Prebiotics: development & application

Prebiotics are not the same as probiotics. The term "prebiotics" refers to dietary substances that favor the growth of beneficial bacteria over harmful ones. The term "synbiotics" refers to products that combine probiotics and prebiotics. How Popular Are Probiotics? Data from the 2012 National Health Interview Survey (NHIS) show that about 4 million (1.6 percent) U.S. adults had used probiotics or prebiotics in the past 30 days.