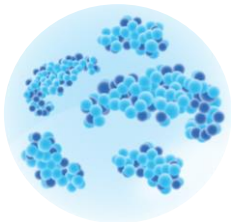


THE 'BIOTICS' FAMILY

Prebiotics¹:

Prebiotics are a substrate that is selectively utilized by host microorganisms conferring a health benefit



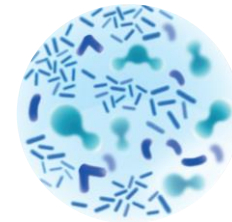
Probiotics²:

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host



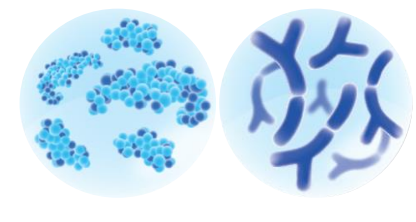
Postbiotics³:

Postbiotics are preparation of inanimate microorganisms and/or their components that confers a health benefit on the target host



Synbiotics⁴:

Synbiotics are a mixture comprising live microorganisms and substrate(s) selectively utilized by host microorganisms that confers a health benefit on the host



All above 'biotics' have in common that they need to be consumed (by infants)

1: Gibson et al.,1995 ; Binns, 2013; Hill et al.,2014; Pandey et al., 2015; Gibson et al.,2017

2: FAO/WHO, 2001; Braegger, 2011; Hill et al.,2014; Pandey et al., 2015; Gibson et al.,2017

3: Patel & Denning, 2013; Tsilingiri & Rescigno, 2013; Aguilar-Toalá et al. 2018; Salminen et al., 2021

4: Pandey et al., 2015; Shamir, 2015, Swanson et al., 2020