

- 1. FACT:** The word "probiotic" originates from the Latin, meaning "for life", though there are also roots in Greek, from bios meaning "lively" or "fit for life".
- 2. FACT:** Probiotics have been to the moon and to the International Space Station. (Source: NASA)
- 3. FACT:** Probiotics are on the 2018 International Olympic Committee's list of nutritional supplements for athlete's immune health for high performance athletes.
- 4. FACT:** Healthy people take probiotics to keep well, support the immune system, reduce the risk of colds, reduce risk of urinary tract infections, normalize intestinal transit time, improve lactose tolerance, maintain digestive health, and more!
- 5. FACT:** Probiotics have to travel over 30 feet in the human GI tract.
- 6. FACT:** If you were to line up each bacterium from a daily serving of probiotics in a row, the line would extend all the way around the earth.
- 7. FACT:** 80% of our immune defense is located in the gut and a balanced microbiota is important for a well-functioning immune system.



The Global Voice of Probiotics®

Probiotics are unique food and dietary supplement ingredients. The World Health Organization defines these beneficial bacteria as “live microorganisms which, when administered in adequate amounts, confer a health benefit to the host.” As live microorganisms, probiotics require special handling and other considerations to ensure the safety, quality, and efficacy of finished products.


Visit Us Online

 www.internationalprobiotics.org

 info@internationalprobiotics.org

 @InternationalProbioticsAssociation

 @InternationalProbiotics

 @IP_Association

 @IP_Association