



STUDIES & RESEARCH

Studies and Research for PREPRO PREMIUM™



[Gut Bacteria, Prebiotics and the Link between Helping Stress, Anxiety and Depression](#)

Scientists at Oxford University recently made an important advance in this field with a study demonstrating that consumption of prebiotics affects both emotional processing and stress hormone levels in healthy volunteers.

[The Role of Probiotics and Prebiotics in Inducing Gut Immunity](#)

...we have learned that certain species of bacteria can have large effects on the gut immune system and that the balance of these influences is important to the maintenance of homeostasis and the development of novel disease treatment and management strategies. In this context, prebiotics and/or probiotics are a powerful strategy for manipulating the microbial composition and immune responses of the host.

