

EXPLAINING POSTBIOTICS

FOOD for your
beneficial bacteria

FERMENTATION by your
beneficial bacteria

Production of beneficial
POSTBIOTIC compounds

PREBIOTICS

To have a healthy microbiome you **MUST** feed your probiotic bacteria well! Probiotic bacteria thrive on non-digestible carbohydrates or non-digestible fiber.



PROBIOTICS

Live microorganisms that confer a health benefit on the host. Different bacteria produce different metabolites so diversity is very important!



POSTBIOTICS

Postbiotics are the key regulators of gastrointestinal health! Probiotic bacteria produce numerous classes of postbiotic compounds.



TYPES OF POSTBIOTICS



VARIOUS NUTRIENTS

B-vitamins, vitamin K and various amino acids

ANTIMICROBIAL PEPTIDES

Natural antibiotics that suppress the growth of bad bacteria.

SHORT CHAIN FATTY ACIDS

Optimize acid/base balance in GI tract, promote growth of good bacteria, and suppress pathogens!

CARBOHYDRATE-ACTIVE ENZYMES

Helps probiotics digest fibers to produce postbiotics

HYDROGEN PEROXIDE

Suppresses the growth of Candida and other yeasts



Dr. Ohhira's Probiotics®
www.EssentialFormulas.com