

QUIZ

HOW GOOD ARE PROBIOTICS FOR YOUR HEALTH?



According to the video, are the sentences below true (T) or false (F)?

1. If you stop taking probiotics, any beneficial effect is lost.	T	F
2. When taken, they work well for everyone.	T	F
3. Companies making probiotic products have complied with EU regulations.	T	F
4. The experiment with oats was conducted to introduce more bacteria to the gut.	T	F
5. The lab in Aberdeen analysed DNA in the reporter's faeces.	T	F
6. The diet of oats stimulated all the bacteria in the reporter's gut equally.	T	F
7. Some bacterial by-products are good for the heart.	T	F

Answers: 1. T - 2. F - 3. T - 4. F - 5. T - 6. F - 7. T.