

The types of microbes that are the normal resident of your digestive tract depend on your diet.

Using the internet, research probiotic yogurts. Specifically, identify which products are on the market, determine how much they cost, identify which microbes are present in probiotic yogurts, and identify the effects of the microbes on the human system. Finally, argue whether you think the benefits of the microbes are worth the probiotic yogurts' extra cost.

Summarize your research and your argument in a two-page paper.

Your submission will be graded as follows:

- Accurate identification of probiotic yogurts (20 points)
- Accurate identification of microbes in probiotic yogurts (20 points)
- Explanation of why they are or are not worth the cost (60 points)