

FIGURE 4: Synbiotics: Illustrating the Design and Mechanisms of Action of Complementary and Synergistic Types of Synbiotics

A complementary synbiotic combines a prebiotic and a probiotic—each of which must meet the applicable definitions with regard to characterization and dose—that work independently. Both the prebiotic, which functions by modulating the resident microbiota, and the probiotic, must have a demonstrated health benefit. A synergistic synbiotic combines a live microorganism that selectively utilizes the co-administered substrate, which together result in a health benefit. Autochthonous microbiota refers to microbiota native to the host.

