WHAT ARE PROBIOTICS?

how do they participate in good microbiota equilibrium?

In good shape for action: dead micro-organisms are not probiotics!

Probiotics are

living micro-organisms which provide a benefit for the host's health when they are administered in sufficient quantities. Not too much or too little, the correct quantity to work efficiently.

That is, a demonstrable beneficial effect on the health of the person who takes them.

By the oral route or applied locally (e.g. skin, vaginal, etc.).





To identify them, they all have a Latin name made up of: SPECIES STRAIN (which makes e.g. Lactobacillus acidophilus XYZ123

2 Do not confuse probiotic with...









antibiotic





fermented food



acne, atopic

dermatitis, etc.

infections, etc.

3 In which cases have they been shown to be beneficial?



urinary tract



candidosis, bacterial vaginosis, etc.



winter respiratory



diarrhoea due to antibiotics, gastroenteritis, irritable bowel syndrome, etc.





PROBIOTICS



restore and maintain the equilibrium of the microbiota



modulate the immune response



3 strengthen the barrier function



eliminate pathogens and toxins

5 How are they designed? -

An example of manufacturing



of potential micro-organisms





selection of micro-organisms with beneficial properties









validation of the beneficial effects in humans







packaging, storage and transport







manufacture: multiplication in a fermenter, centrifuging and lyophilisation of the micro-organisms







To claim to be a probiotic, a micro-organism must satisfy numerous criteria and undergo many quality controls throughout the production chain.



For more information about the microbiota go to www.biocodexmicrobiotainstitute.com References on the website

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