

PREBIOTICS AND PROBIOTICS



MICRO IN SIZE, MAJOR IN PERFORMANCE!

It may sound crazy, but our bodies house a massive colony of microorganisms. We're talking *trillions* of little bugs that are working hard for us, and we don't even know it!

Most of the "brain" behind this colony is found in the large intestine. It changes based on age, environment and how we eat.



BENEFITS OF A HEALTHY GUT

- Improved digestion so you can play your best
- Stronger immunity to prevent illness
- Stable mood so you can focus on the task at hand
- Better sleep quality
- Enhanced nutrient metabolism for maximal fueling and recovery
- Long-term disease prevention
- Improved tissue regeneration for injury prevention
- Protects skin integrity

KNOW THE LINGO

MICROBIOME:

A collection of bacteria, viruses, yeast, protozoa, parasites and fungi that live in the human digestive tract.

PREBIOTICS:

Fiber substance that feeds gut bacteria.

PROBIOTICS:

Beneficial microorganisms that contribute to health.

FERMENTATION:

A form of food preservation. Healthy bacteria feed on food's natural sugars, breaking it down into lactic acid. This is why fermented foods have a tangy flavor.

RESISTANT STARCH:

Carbohydrates that "resist" digestion in the stomach and small intestine, passing directly to the large intestine where they serve as food for bacteria in the microbiome.



THE PLAY-BY-PLAY ON BEING A GOOD MICROBIOME HOST

Include foods from the following list to keep your gut well-fed and happy.

PREBIOTIC FOODS



Berries
Peaches
Onions
Garlic
Oats
Leeks

Legumes
Asparagus
Mushrooms
Cabbage
Flaxseed
Cashews

Bananas
Peas
Artichokes
Beetroot
Whole wheat

Resistant starch:
cooked and cooled
potatoes, rice,
pasta



PROBIOTIC FOODS

Kimchi
Sauerkraut
Yogurt

Olives
Pickles
Tempe

Miso
Kombucha
Kefir

Sourdough bread
Some aged
cheeses



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