

FIT TO READ QUIZ – PRE AND PROBIOTICS

1. What has impact over the health of our entire body? _____ (gut health)
2. What does the word probiotic mean? _____ (for life)
3. Where does this healthy, friendly, good bacteria live? _____ (our digestive tracts)
4. Probiotics come in the form of _____ (whole foods) and high quality _____ (supplements)
5. How many species are in our gut? _____ (500) with how many pounds of bacteria _____ (three)
6. What bad bacteria is named in this article? _____ and _____ (yeast, parasites)
7. Non-organic foods contain _____ (antibiotics) that actually kill the good bacteria in our guts
8. True or false: Prebiotics are undigested materials that support growth and maintenance of probiotics? (true)
9. What percentage of the immune system lives in our gut? _____ (70 percent)
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!