

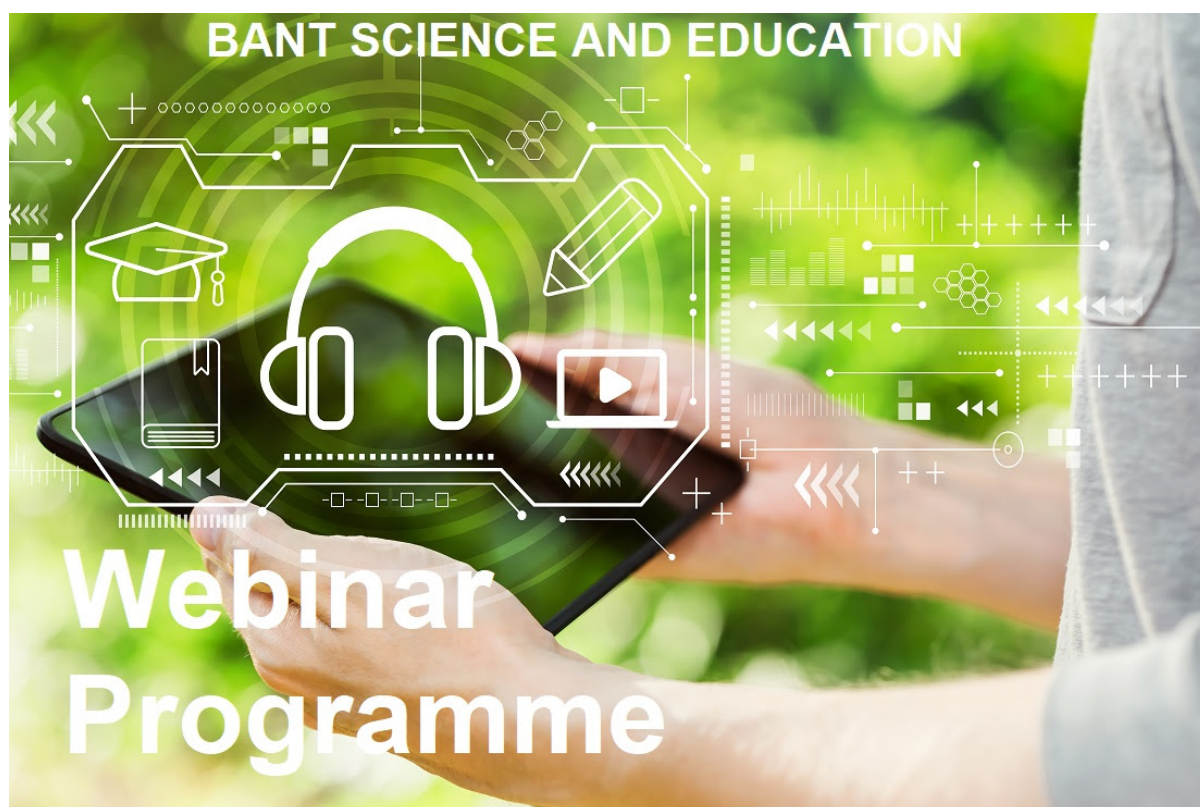
July 2025 BANT Webinar

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Science-based nutrition
practice since 1997



July 2025 BANT Webinar

Personalised Prebiotics: Optimising Gut Microbiome Health with Prebiotics

Hello there,

BANT Webinar Partnership Programme in partnership with [Invivo Healthcare](#).

Catch up on the most recent webinar on offer exclusively to members of BANT. We have

the recording of the recent live event which took place this month, ready for you in the [BANT Learning Zone](#) library, *Digestion and Microbiome Category*.

Featuring Hannah Braye, Clinical Director of Invivo Healthcare and BANT Registered Nutritionist explores the latest evidence and practical strategies for using personalised prebiotics to optimise gut health. You will learn how to utilise prebiotic interventions to enhance clinical outcomes and deliver truly personalised nutrition advice.

This webinar will cover:

- How prebiotics are classified and how they differ from other fibres
- How prebiotics can influence the gut microbiome and common clinical scenarios
- How gut microbiome testing using metagenomic sequencing can reveal deeper insights to inform prebiotic recommendations
- Alternative prebiotic approaches to herbal antimicrobial therapy to effectively address gut dysbiosis and clinical symptoms
- When best to recommend food sources of prebiotics and when supplemental interventions may be more appropriate
- Prebiotic doses supported by research evidence
- How to manage common "curve balls" that can occur when introducing prebiotics in clinical practice, to ensure greatest client compliance.

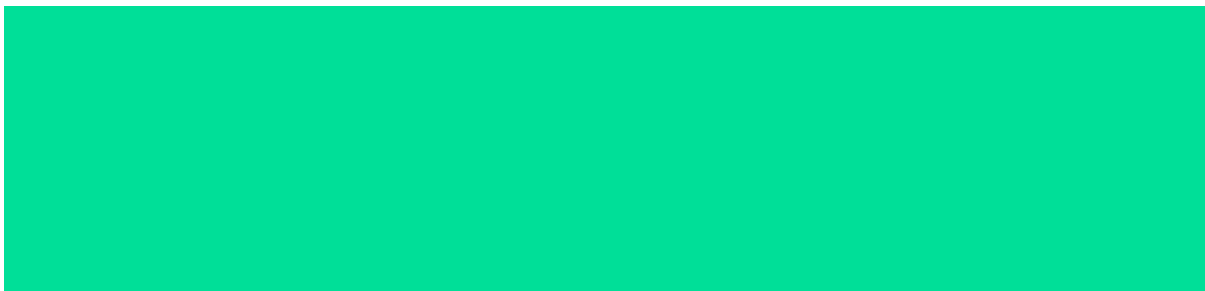
The webinar is now live and exclusive to BANT members in the [BANT Learning Zone](#) library, *Digestion and Microbiome Category*.

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For any enquiries, please email Clare at clare.grundel@bant.org.uk.

Best wishes,
The BANT Webinar Team

This email is sponsored by:



Hannah Braye is Clinical Director at Invivo Healthcare, a B Corp accredited company offering microbiome testing, supplements and education. She has a master's degree (MSc) in Personalised Nutrition, with a gut microbiome research focus and a Practice Diploma in Naturopathic Nutrition.

Hannah has been a registered

Hannah Braye
MSc Personalised Nutrition

nutritionist (BANT) for over 8 years and before joining Invivo was Head of Technical Advice at ADM Protexin (Bio-Kult probiotics). She has also worked on the Soil Association's Food for Life and Green Kitchen initiatives and previously ran her own nutritional therapy clinic specialising in gut health.



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