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Q38

Consider the following statements in respect of probiotics: 1. Probiotics are made of both bacteria and yeast. 2. The organisms in probiotics are found in foods we ingest but they do not naturally occur in our gut. 3. Probiotics help in the digestion of milk sugars. Which of the statements given above is/are correct? (a) 1 only (b) 2 only (c) 1 and 3 (d) 2 and 3 Official key: C.

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Explanation

(a)

1 only. Lactose digestion (lactase-positive strains) is also keyed.

(b)

2 only. Many probiotic organisms are native gut commensals; statement 2 is false.

(c) Official key

1 and 3. Bacteria and yeasts (e.g. *Saccharomyces boulardii*); they help digest milk sugar. They do occur in the gut.

(d)

2 and 3. Statement 2 fails.

Summary

Official key is (c) 1 and 3. Probiotics include bacteria and yeasts. They are not 'only in food, never in the gut'. Some strains help digest lactose.

Related possible facts

These can be asked in a future Prelims paper.

Saccharomyces boulardii

A probiotic yeast.

Lactobacillus / Bifidobacterium

Common bacterial probiotic genera.