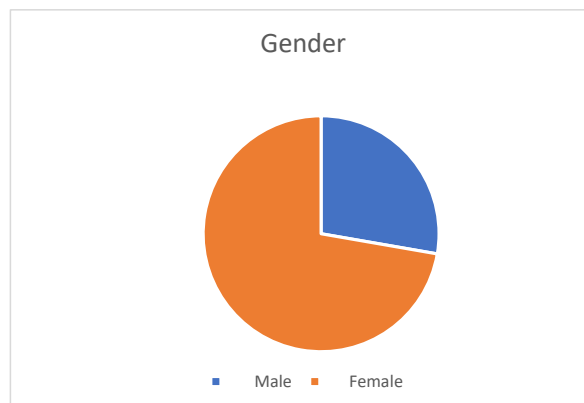


***PROJECT “ALL DISEASE BEGINS IN THE GUT” –
PROBIOTICS AWARENESS SURVEY***

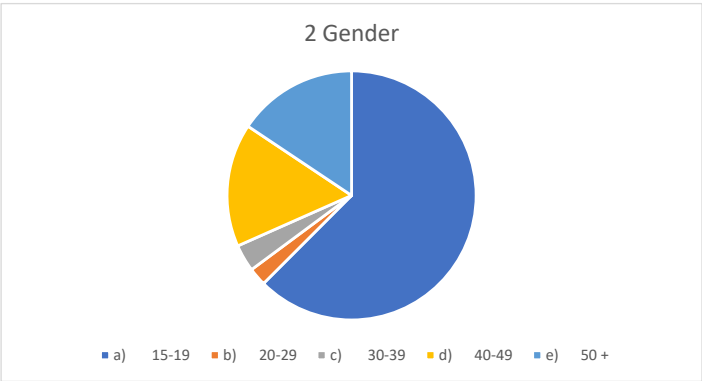
1 Gender

Male	71
Female	185



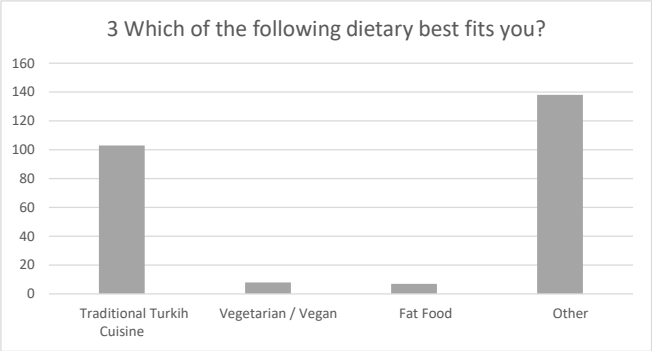
2 Gender

a)	15-19	160
b)	20-29	6
c)	30-39	9
d)	40-49	41
e)	50 +	40



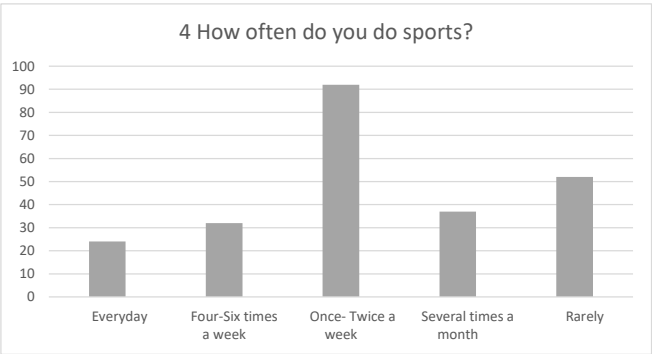
3 Which of the following dietary best fits you?

Traditional Turkish Cuisine	103
Vegetarian / Vegan	8
Fat Food	7
Other	138



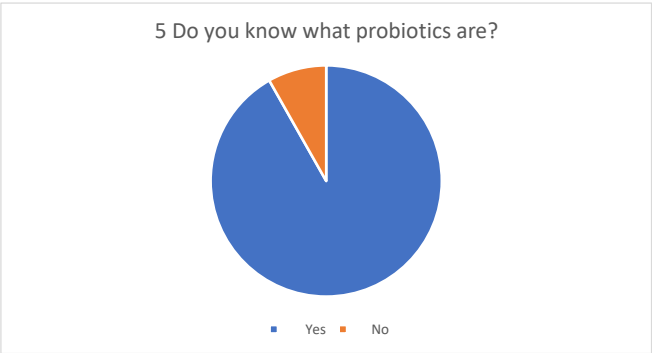
4 How often do you do sports?

Everyday	24
Four-Six times a week	32
Once- Twice a week	92
Several times a month	37
Rarely	52



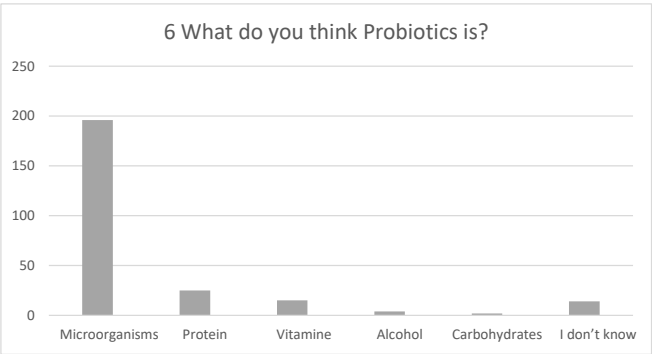
5 Do you know what probiotics are?

Yes	235
No	21



6 What do you think Probiotics is?

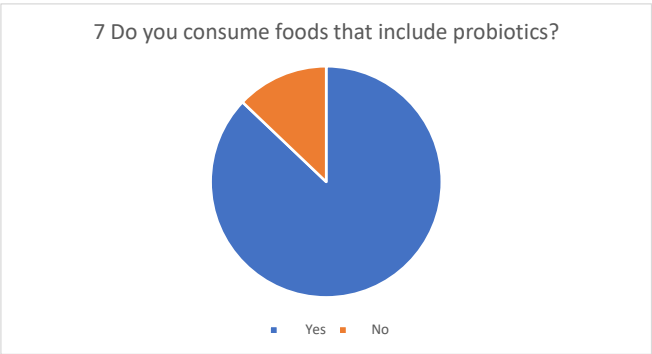
Microorganisms	196
Protein	25
Vitamine	15
Alcohol	4
Carbohydrates	2
I don't know	14



Q

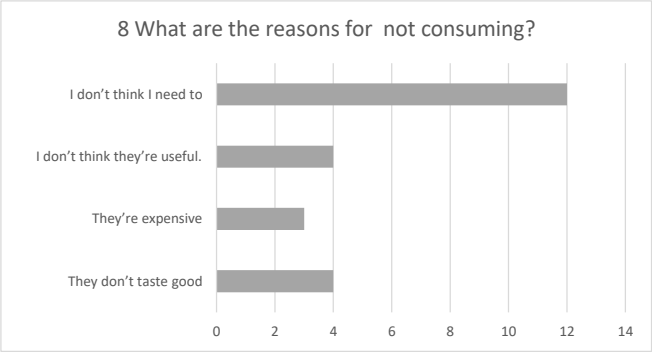
7 Do you consume foods that include probiotics?

Yes	223
No	33



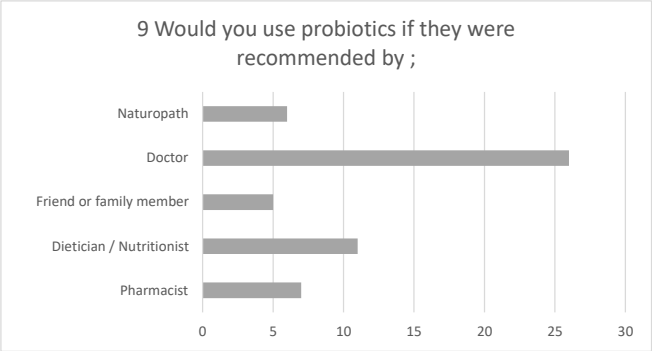
8 What are the reasons for not consuming?

They don't taste good	4
They're expensive	3
I don't think they're useful.	4
I don't think I need to	12



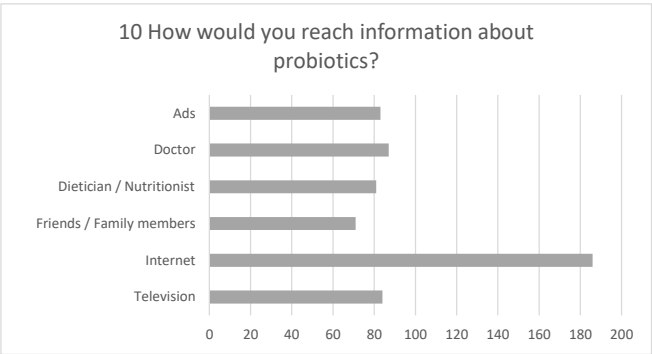
9 Would you use probiotics if they were recommended by ;

Pharmacist	7
Dietician / Nutritionist	11
Friend or family member	5
Doctor	26
Naturopath	6



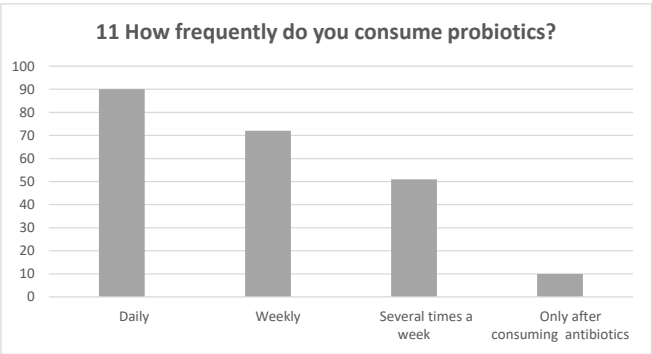
10 How would you reach information about probiotics?

Television	84
Internet	186
Friends / Family members	71
Dietician / Nutritionist	81
Doctor	87
Ads	83



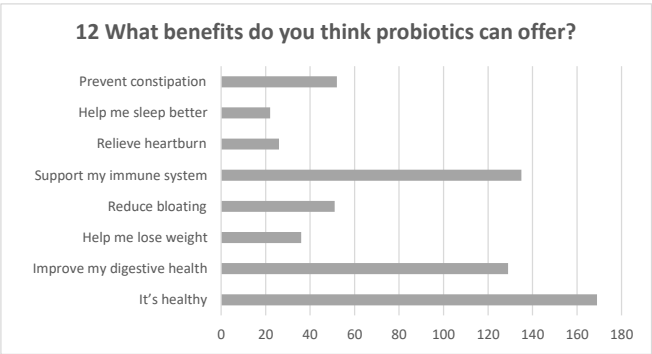
11 How frequently do you consume probiotics?

Daily	90
Weekly	72
Several times a week	51
Only after consuming antibiotics	10



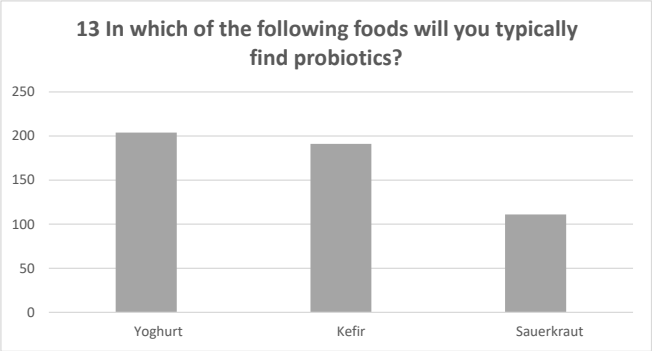
12 What benefits do you think probiotics can offer?

It's healthy	169
Improve my digestive health	129
Help me lose weight	36
Reduce bloating	51
Support my immune system	135
Relieve heartburn	26
Help me sleep better	22
Prevent constipation	52



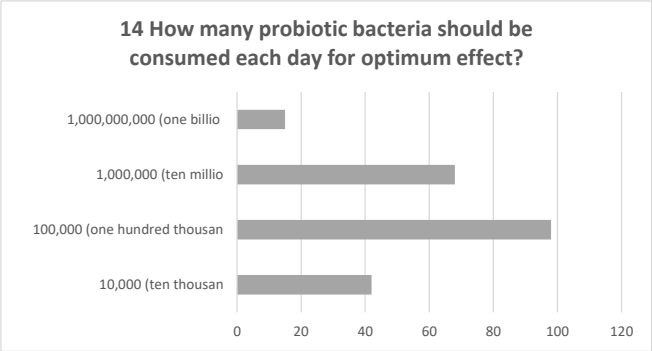
13 In which of the following foods will you typically find probiotics?

Yoghurt	204
Kefir	191
Sauerkraut	111



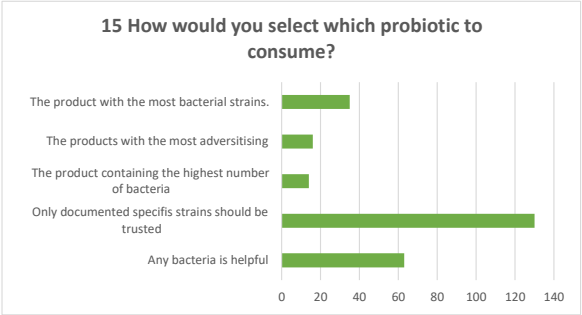
14 How many probiotic bacteria should be consumed each day for optimum effect?

10,000 (ten thousan	42
100,000 (one hundred thousan	98
1,000,000 (ten millio	68
1,000,000,000 (one billio	15



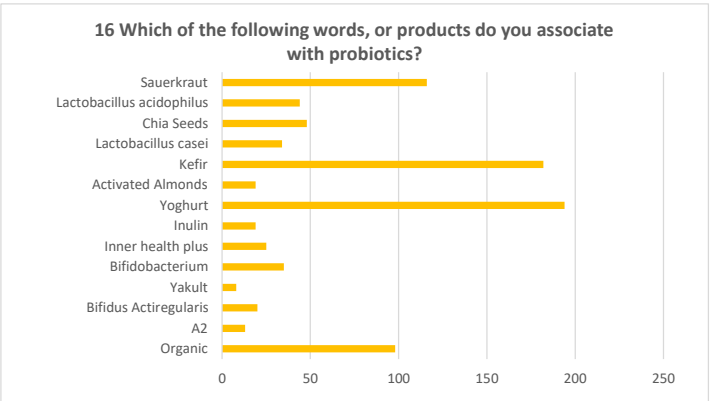
15 How would you select which probiotic to consume?

Any bacteria is helpful	63
Only documented specifis strains should be trusted	130
The product containing the highest number of bacteria	14
The products with the most adversitising	16
The product with the most bacterial strains.	35



16 Which of the following words, or products do you associate with probiotics? (select all that apply)

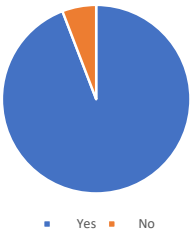
Organic	98
A2	13
Bifidus Actiregularis	20
Yakult	8
Bifidobacterium	35
Inner health plus	25
Inulin	19
Yoghurt	194
Activated Almonds	19
Kefir	182
Lactobacillus casei	34
Chia Seeds	48
Lactobacillus acidophilus	44
Sauerkraut	116



17 Do you include yoghurt in your diet because it contains probiotics?

Yes	210
No	13

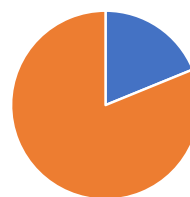
17 Do you include yoghurt in your diet because it contains probiotics?



18 Do you know which bacteria the product you consume contains?

Yes	42
No	181

18 Do you know which bacteria the product you consume contains?



■ Yes ■ No

19 In which of the following products would you like probiotics to be used ?

Pasta	113
Biscuit	74
Bread	125
Drinks	160

