

# Probiotics

## 101

What are they?

How can they support  
better health?



LEARN MORE

## What are Probiotics?

Probiotics are live bacteria believed to have positive health benefits, particularly on your gut microbiome.

## How Can They Help?

- Gastrointestinal issues, such as bloating, diarrhea, or even constipation.
- Post antibiotics. Probiotics help restore good bacteria in your body, after antibiotics reduce both good and bad bacteria.

It is not one size fits all. Not everyone taking them will experience the benefits.

Talk to your primary care provider about a trial period and working with a registered dietitian.



# Sources of Probiotics

- Yogurt and kefir
- Cottage cheese
- Miso soup
- Kombucha
- Sauerkraut or kimchi



Sources from food are typically the safer option, as probiotic supplements are not regulated by the FDA (manufacturers don't have to prove the quality, or even the contents, of their products).



Center for Community Health & Prevention