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Part of Probiotics For Dummies Cheat Sheet . Many foods contain probiotics (the good bacteria that help your body maintain health) and prebiotics (fiber that good bacteria eat but that isn't digestible by humans). However, it's difficult to get enough probiotics strictly

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through food. You need to take a probiotic supplement to get enough probiotics in your diet to maintain good health, especially if you're treating a particular illness (such as antibiotic-associated diarrhea).

Foods that Contain Probiotics and Prebiotics - dummies

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