

**Dietitians and 'biotics' – Driving the discussion**  
Kara Landau "The Prebiotic Dietitian"

**GUT FEELING**  
EMPOWERED FROM WITHIN

**GLOBAL PREBIOTIC ASSOCIATION**

**Forbes**

**US News**

**Men's Health**

**EAT THIS, NOT THAT!**

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**"There is a clear need and opportunity in educating dietitians on the benefits and mechanisms of action of the various 'biotics'"**

Kara Landau

**Health Benefits of Prebiotics**

"Prebiotics are finally having their moment," says Kara Landau, "The Prebiotic Dietitian" who is the founder of Gut Feeling Consultancy. "Consumers now realize there is another piece to the gut health puzzle beyond probiotics."

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**"Dietitians are a gateway and trusted source to your end consumer, however most are not trained in the 'biotic space'"**

Kara Landau

**Forbes HEALTH**

**Prebiotics vs. Probiotics vs. Postbiotics: What's The Difference?**

**US NEWS HEALTH**

**What Are Prebiotics?**

Improve your gut health and overall well-being with prebiotics. Experts explain what prebiotics are and how you can eat more.

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**"Dietitians educate various end users, including their peers, therefore the investment value in their education has the power to significantly multiply"**

Kara Landau




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**"Educating dietitians will see new opportunities created for the 'biotics to be communicated in the mass consumer media'"**

Kara Landau




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**GUT FEELING**  
EMPOWERED FROM WITHIN

**NEED MY HELP?**  
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 connect on LinkedIn: Kara Landau

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