

OBJECTIVES

- Making the **difference between prebiotics and probiotics** clear
- Learning their **history**, which are the most **common species** used, which **benefits** they provide and some **examples** out on the market.
- Analyzing the **people's opinion**, as well as their **knowledge** about probiotics through a **survey**
 - Make an **understandable information triptych** for everyone.

Most common probiotic genus:

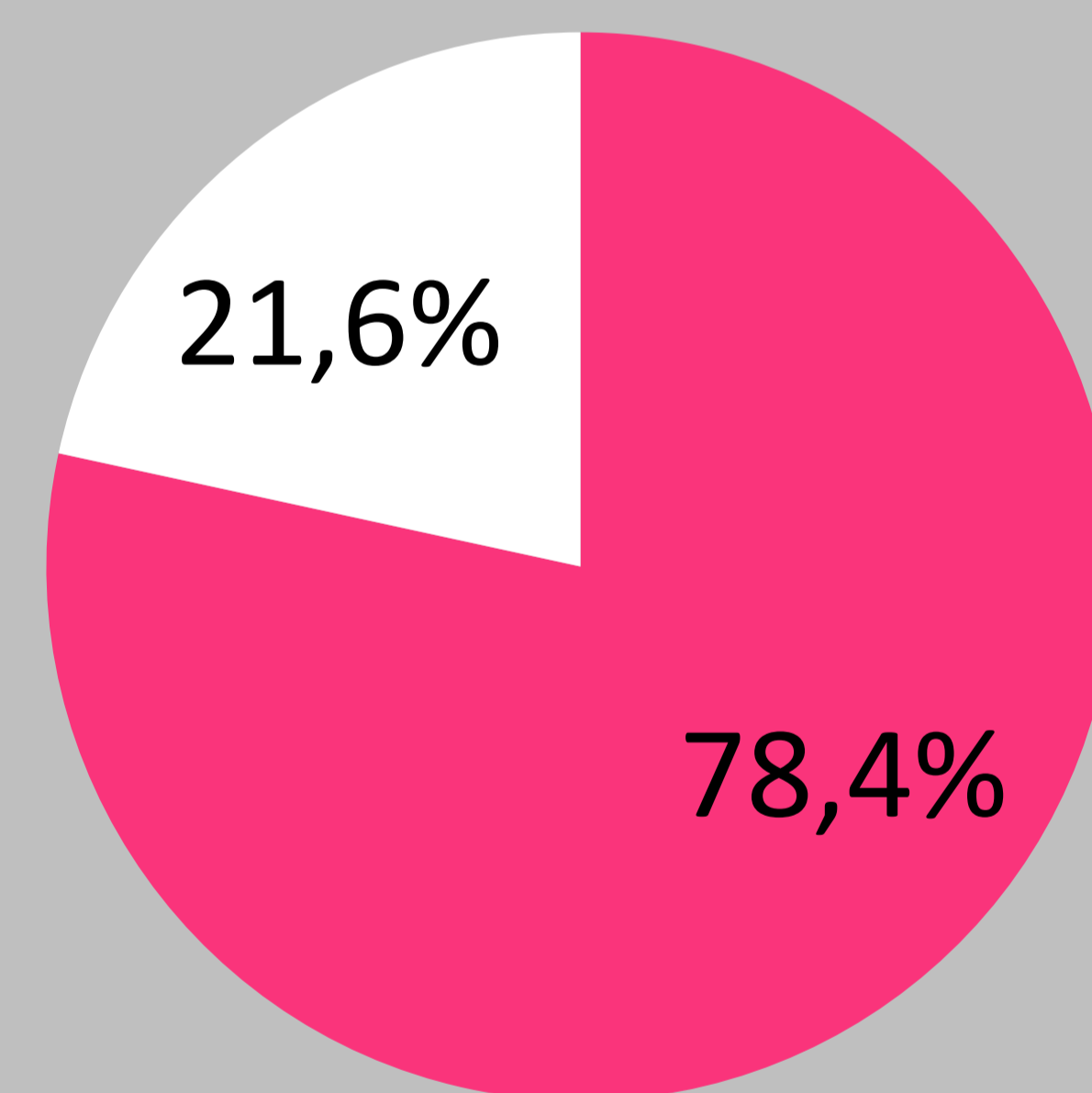
- Lactobacillus*
- Bifidubacterium*



171
responses to
the survey

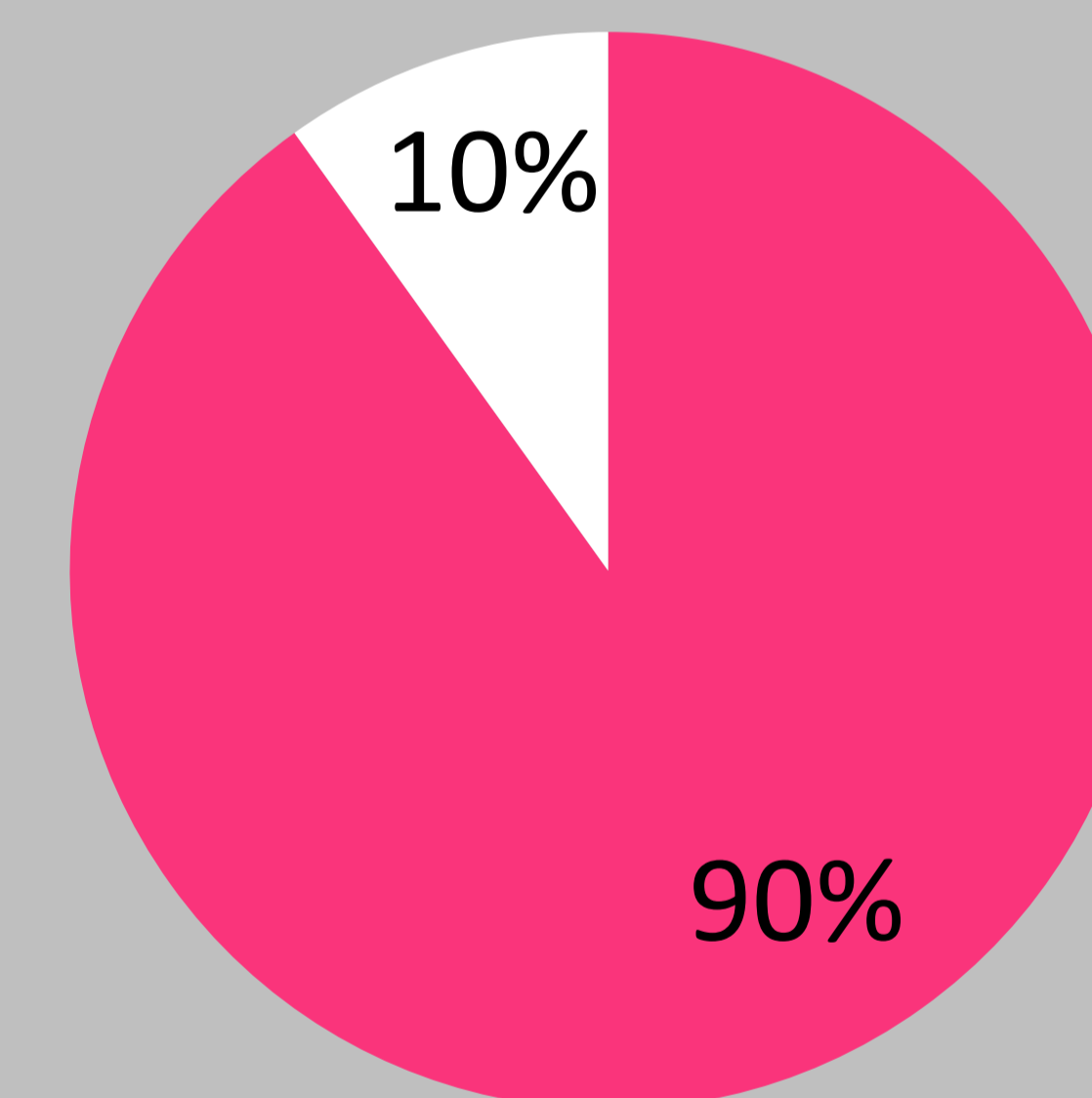
Have you ever heard the word "probiotic"?

■ Yes ■ No



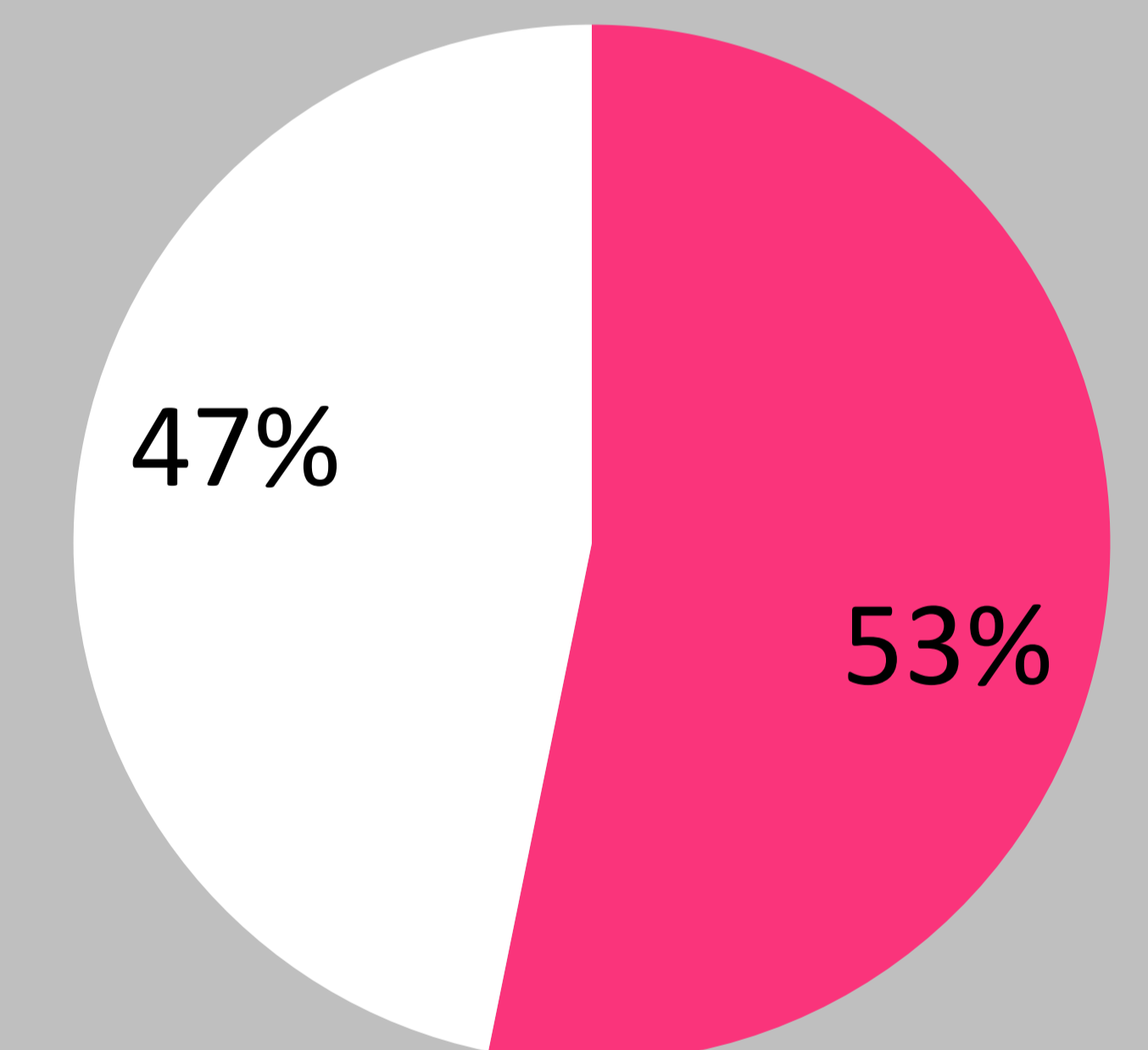
Do you associate it with a positive or a negative idea?

■ Positive ■ Negative



Do you know what it is?

■ Yes ■ No



- Although now are quite stalled, **probiotics are an issue present since a long time ago**. Their meaning is in **constant discussion**.
- The probiotic concept is quite **specific** and therefore, not all the microorganisms can be considered as one. In order to become a probiotic, they must follow some **conditions**, which are in constant debate. However, there is a **huge list of probiotic** microorganisms.
- In contrast of what I initially thought, many people have heard of probiotics and, in fact, many **people have a general idea** of what they are. However, there still exist some **misconceptions** about them.

CONCLUSIONS