ZIST TAKHMIR
PHARMACEUTICAL COMPANY
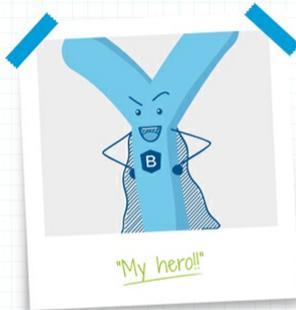
شرکت زیست تخمیر

GET TO KNOW YOUR BACTERIA

Bifidobacterium, the "health hero"

"My hero!!"

What are bifidobacteria?

Health-promoting bifidobacteria are bacteria normally found in your **digestive tract**.

They were first discovered by the **French pediatrician Tissier in 1899** when he isolated them from the digestive systems of breast-fed infants.[1]

What can bifidobacteria do for you?

Bifidobacteria are like digestive health heroes—their growth in the gut can prevent and reduce diarrhea related to antibiotic treatment or viral infection[1]. Here are some of their other talents:

Influence the immune system and fight **against inflammation**[2]

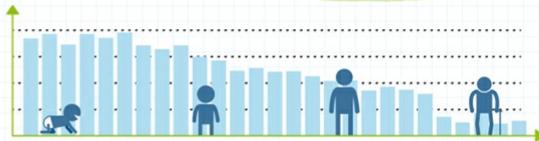**Improve gastrointestinal symptoms** like abdominal pain, bloating, and slow transit time[3]

Protect the **gut barrier**[2]

Provide nutrients by breaking down fibres like resistant starch to produce molecules called short-chain fatty acids[1]

How do bifidobacteria evolve over a lifetime?

Bifidobacteria exist in the human gut **throughout the lifespan**

They represent up to **95% of the bacteria** colonizing the guts of **newborn babies**[1]

They **decrease** over time to about **25%**[4]

How can you increase your bifidobacteria?

You can either consume bifidobacteria directly or consume compounds called "**bifidogenic factors**" that enhance their growth in your gut.

Consume them as **probiotics**

Consume them in **fermented foods** that specifically contain live microorganisms

Consume **prebiotics**, like fructooligosaccharides (FOS)[5], which serve as food for bifidobacteria and help increase their abundance

Interested in meeting some important kinds of bifidobacteria?

Bifidobacterium breve: breaks down certain indigestible carbohydrates and enhances immunity[6]

Bifidobacterium bifidum: helps reinforce the gut barrier[7]

Bifidobacterium longum: improves digestive symptoms[8]

Bifidobacterium infantis: helps inhibit pathogens with its antimicrobial properties[9]

Bifidobacterium lactis: reduces gastrointestinal discomfort[10]