# **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!

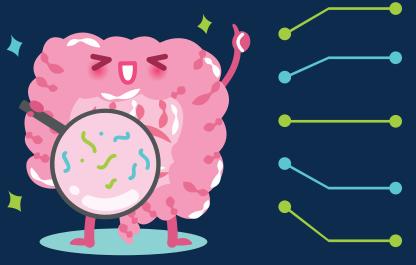


## POSTBIOTICS

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

# PROTECTIVE PEPTIDES

Natural compounds that help strengthen the tone of intestinal tissues and control 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 harmful yeast and fungi

