



THE ROLE OF PRO & PREBIOTICS



Probiotics

(live bacteria)

Increases/maintains healthy
bacteria community

Improves digestion of food

Improves immune system,
mental health, inflammation

Helps with weight and
blood pressure
management

Prebiotics

(fiber compounds)

Feeds the good bacteria in
the gut

Production of short-chain
fatty acids SCFAs

Improves inflammation
and immune system

Keep the lining of your gut
healthy

GUT HEALTH SERIES

CHPRA

FOODS HIGH IN PRO & PREBIOTICS

Probiotics



Kefir



Sauerkraut



Kimchi



Cottage cheese

Prebiotics



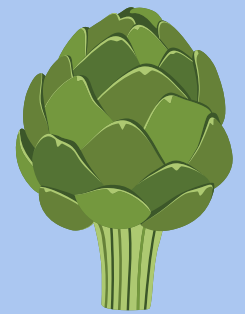
Garlic



Leek



Mushrooms



Jerusalem
Artichoke

GUT HEALTH SERIES

CHPRA