

# Probiotic vs Prebiotic Next-Step Guide

Use this quick routing guide after the simple probiotic-versus-prebiotic comparison if your real question is already getting more specific.

## Route By Your Main Question

Main question	Best next read
Which strain fits IBS symptoms?	Probiotics for IBS: Which Strains Actually Help
Which fermentable ingredient am I reacting to?	Prebiotic Fiber: What It Is, What It May Help, and When It Can Backfire
What if the label combines both?	Synbiotics, Probiotics, and Prebiotics: What Fits When
What if this all started after antibiotics?	Antibiotic-Induced Gut Dysbiosis
What if 'healthy' products keep making me worse?	Why You Still Feel Bloating After Eating 'Healthy' Foods

## Bottom Line

- probiotics are about live microbes
- prebiotics are about substrates

If the label is doing more than that, the next step is usually a broader or more specific guide rather than a bigger guess.