

# What you need to know about Probiotics

## -What you need to know about- PROBIOTICS



According to FAO/WHO, probiotics are **live microorganisms** that are **beneficial to your health**, when administered in adequate amounts.

Let's see some interesting facts about probiotics!

The infographic is centered around a blue bowl containing a white, textured substance, with a blue cup next to it. Six green-bordered boxes radiate outwards from this central image, each containing a fact about probiotics. The facts are: 1. May affect positively the immune function (with icons of a person flexing and a shield). 2. Different probiotics benefit health in different ways (with a green plus sign icon). 3. May help the gut microbiota resist growth of harmful bacteria (with icons of a stop sign and bacteria). 4. Lactobacillus & Bifidobacterium are the most studied ones (with icons of a microscope and the two bacterial types). 5. Can improve certain symptoms (e.g. bloating or diarrhea) that accompany disturbances of the gut microbiota (with icons of a scale and bacteria). 6. Can be found in some fermented food like yogurt or kefir (with icons of a magnifying glass and a yogurt container).

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