

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.

The Fuel

Factories

PROBIOTICS

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

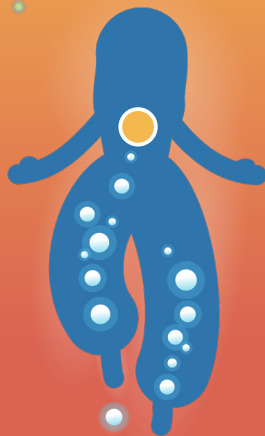
POSTBIOTICS

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

The Goods

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.*



EPICOR®

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.*™

Learn more at epicorhealth.com