PREBIOTICS VS PROBIOTICS

Whole Lifecycle NUTRITION

PROBIOTICS	PREBIOTICS
Living microorganisms	Non-living
Bacteria & yeast	Non-digestable carbohydrates
May be vulnerable to temperature, acidity, or time	Not vulnerable to temperature, acidity, or time
Exist naturally in the gastrointestinal system and in supplements	Found in plants and in some supplements
Important to supporting immune function, digestion, and overall gastrointestinal health	Function as food for probiotics and nourish the beneficial bacteria in the gastrointestinal system

WHERE ARE THEY FOUND

- Fermented foods: Yogurt, Sauerkraut, Kimchi, Kefir, Tempeh, Kombucha
- Foods with probiotics
- Supplements

- Beans, Asparagus, Garlic, Anions, Leeks, Banana, Oats, Apple, Flax

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- Foods supplemented with probiotics
- Supplements

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- Asparagus
- Garlic
- Anions, leeks
- Banana
- Oats
- Apple
- Flax

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