

The Gut Health Trio You Should Know

Your gut has a whole ecosystem working behind the scenes including prebiotics, probiotics and postbiotics. Each "biotics" play a different role in supporting your gut. Let's break down the differences.

Prebiotics



Feed the good guys

Prebiotics are types of fibres that serve as food for beneficial bacteria in your gut.

For example:

- **Inulin**
- **Fructooligosaccharides (FOS)**
- **Galactooligosaccharides (GOS)**

Probiotics



Bring in the good guys

Probiotics are live microorganisms that, when consumed in adequate amounts, can provide health benefits.

For example:

- **Lactobacillus Rhamnosus GG™**
- **Bifidobacterium Lactis HN019™**
- **Lactocaseibacillus Paracasei LPC-37™**

Postbiotics



What the good guys make

Postbiotics are beneficial metabolic byproducts produced by probiotics during fermentation.

For example:

- **Short-chain fatty acids**
- **Cell wall components**
- **Metabolites and proteins**
- **Bacteriocins**



These provide beneficial results in overall health!



Good Gut, Healthy Skin

- Reduce inflammation
- Strengthen the skin barrier against bad microbes



Strong Gut, Strong Defense

- Stimulate natural defense signals
- Balance inflammatory responses



Healthy Gut, Healthy You

- Repairs intestinal lining
- Prevents harmful pathogens from attaching to the lining



Happy Gut, Happy Brain

- Help lower systemic inflammation
- Support mood regulation