

# Probiotics and prebiotics

## My goals were...

- To answer the questions posed.
- To give a clear and simple idea of what really these elements are.
- To show their applications and how we use them in our daily lives.

## What are they?

### Probiotics

- Are live micro-organisms which when administered in adequate amounts confer a health benefit on the host.

### Prebiotics

- Are non-digestible food ingredients that beneficially affect the host selectively stimulating the growth and / or activity of one or more bacterial species already living in the colon.

## Beneficial effects on health

### Probiotics

Protection against gastrointestinal disorders

Immuno-modulatory effects

In intestinal flora

Immuno-modulatory effects

### Prebiotics

Cancer prevention

Mineral adsorption

Effect on lipid metabolism

Weight maintenance

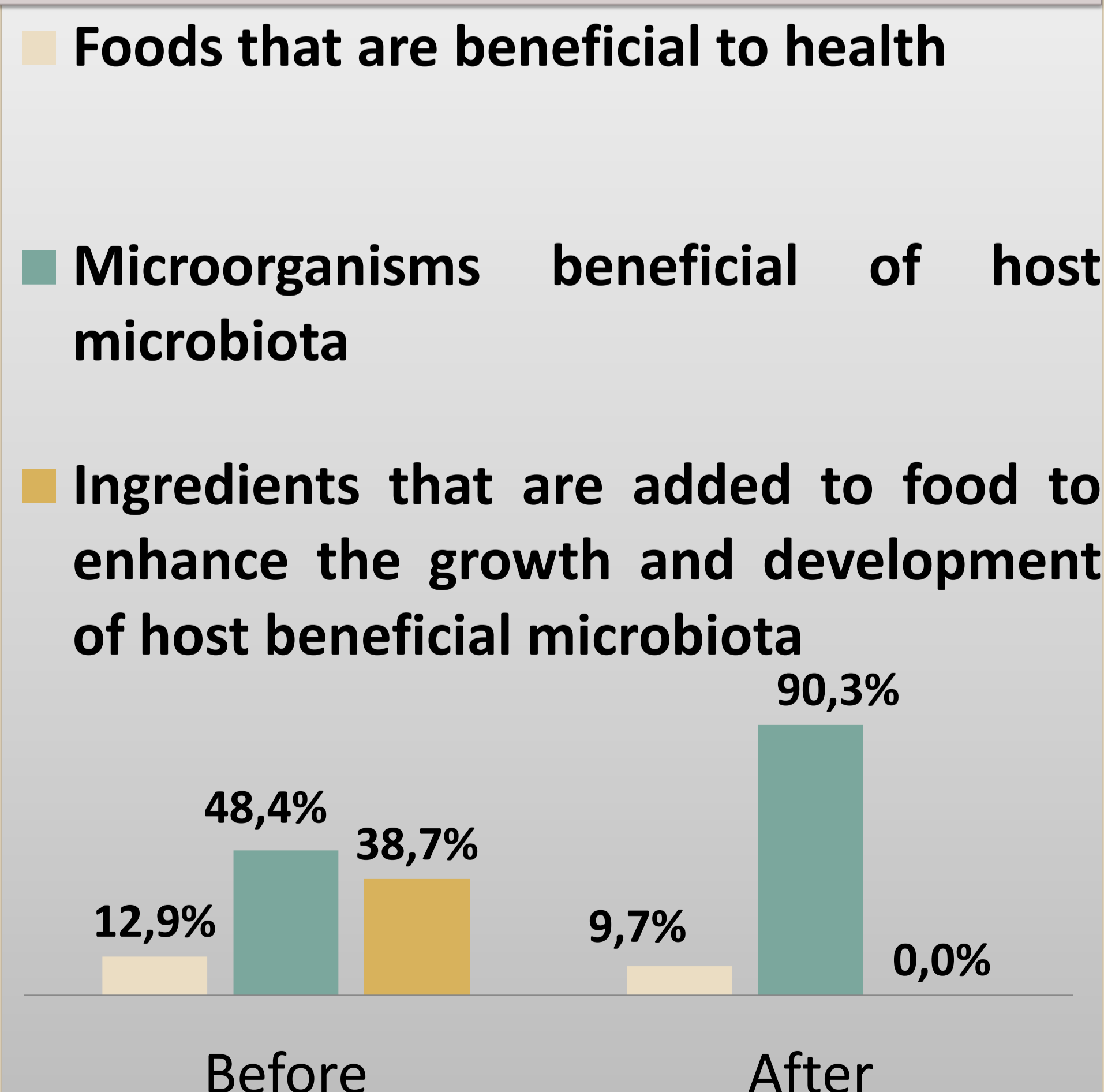
Diarrhea

Irritable bowel syndrome

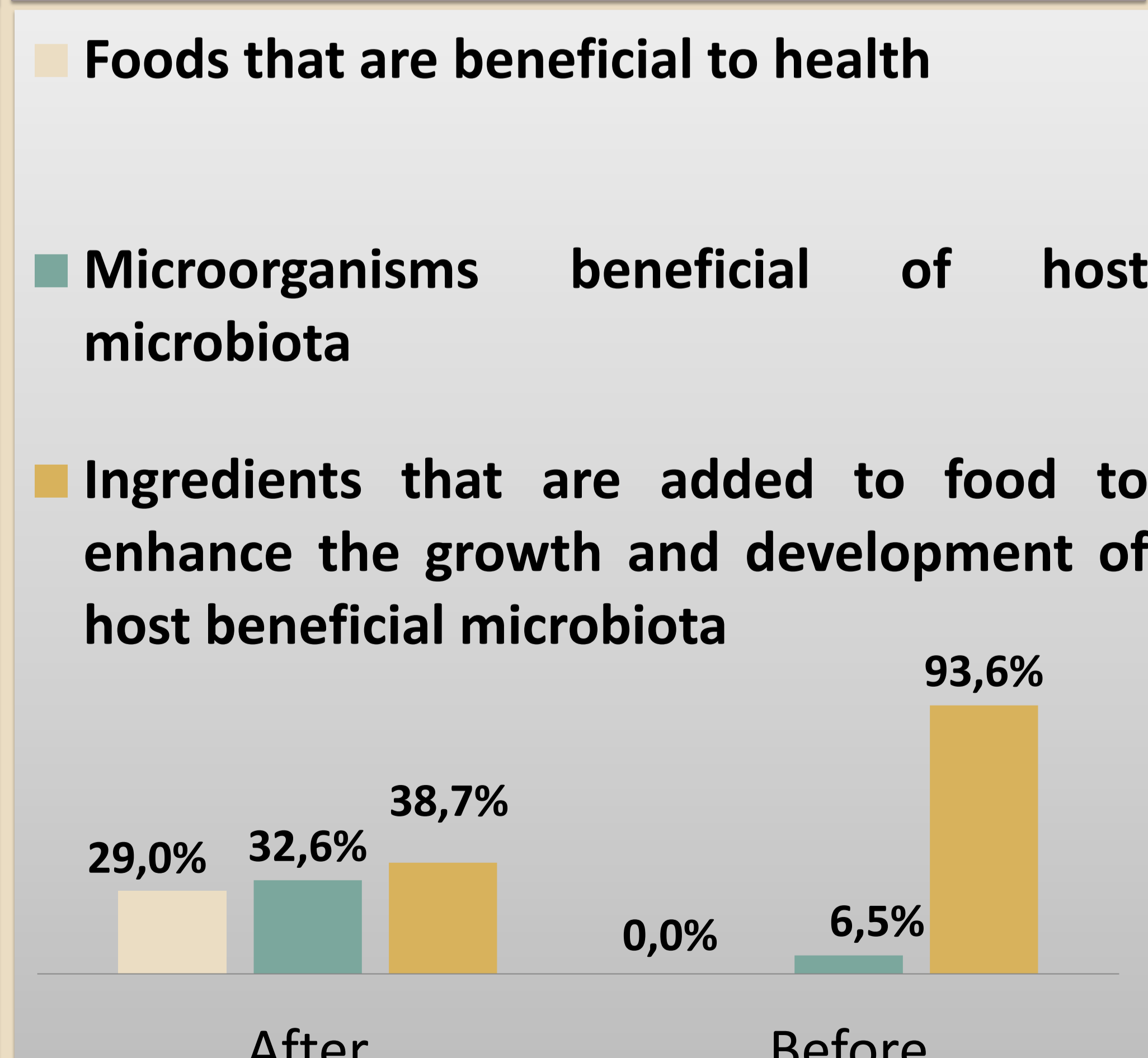
Colorectal cancer

## What do people really know?

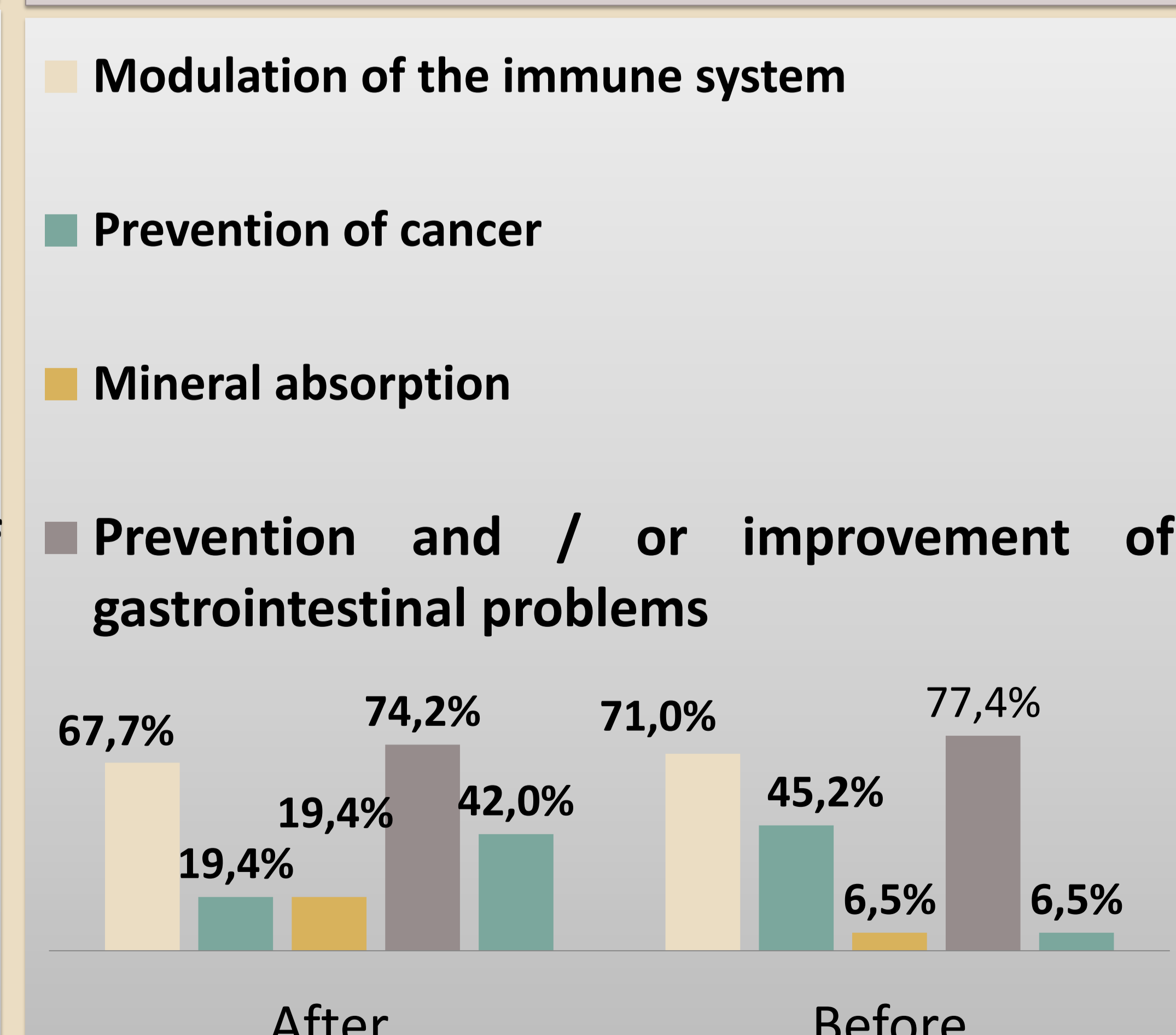
### What are probiotics?



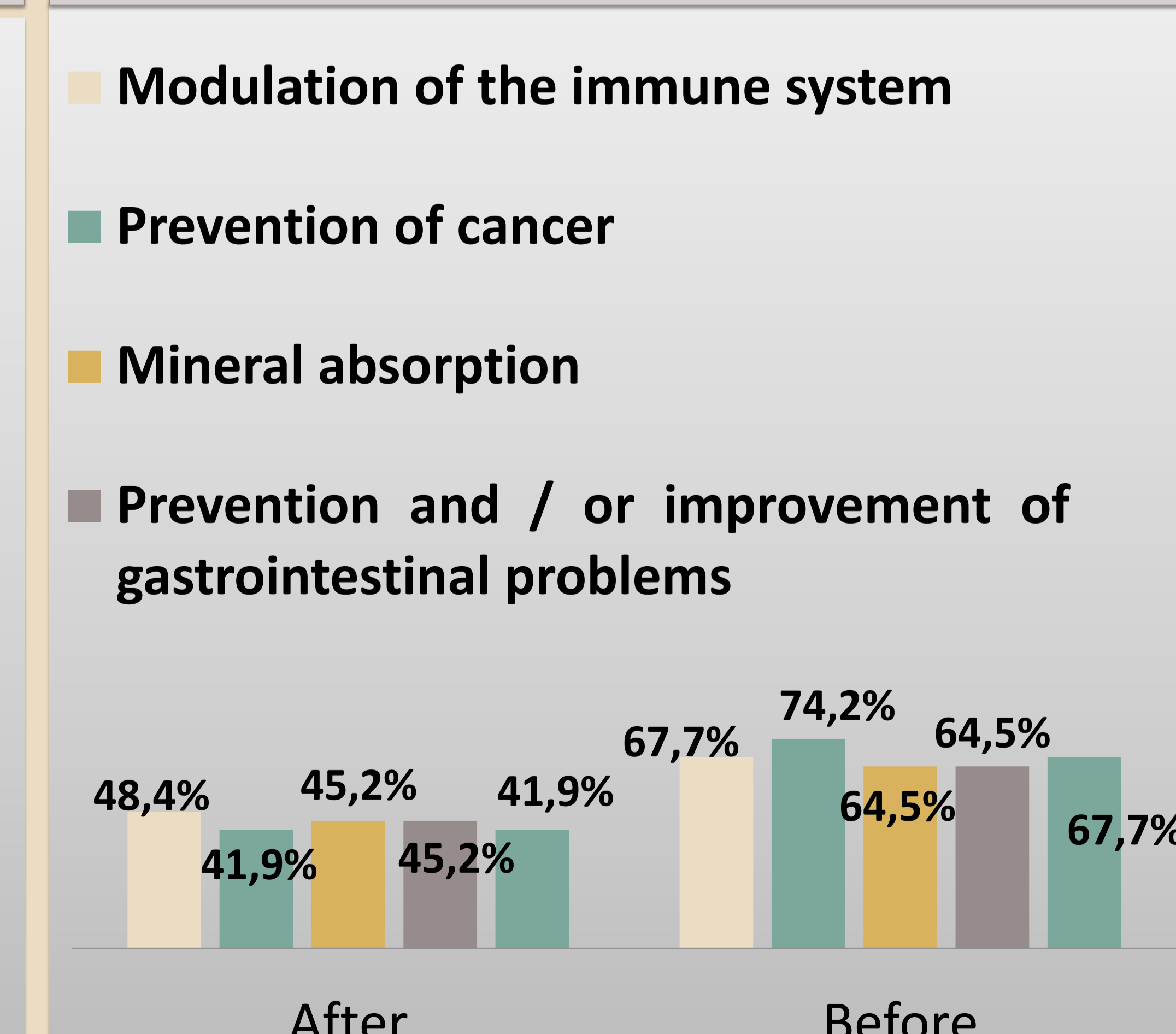
### What are prebiotics?



### Which of these health benefits are caused by probiotics?



### Which of these health benefits are caused by prebiotics?



People attended a conference and were subjected to a questionnaire before and after it. There was an increased awareness of the population after receiving relevant information on the subject.