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With so many wonder products doing rounds you may get a bit baffled with some of them with their names. Like for the latest being the â€˜probioticsâ€™ and the â€˜prebioticsâ€™. There is a lot of difference between the two. The mainstream marketplace of USA has many probiotic supplement around and with the introduction of the latter one, there ahs to be a talk of the town confusion which I would like to resolve.

What is probiotics?

The probiotics is the microbe that protects the host and prevents in from any diseases caused. The best known one of the probiotics is the lactobacillus that is found in a huge amount in the yogurt, acidophilus milk and also in other supplements of milk which can have the curing abilities. These probiotics counter the decimation of the bacteria that are present in the intestine and sees to it that they function and do not get destroyed completely. They are normally affected by the antibiotics we take in but however they can be normalized y the probiotic ingredients. probiotics have a large number of uses as a supplement for the curing of obesity too. This cures the eating disorder in a way as well. They are itself a form of bacteria that along with other antibiotics can help the human body cure many diseases.

What is prebiotics?

The prebiotics can be defined simply as the carbohydrates that feed the good bacteria in your intestines. They are the non digestible food ingredient that benefits the host by stimulating the growth of limited no. of bacteria in the colon and improving the health of the host thus. There are no particular set guidelines for the prebiotic governing in the food products as they are present in some food itself. Thus addition or supplements not required actually. Like in the processed foods like wheat, oatmeal, grains etc have prebiotics out of them and added back later. Even if they are indigestible, they are eaten up by the bacterium in the colon of the humans.

Difference between the two!!

The prebiotics are the form of special fibers in the diet. The probiotics are the special living organisms that intend to benefit the colon health. Prebiotics fibers are not affected by heat, cold, or acids. While the probiotic supplements or the probiotic can be easily affected by heat and cold. he prebiotics nourish the bacteria in the colon while the other contains few species of bacteria added to colon when they are digested.

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Curiosity to know more about a probiotics, a probiotic supplements or a Detox Cleanse?

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