

MYTH vs. FACT

PREBIOTICS & PROBIOTICS

Separating Gut Health Facts from Fiction

✗ MYTH #1

"If probiotics make you feel terrible, they're working."

Some people notice mild gas or bloating at first, but severe or persistent symptoms are not a sign that the probiotics are working. They may mean the product isn't the right fit, the dose is too high, or another digestive condition needs attention.

✗ MYTH #2

"More CFUs are always better."

The strain of probiotic often matters more than the number of colony-forming units (CFUs). The right strain for your needs is usually more important than the highest number on the label.

✗ MYTH #3

"Probiotics permanently populate your gut."

Most probiotic bacteria pass through your digestive tract rather than becoming permanent residents. Consistent healthy habits help support a balanced microbiome over time.

✗ MYTH #4

"Prebiotics and probiotics are the same thing."

They're partners—not the same thing.



Probiotics = beneficial microorganisms



Prebiotics = the food that nourishes them

✗ MYTH #5

"You need expensive supplements for a healthy microbiome."

Many people can support gut health by eating a variety of fiber-rich whole foods and, if tolerated, naturally fermented foods. Supplements can be useful in some situations, but they're not always necessary.

✓ FACT

Some people notice mild gas or bloating at first, but severe or persistent symptoms are not a sign that the probiotics are working. They may mean the product isn't the right fit, the dose is too high, or another digestive condition needs attention.

✓ FACT

The strain of probiotic often matters more than the number of colony-forming units (CFUs). The right strain for your needs is usually more important than the highest number on the label.

✓ FACT

Most probiotic bacteria pass through your digestive tract rather than becoming permanent residents. Consistent healthy habits help support a balanced microbiome over time.

✓ FACT

They're partners—not the same thing.



Probiotics = beneficial microorganisms



Prebiotics = the food that nourishes them

✓ FACT

Many people can support gut health by eating a variety of fiber-rich whole foods and, if tolerated, naturally fermented foods. Supplements can be useful in some situations, but they're not always necessary.

QUICK TIP

Start slowly! Introduce new fiber-rich foods and probiotics gradually so your digestive system has time to adapt.

KATHY'S NATURE NOTE

A healthy forest isn't made of one tree—it's a thriving community living in balance. Your gut works the same way. Instead of trying to eliminate every microbe, focus on creating an environment where the beneficial ones can flourish.

Hilltop Herbals
& Herbal Journal

Evidence-informed herbal education rooted in nature.