



PREBIOTIC & PROBIOTIC

----- GUT HEALTH -----



Prebiotics

Probiotics

Tomatoes 	Oats 	Cocoa 	Kombucha 	Yogurt 	Kefir
Avocado 	Garlic 	Onions 	Tempeh 	Aged Cheese 	Buttermilk
Chia Seeds 	Wheat 	Asparagus 	Kimchi 	Coconut yogurt 	Pickles
Carrots 	Flaxseeds 	Apples 	Sourbrough Bread 	Natto 	Tangy Chutneys

Pro Gut Health Foods Full Tutorial For Beginners

Jiyuan Zhang



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