What’s the Difference?
PREBIOTICS, PROBIOTICS, AND POSTBIOTICS

PREBIOTICS
Prebiotics, like fiber found in leafy greens, are The Fuel for the beneficial bacteria in your gut.

PROBIOTICS
Probiotics, such as live beneficial bacteria, act like Factories to ferment fibers and prebiotics to make Metabolites.

POSTBIOTICS
Fermented outside the body by bacteria or yeast, postbiotics contain the beneficial metabolites, The Goods, that support your body.

Metabolites: Metabolites are substances that are produced by bacteria and yeast, which include The Goods that support your health, such as amino acids, vitamins, short chain fatty acids and more.

IMMUNE AND GUT SUPPORT
EpiCor is a postbiotic that delivers beneficial metabolites directly to your gut. Over a dozen published studies show that EpiCor helps support your immune and gut health to help you live more healthy days.TM

Learn more at epicorhealth.com