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?

- bacteria
  - e.g. Bifidobacteria
  - e.g. Lactobacilli
- yeasts
  - e.g. Saccharomyces

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

- GENUS
  - e.g. Lactobacillus
- SPECIES
  - e.g. acidophilus
- STRAIN
  - e.g. XYZ123

(which makes it unique)

2 Do not confuse probiotic with...

- antibiotic
- microbiota
- prebiotic
- fermented food

Faecal Microbiota Transplant (FMT)

fermented

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

- skin disease
- urinary tract disorder
- vaginal infection
- acne, atopic dermatitis, etc.
- urinary tract infections, etc.
- candidosis, bacterial vaginosis, etc.
- allergic rhinitis, winter respiratory infections, etc.
- diarrhoea due to antibiotics, gastroenteritis, irritable bowel syndrome, etc.

4 How do they act on our body?

- PROBIOTICS

  1 restore and maintain the equilibrium of the microbiota
  2 modulate the immune response
  3 strengthen the barrier function
  4 eliminate pathogens and toxins

5 How are they designed?

An example of manufacturing

- identification of potential micro-organisms
- selection of micro-organisms with beneficial properties
- verification of their safety
- validation of the beneficial effects in humans
- manufacture: multiplication in a fermenter, centrifuging and lyophilisation of the micro-organisms
- packaging, storage and transport

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

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