

# Keep your gut healthy

## Considering probiotics? Five things you need to know:

1. There are many kinds of probiotics, so talk with your doctor to find the right one for you.
2. Probiotics may supplement treatments, but do not replace them.
3. If your doctor prescribes a probiotic for you, be sure to take it just as you're told.
4. Not all probiotics are the same, and they don't all work the same way. Tell your doctor about all probiotics you take.
5. No probiotic products are currently approved to treat specific diseases. If you want to take probiotics for your health condition, be sure to talk to a health care professional for advice.



### What is the microbiome?

The microbiome is a community of bacteria, yeast, viruses, fungi and other similarly small organisms that live in the human body. The community living in the gut is known as the “gut microbiome.” Your microbiome is created at birth, and no one’s microbiome is the same.

### What are probiotics?

Probiotics may be one way to help keep your microbiome healthy. They are living, microscopic (very small) organisms, like bacteria and yeast, that can help gut health. They can be found in pill or powder form, or in foods, like yogurt, sauerkraut, kefir and kimchi.

For more information about probiotics and gastrointestinal conditions, visit [patient.gastro.org](http://patient.gastro.org).



## Interested in the gut microbiome?

Visit [www.gastro.org/microbiome](http://www.gastro.org/microbiome) for the latest research and education on the gut microbiome, and to learn more about the AGA Center for Gut Microbiome Research and Education and AGA's NIH-funded FMT National Registry.



## Need reliable patient education?

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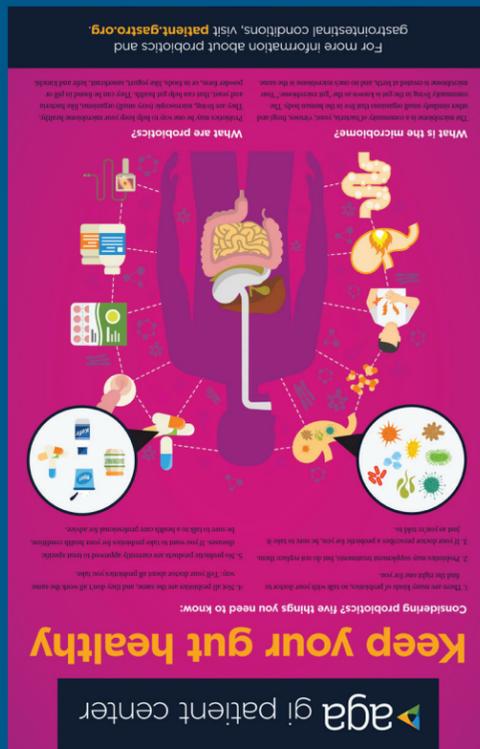
AGA's full patient education library is now open to everyone – no need to log in!

Send patients to [patient.gastro.org](http://patient.gastro.org) for reliable education, created by gastroenterologists.

AGA GI Patient Center materials are easy to access in various formats to best fit your and your patients' needs.



For more, visit [patient.gastro.org](http://patient.gastro.org).



## Display the poster

Hang this poster in your office to help your patients understand the gut microbiome and how probiotics may help with maintaining a healthy gut.

Tell your patients to visit the AGA GI Patient Center, [patient.gastro.org](http://patient.gastro.org), to access educational material on GI conditions, procedures, diet and medications, created by specialists for patients.

For more, visit [patient.gastro.org](http://patient.gastro.org).



# AGA patient education poster

AGA offers credible, easy-to-read, easy-to-access patient education for all top GI conditions and procedures. Available in English and Spanish, free of charge.

For more information, visit [patient.gastro.org](http://patient.gastro.org).



Free educational poster inside!