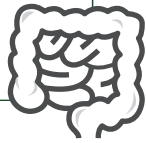


Know Your “Biotics”

PREBIOTICS

Dietary substances that nurture specific changes in the composition and/or activity of the gastrointestinal microbiota (favoring beneficial bacteria), thus conferring benefit(s) upon host health



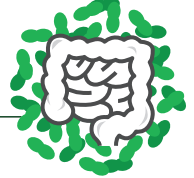
PHYTOBIOTICS

Non-essential plant phytonutrients that are capable of modifying the GI environment



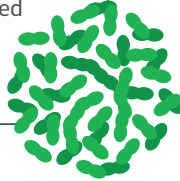
SYNBIOTICS

Products that contain both probiotics and prebiotics



PROBIOTICS

Live microorganisms that confer a health benefit on the host when administered in adequate amounts



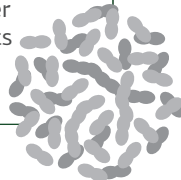
PSYCHOBIOBITICS

Live organisms that, when ingested in adequate amounts, produce a cognitive health benefit in the host



PARABIOTICS

Inactivated microbial cells which, when administered in sufficient amounts, deliver health benefits to patients



POSTBIOTICS

Non-viable bacterial products or metabolic byproducts from probiotic microorganisms that have biologic activity in the host



Learn more at [WholisticMatters.com](https://www.wholisticmatters.com)

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