

# PROBIOTICS & PREBIOTICS

## — HOW THEY AFFECT YOUR HEALTH

### WHAT THEY ARE

#### Probiotics

Living bacteria in your gut that help improve health, especially digestive health.

#### Prebiotics

Nondigestible fiber and other ingredients that stimulate the growth and activity of probiotics.

### HEALTH BENEFITS OF PROBIOTICS & PREBIOTICS

Research shows that probiotics may be beneficial for many conditions, including:

ABDOMINAL PAIN

ALLERGY PREVENTION

ASTHMA

BLOATING

CONSTIPATION

DIARRHEA

IBS

PERIODONTAL DISEASE

RHEUMATOID ARTHRITIS

SEPSIS

TOOTH DECAY

TRAVELER'S DIARRHEA

ULCERATIVE COLITIS

Research shows that prebiotics may be beneficial for:

COLORECTAL CANCER PREVENTION

IMMUNE SYSTEM STIMULATION

PREVENTION OF OBESITY

CONSTIPATION RELIEF

CHOLESTEROL REDUCTION

MINERAL ABSORPTION

RELIEF OF DERMATITIS AND OTHER SKIN CONDITIONS

[nccih.nih.gov/health/probiotics-what-you-need-to-know](https://nccih.nih.gov/health/probiotics-what-you-need-to-know)  
[news-medical.net/health/Health-Benefits-of-Prebiotics](https://news-medical.net/health/Health-Benefits-of-Prebiotics)

### PROBIOTIC FOODS

Not all fermented foods contain probiotics, but many products in these categories do.



- COTTAGE CHEESE
- KEFIR
- KIMCHI
- KOMBUCHA
- MISO
- NATTO
- PICKLES
- SAUERKRAUT
- SOFT AND AGED CHEESES
- TEMPEH
- YOGURT

### PREBIOTIC FOODS

These foods contain dietary fiber that provides important nutrients for good gut bacteria.

- APPLES
- ARTICHOKE
- ASPARAGUS
- BANANAS
- BARLEY
- CHICORY ROOT
- COCOA
- FLAXSEEDS
- GARLIC
- LEEKS
- LENTILS
- LEGUMES
- MUSHROOMS
- OATS
- ONIONS
- WHEAT BRAN



### QUALITY PACKAGING FOR PROBIOTICS AND PREBIOTICS

- ✓ Delivers clear information about food's live and active bacterial cultures
- ✓ Offers information about the processing and viability of supplements \*
- ✓ Designed to protect the food's stability, extending shelf life as possible
- ✓ Minimizes heat, moisture and light to maintain quality of supplement \*
- ✓ Recommends that fermented foods be refrigerated to prevent spoilage

\* NOTE: Before taking any dietary supplements, please talk to your healthcare provider.

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