PROBIOTIC

QUICK TIPS to get it Right!

When to have Probiotic?

Have probiotic with your food or at least within thirty minutes of sitting down for a meal. Probiotics are living organisms, which will be affected by the stomach acidity. When you take them with food, the effect of gastric acid on them will be less.

Don’t forget to take Prebiotic. They are the food for your friendly bacteria. If you are not including prebiotics in your diet, how will the probiotic bacteria survive and thrive?

What kind and how much?

Have probiotics which are multistrain as different strains have different actions and usefulness.

In some cases, acceptable levels of viable organisms are found in some commercial yoghurts and others have lower levels. The dietary supplements with probiotic show the viable count per dose at the time of manufacturing, not at the end of shelf life.

Probiotics and prebiotics have a role to play both in post disease, post surgery, and preventive healthcare. There are few strict guidelines for manufacturing probiotics in India and products with added sugars, flavours and chemical agents with probiotic bacteria will have limited health benefits in the long run.

As Hippocrates said, “Let food be thy medicine and medicine be thy food!”

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