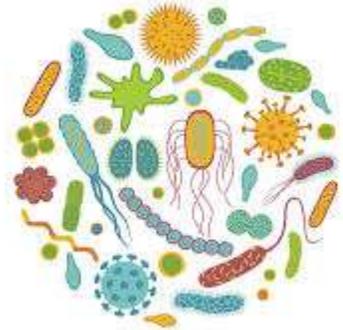


PROBIOTICS



- Live Bacteria present in certain foods & supplements
- Beneficial to human health when given in adequate amounts
- Fight the harmful bacteria present in the gut
- Sensitive to heat & stomach acid

PREBIOTICS



- Food for Bacteria living in the gut
- Special type of fibre that cannot be digested by human body but only by gut bacteria
- Nourish the bacteria living in gut
- Not affected by heat & stomach acid

- **Probiotics** are live good bacteria like those naturally found in the gut. When given in the right form and in adequate amounts through food or supplement, they add to the population of healthy bacteria in the gut.
- **Prebiotic** is the non digestible (fibre) part of certain foods that goes through the stomach and small intestine undigested and is fermented in the large intestine. This fermentation process feeds good bacteria already present in the gut and not the bad bacteria.
- An increase in the number of good bacteria reduces disease risk and improves general well-being.

Sources of Probiotics

Commercial Products

- Amul Probiotic icecream & lassi
- Mother Dairy Nutrifit
- Nesvita Dahi
- Yakult
- Probiotic drugs

Indian Fermented Foods

- Idli
- Dhokla
- Dosa
- Dahi
- Kanji
- Appam

Other Probiotic foods

- Sauerkraut
- Miso
- Tempeh
- Kefir
- Kombucha

The good bacteria can occur naturally in some foods or developed in some foods by addition of certain good bacterial strains during pre preparation

Sources of Prebiotics

Natural Foods

- Onion
- Garlic
- Oats
- Wheat
- Asparagus
- Barley
- Apple with skin
- Under ripe banana
- Flaxseeds
- Berries

Commercial Supplements in powder or liquid form



RDA* - 5 gm Prebiotic Fibre / day
(* Recommended intake)

Cooked Foods

- Boiled cooled rice
- Boiled cooled potatoes
- Uncooked oats soaked in milk overnight
- Chana
- Rajmah
- Peas
- beans

Starch in certain cooked foods is not broken down by the body for energy. Instead, it passes through the stomach & small intestine, is fermented in the large intestine and feeds the good bacteria in the gut.

Prebiotic (soluble fibre) Content of Some Foods

SN	Food	Household Measure	Soluble Fibre (gm)
1	Chapati	One	0.3
2	Quinoa	1 cup cooked	1.2
2	Chana Dal	1 Katori cooked	1.1
3	White chana	1 Katori cooked	0.7
4	Urad sabut	1 Katori cooked	1.5
5	Moong sabut/ Rajmah	1 Katori cooked	0.8
6	Spring onions	1 Katori cooked	2.9
7	Onion	1 katori cooked	2.1
8	Garlic	1 tsp	0.1
9	Broccoli	1 Katori cooked	2.3
10	Cabbage	1 Katori cooked	1.5
11	Carrot	1 Katori cooked	2.2
12	Peas	1 Katori cooked	2.6
13	Guava	1 med	3.0
14	Chikoo	1 med	3.9
15	Orange	1 med	1.8
16	Apple with skin/ banana	1 med	1.0
17	Pear	1 med	2.2
18	Almonds	20 no.	0.8

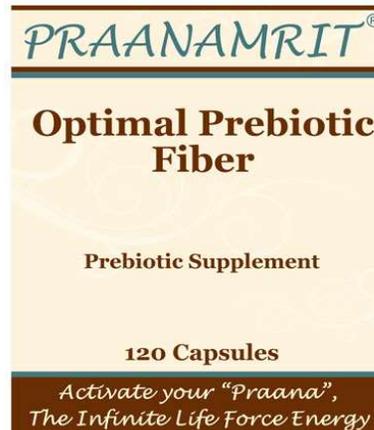
Label Reading for Commercial Prebiotics

Prebiotics are also available commercially as powder or liquid supplements.

The word 'prebiotic' is seldom used on the label.

Look for:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin



Supplement Facts
Serving Size 4 Capsules
Servings Per Container 30

Amount Per 4 Capsules	% Daily Value
Calories	5
Total Carbohydrate	3 g 1%†
Dietary Fiber	2 g 8%†
Prebiotic Blend	3,000 mg *
Inulin (derived from chicory root)	
Oligofructose (derived from chicory root)	
Beta-Glucan (purified from <i>Saccharomyces cerevisiae</i>)	
Larch Arabinogalactan (<i>Larix occidentalis</i>), dried water-soluble extract	

*Daily Value not established
Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine.

Manufactured for:
Manisha Ghei, MD
Praana Integrative Medicine & Holistic Health Center
11211 Hwy 6 South, Suite B
Sugar Land, TX 77498
(281) 456-3866
www.praanaim.com

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors or preservatives.

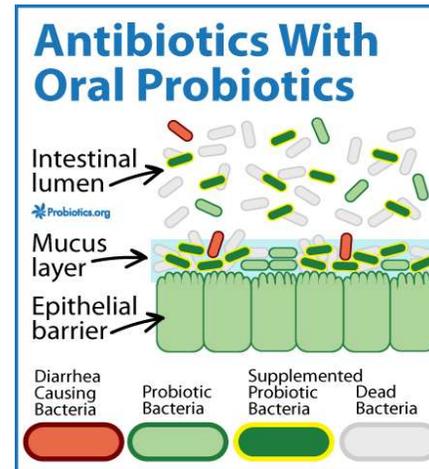
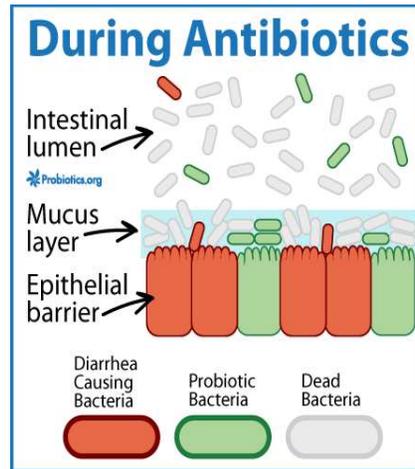
Suggested Use: 4 capsules once or twice daily. Capsules may be pulled apart and contents taken separately.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

This product was made in a GMP and ISO 9001:2008 registered facility.



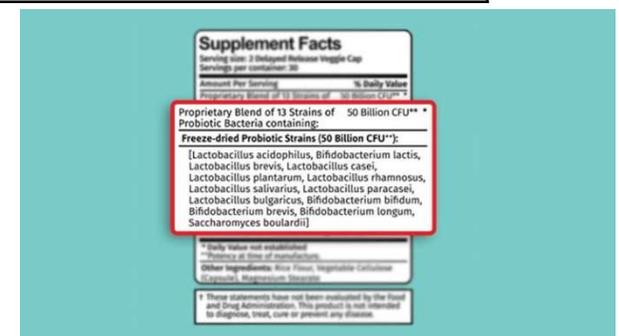
ANTIBIOTICS AND PROBIOTICS



- When we take antibiotics to treat an infection, both good and bad bacteria are destroyed, ultimately weakening our immune system and making bad bacteria more adaptive and difficult to cure.
- It also causes imbalance of bacteria in the body that can lead to diarrhoea and other gastrointestinal problems.
- It is important to take probiotics whenever we are advised antibiotics to repopulate the large intestine with good bacteria
- There should be a gap of at least 2 hours between antibiotic intake and probiotic
- Probiotics also help to relieve gastro-intestinal side effects of medications.

Different Probiotic Strains

Strain	Commercial Product
Lactobacillus acidophilus	Florajen, intestine, acidophilus, VSL #3, Philips colon health, GNC Probiotic Complex
Lactobacillus casei	Yakult
Lactobacillus rhamnosus GG	GNC Probiotic Complex
Lactobacillus plantarum	GNC Probiotic Complex
Bifidobacterium infantis	Florajen 3, VSL #3, Philips colon health
Bifidobacterium bifidum	GNC Probiotic Complex
Saccharomyces boulardii	Florastor
Streptococcus thermophilus	GNC Probiotic Complex



- Different strains of bacteria have different health benefits
- Different probiotics contain different strains / combination of bacteria.
- Beneficial effects of probiotics related to intestinal tract could differ from one individual to another due to the difference of intestinal microbiota.
- Since each body is different, it is necessary to determine which strain will be helpful to one's own unique system through trial and monitoring of symptoms
- Check the commercial Probiotic products by reading its label which indicates the complete name of the bacteria, the expiry date and the health benefits.
- Also, make sure that the product you choose, must have more than one billion live organisms present, per dose.
- Store probiotic foods like yogurt in a cool dry place or refrigerator and other products as per the instructions on the pack

SYNBIOTICS

- Prebiotics, or " food for good bacteria" and probiotics, the "good" bacteria" work together synergistically.
- Products that combine these together are called synbiotics.

Banana slices + Home made curd

Mother Dairy B Activ Dahi

Commercial products

