



PROBIOTICS



Probiotics consist of a variety of bacterial species that may improve the bacterial environment of your gut. Probiotics and bacteria cultures, such as *Lactobacillus*, can be found in many different foods like yogurt, kombucha, and pickles, but can also be in a pill form. Perhaps the most common use for probiotics is to help with diarrhea; however, they may also help prevent over-colonization of potentially harmful bacteria and improve digestion.

This is a page from *Bacteria and Me*, a microbiology coloring book by Aedan Gardill and Tiffany Harris, and is funded by the Marie Christine Kohler fellowship.

To learn more information about the project and access free downloads of the coloring book pages, visit:

kohlerfellows.illuminatingdiscovery.wisc.edu/projects/bacteria-and-me/

