



The Medical **Bulletin**

Diet Corner

Biotics

Probiotic are live microorganisms that, when administered in adequate amounts, specific strain and environmental storage conditions confer a health benefit on the host. Prebiotic is a substrate that is selectively utilized by host microorganisms conferring a health benefit. They can be fibre or non-fibre; and have proven microbiome modulation properties associated with health benefits. Most prebiotic are fibre, but not all fibre are prebiotic. The effective prebiotic dosage has been observed to be >3-5g.

Prebiotics can be combined with probiotic to form **Complementary synbiotics** which work independently to achieve health benefits. E.g., of food combination: Pazhaiyidu with onion, Overnight fermented oats, Onion raita (fermented curd), Yogurt with apple slices. Synbiotic can also be **Synergistic synbiotics** where a substrate(s) selectively utilized by co-administered live microbe(s), but independently, the components do not have to meet criteria for prebiotic or probiotic. An emerging biotic is postbiotics. Post means “after” and biotic means “relating to or resulting from living organisms”.

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