

VitaMin



Vital health information in a minute

The power of probiotics

The next time you reach for a container of yogurt, should you pick one with probiotics? What do we know about these “live and active cultures” in food? And most important, can they help your health?

Say hello to billions of bacteria (the good kind).

Everyone’s digestive tract contains billions of friendly bacteria – and that’s a good thing. These bacteria help support the immune system and protect the body from disease. They also help with digestion of food.

Where do probiotics come in? Probiotics are similar to the bacteria in your body. When you eat foods with probiotics, you’re adding more good bacteria to your body. The good bacteria fight off bad bacteria and help keep a healthy balance.

What if the balance is off? Taking medications like antibiotics can wipe out the good bacteria in your system. This can leave the door open for growth of bad bacteria. Or, bad bacteria may invade your digestive system and make you feel sick.

We know that probiotics have the potential to help with digestion. Researchers continue to study the power of probiotics for a variety of health purposes. They hope to learn more about the use of probiotics for eczema, childhood respiratory infections, tooth decay, high cholesterol and obesity.¹

Source:

1. National Center for Complementary and Integrative Health. “Spotlight on a Modality: Oral Probiotics: What the Science Says.” July 2013. <https://nccih.nih.gov/health/providers/digest/probiotics-science> (accessed April 8, 2015)

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