

FUN FACTS ABOUT PRE AND 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:

- **Lactobacillus**
- **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