

WHAT ARE PROBIOTICS?

how do they participate in good microbiota equilibrium?

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

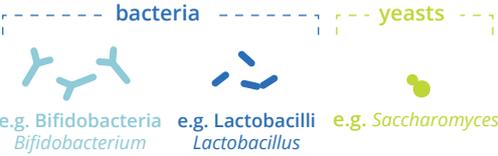
That is, a demonstrable beneficial effect on the health of the person who takes them.

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.

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

1 Which micro-organisms are used as probiotics?

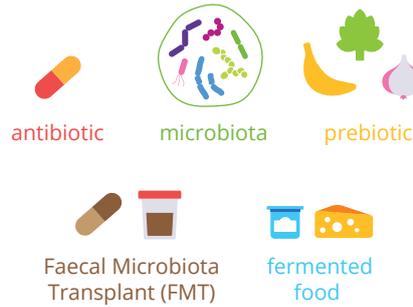


To identify them, they all have a Latin name made up of:

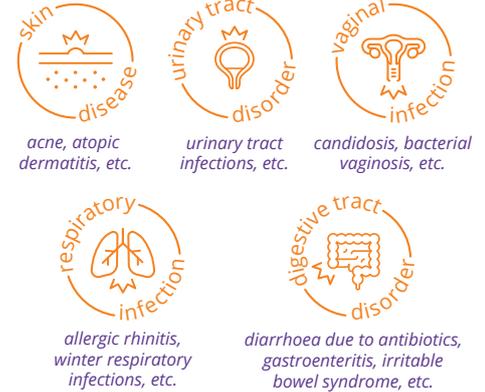
GENUS **SPECIES** **STRAIN** (which makes it unique)
e.g. *Lactobacillus acidophilus XYZ123*



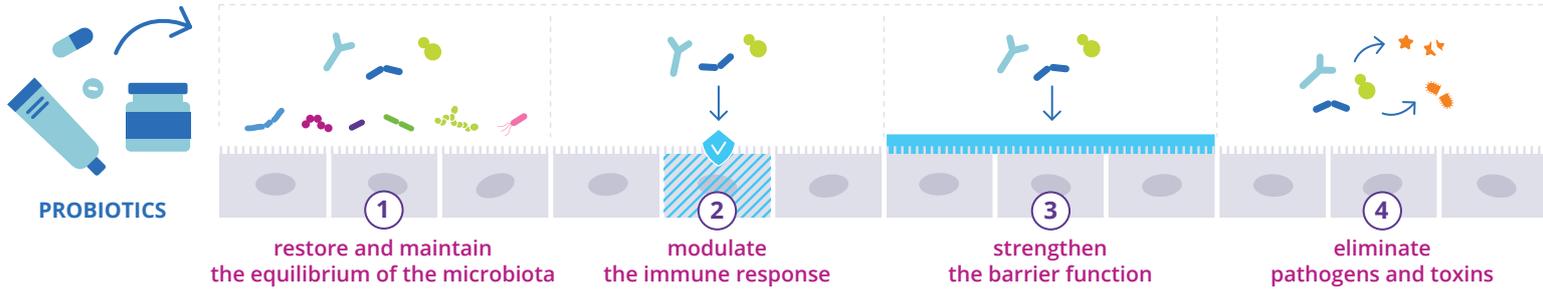
2 Do not confuse probiotic with...



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



4 How do they act on our body?



5 How are they designed?

An example of manufacturing

