Getting to know Bifidobacterium

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GET TO KNOW YOUR BACTERIA

Bifidobacterium, the "health 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]