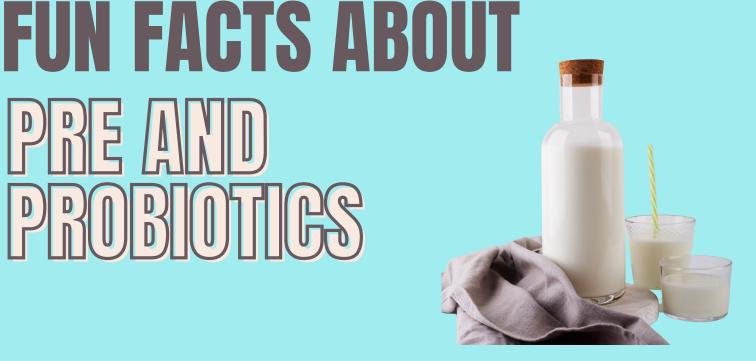
PROBIOTICS



#### **WHAT ARE THEY?**

Prebiotics: To promote growth of immune protective bacterial strains in the gut **Probiotics:** Direct addition of immune protective bacterial strains to the gut

### **PROTECTIVE STRAINS**

Gut microbiota regulate immune system via the gut and increase absorption of vitamin D:

- Lactobacillis
- Bifidobacteria

### **HOW DO I ADD THEM TO MY DIET?**







Supplements

Kefir

Vegetables

## **MORE FOOD SOURCES**



Bananas



Legumes



Sourdough Bread

# BENEFITS

Stable and healthy gut microbiome populations can help prevent COVID-19 by:

- Preventing the entry of pathogens via the gut
- Increasing host immunity
- Stabilizing gut microbiota and therefore reducing lung inflammation
- Reducing incidence and severity of respiratory illnesses

Stable and balanced gut microbiota also help prevent other disorders:

- Inflammatory bowel diseases (IBD)
- Obesity
- Type 2 Diabetes
- Alzheimer's Disease
- Depression
- Respiratory Illnesses

