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**Everything You Need to Know  
About Probiotics**



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# What are probiotics?

Probiotics are meant to increase the good bacteria in your stomach.



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# Do probiotics work the same or different for everyone?

Everybody's microbiome is different. Because of this, the way a person responds to probiotics depends on their balance of gut bacteria they have.



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# What are the potential negatives of probiotics?

Some studies found that probiotics decreased the repopulation of healthy gut bacteria among people who recently took antibiotics.

Another concern is that taking probiotics will overcrowd your gut with few strains that are all from the same family, making your microbiome less diverse.



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