

MICROBIOME SUPPORT

Probiotic-Rich Fermented Foods Reference Chart

Food Source	Category	Key Microbes & Benefits
Kefir		<ul style="list-style-type: none">• Contains 30+ strains of bacteria and yeast (Lactobacillus, Leuconostoc).• High bioavailability; supports bone density and immune regulation.
Sauerkraut		<ul style="list-style-type: none">• Rich in L. plantarum; promotes intestinal barrier integrity.• High in Vitamin C, K, and digestive enzymes.
Kimchi		<ul style="list-style-type: none">• Lactic acid bacteria (LAB) linked to metabolic health.• Anti-inflammatory properties and cholesterol support.
Miso		<ul style="list-style-type: none">• Contains Aspergillus oryzae (koji).• Supports protein digestion and provides essential minerals.
Kombucha		<ul style="list-style-type: none">• Symbiotic Culture of Bacteria and Yeast (SCOBY).• Contains acetic acid which can suppress harmful pathogens.
Tempeh		<ul style="list-style-type: none">• Fermented via Rhizopus oligosporus.

Food Source**Category****Key Microbes & Benefits**

- High protein content and improved mineral absorption.

Directly incorporate small servings (1-2 tbsp) daily for optimal gut diversity. Ensure products are "unpasteurized" or "raw" to maintain live cultures.