EXPLAINING POSTBIOBITICS

**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!

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

**FOOD for your beneficial bacteria**
**FERMENTATION by your beneficial bacteria**
**Production of beneficial POSTBIOBITIC compounds**

**TYPES OF POSTBIOBITICS**

- **VARYING 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