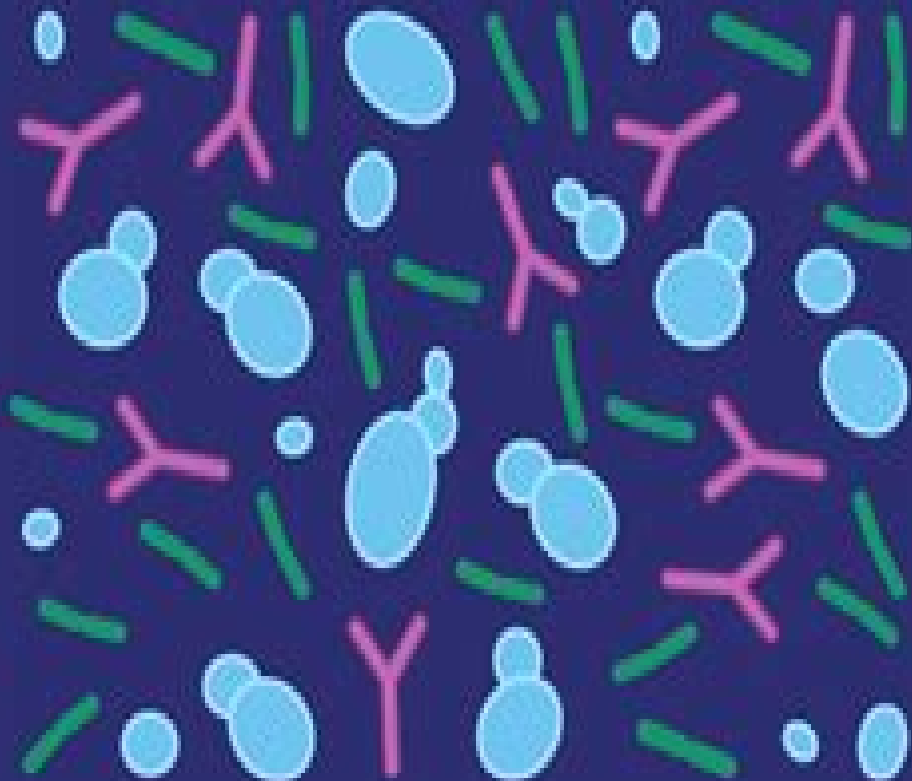


probiotics

live microbes
that can provide health
benefits when taken in
sufficient amounts



prebiotics

food for the microbes
that provide
health benefits



Protecting Your Health With Probiotics The Friendly Bacteria

F Rizvi



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