

# Wanted dead or Alive

## What are the differences between live and dead beneficial bacteria

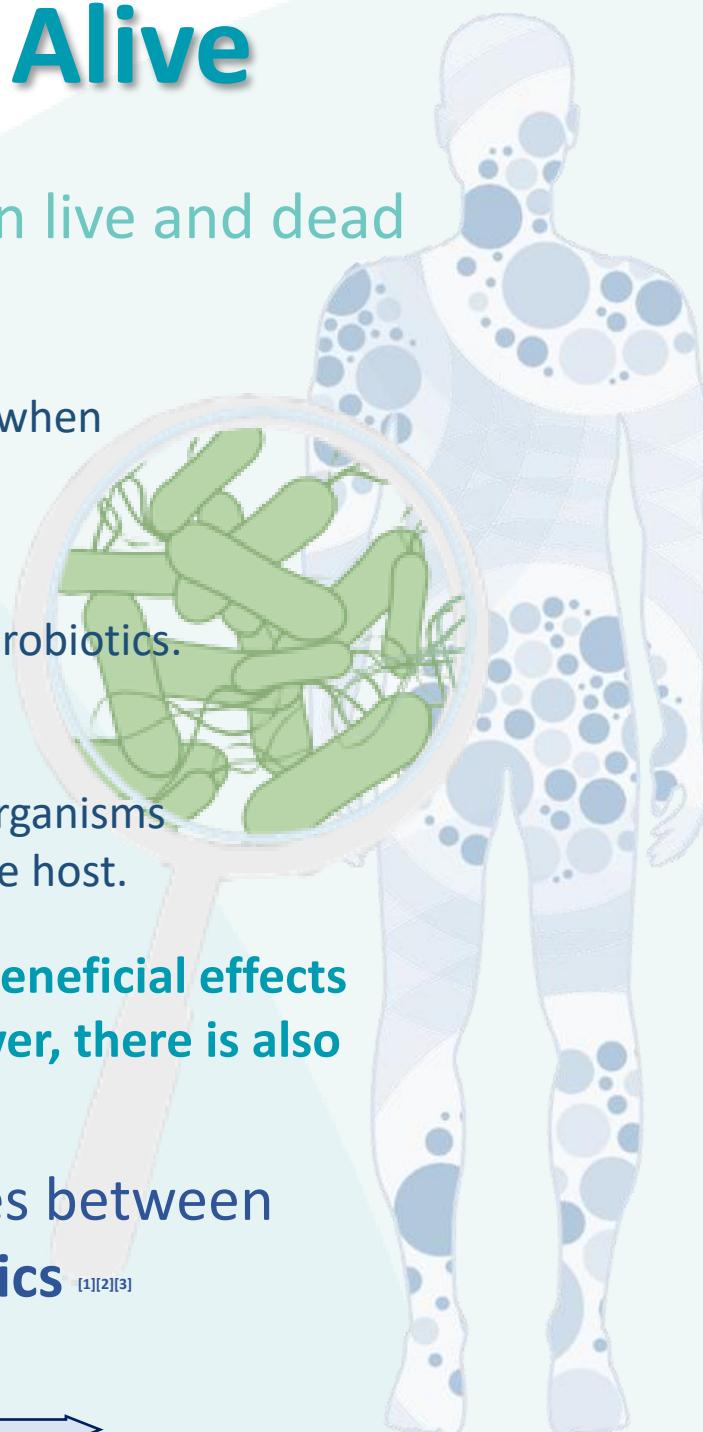


**Probiotics** are defined as live microorganisms that when administrated in adequate amounts confer a health benefit to the host.

Inactivated (“dead”) beneficial bacteria are not considered probiotics. They belong to the group of postbiotics.

**Postbiotics** are defined as preparations of inanimate microorganisms and/or their components that confers a health benefit on the host.

**Dead and live bacteria can have common beneficial effects such as immunomodulatory actions however, there is also differences**



### What are the main differences between Probiotics and Postbiotics [1][2][3]

<ul style="list-style-type: none"> <li>● Can proliferate and colonize the intestinal microbiome</li> <li>● Benefits are extensively documented in clinical studies for various health benefits</li> <li>● Health benefits are strain specific</li> <li>● Can excrete bacteriocins that inhibit pathogens</li> <li>● Stimulate the production of beneficial SCFA</li> <li>● Ability to metabolize harmful molecules (cholesterol), thus benefit host metabolism</li> <li>● Limited stability</li> <li>● Risk of transferring antibiotic resistance genes</li> </ul>	<ul style="list-style-type: none"> <li>● Cannot proliferate and colonize the intestinal microbiome</li> <li>● Benefits are not yet well established and more evidence is needed</li> <li>● Different metabolite production by specific strains requires further research</li> <li>● Do not excrete bacteriocins that inhibit pathogens</li> <li>● Limited ability to stimulate the production of SCFA</li> <li>● Limited ability to metabolize harmful molecules (cholesterol), thus benefit host metabolism</li> <li>● High stability</li> <li>● No risk of transferring antibiotic resistance genes</li> </ul>
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