

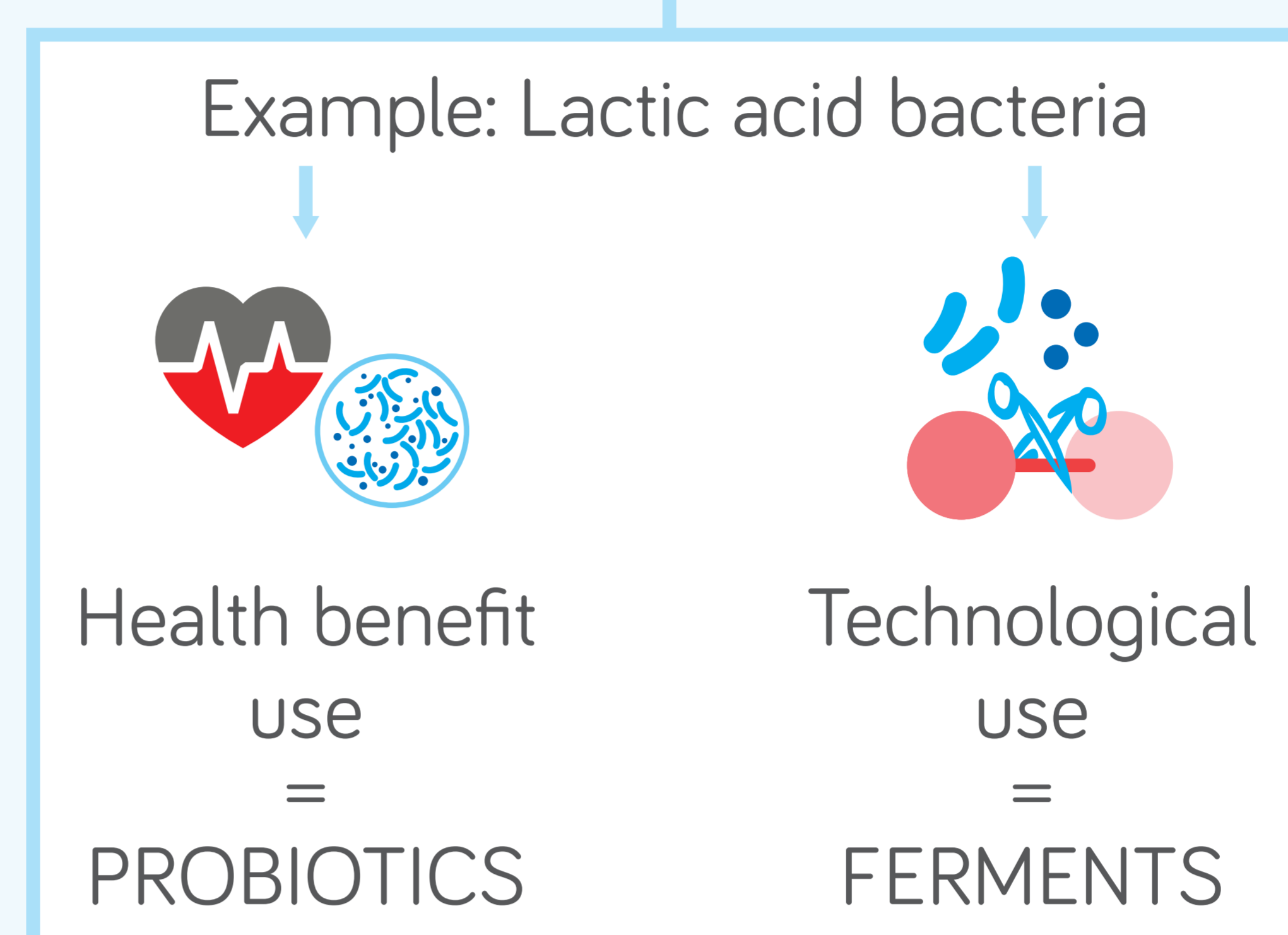
PROBIOTICS

WHAT IS A PROBIOTIC?

"Live microorganisms that, when administered in adequate amounts, confer a health benefit on the host"
(FAO/WHO).

Microorganisms

← MOULDS BACTERIA YEASTS VIRUSES



 Health benefit

examples of health benefit:

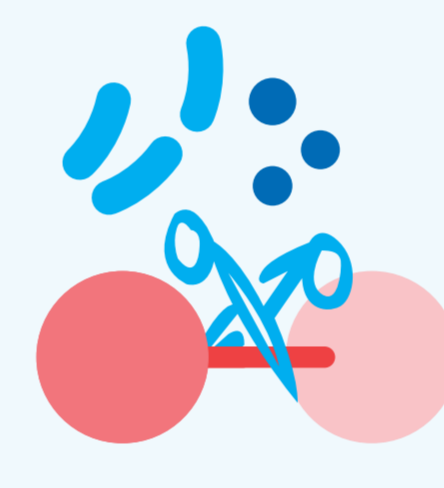
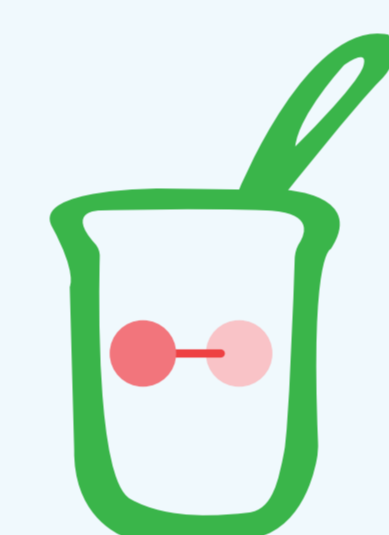
DIGESTIVE HEALTH

IMMUNE HEALTH

Example: Live cultures in yogurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose. The yoghurt should contain at least 10^8 CFU live starter microorganisms per gram.

(official authorized health claim from EFSA, European Food Safety Authority).

LACTOSE



GALACTOSE + GLUCOSE



WHY CHOOSE YOGURTS AS A SOURCE OF PROBIOTICS?

Probiotics in yogurt



For their

- **Natural** and **simple** way to eat probiotics
- Moreover, for their
- **Nutrient content** (macronutrients such as proteins and micronutrients such as Ca and B vitamins)
 - **Affordable price** in relation to their nutritional density

DID YOU KNOW?

This concept is present in our society from very early on. **Hippocrates** was convinced that "all diseases begin in the gut", prefiguring the important role of intestines in our health.

Probiotic literally means "in favor of life".

The **gut** is an organ very much **connected to the brain** through different ways (neurons and hormones, for example), and this connection is called **gut-brain axis**



DANONE INSTITUTE
Nutrition for Health