

A GUIDE TO PROBIOTICS

*The products selected have been reviewed by a registered dietitian and have research to support their health benefits

ALIGN

<https://www.alignprobiotics.com>

Bifidobacterium infantis 35624

Benefits: reduces bloating, cramping, and stool frequency in those with Irritable Bowl Syndrome (IBS)

Recommended Dosage: one capsule per day

BIO-K+

<https://www.biokplus.com>

Lactobacillus acidophilus CL 1285 and L casei

Benefits:* reduces incidence of antibiotic-associated diarrhea (AAD)

Recommended Dosage: 1-2 capsules a day or 1/4-1 bottle of beverage a day

CULTURELLE

<https://www.culturellehcp.com>

Lactobacillus rhamnosus GG ATCC 53103

Benefits:* reduces both severity and duration of acute infections diarrhea and AAD in both children and adults

Recommended Dosage: 1-2 capsules per day

FLORASTOR

<https://www.drugs.com>

Saccharomyces boulardii

Benefits:* effective in preventing AAD and travelers diarrhea in adults and children, and reducing severity and duration of acute infectious diarrhea

Recommended Dosage: 1-2 capsules or powder packets twice a day

MUTAFLOR

<https://www.mutaflor.com>

E coli Nissle 1917

Benefits: sustains remission of ulcerative colitis

Recommended Dosage: two capsules three times per day for the first three days, then two capsules two times per day starting on day four and thereafter for eight weeks

VSL#3

<https://www.vsl3pharma.com>

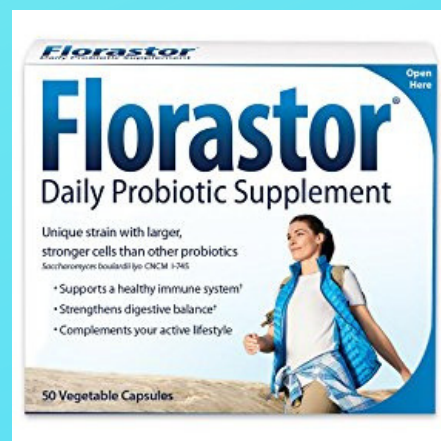
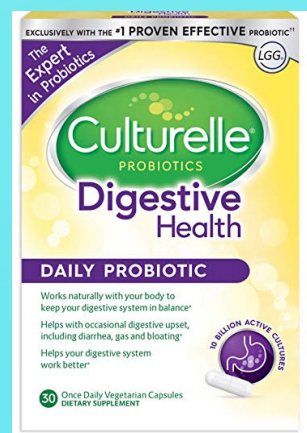
Lactobacillus paracasei, L plantarum, L acidophilus, L delbrueckii subsp. bulgaricus, Bifidobacterium longum, B breve, B infantis, and Streptococcus thermophilus

Benefits: effective in alleviating symptoms of IBS, ulcerative colitis, and pouchitis in both adults and children

Recommended Dosage: depending on the symptoms being treated, the recommended dose ranges from 2-16 capsules or 1-4 powder packets for adults and 1-8 for children

*If taking probiotics to prevent or treat Antibiotic-Associated Diarrhea, it is recommended that supplements be taken at a different time than antibiotics to help preserve the livelihood of the supplemental probiotic.

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ADDITIONAL INFORMATION

THINGS TO CONSIDER WHEN PICKING A PROBIOTIC

1. Probiotic Strain

Choosing the right strain of probiotic is important because the strain is what impacts the efficacy of the product. Make sure that the one you are choosing matches the correct research or your doctors recommendation.

2. Package Information

When choosing a probiotic, make sure that the package includes the following information: strain, quantity of CFUs, serving size, health benefits, proper storage conditions, expiration date, and additional corporate contact information.

3. Proof of Efficacy

Be sure that the probiotic you are choosing has been tested. This is the only way health benefits of the product can be determined. The following link can help when reading probiotic labels:

<http://probiotics101.probacto.com>

4. Quality and Quantity

While probiotics have been found to be effective at 50 million to over 1 trillion CFU's per day, quantity does not always mean better quality.

5. Food Intolerances

If you have a food intolerance, it is recommended that you look for a probiotic with the United States Pharmacopeia symbol on the label. This ensures that the product underwent third party testing for any food allergens. This is important as most probiotics are grown on a dairy based medium. If you do begin taking a probiotic and you have a food intolerance, start with a low dose and monitor for any side effects.

CAUTION

Probiotics are Not for Everyone

Those undergoing cancer treatment with a suppressed immune system as a result, are not advised to consume probiotics. Consuming probiotics can result in fungal infections especially when receiving treatment through central lines or catheters.

LEARN MORE:

PREBIOTIC-PROBIOTICS AND YOUR HEALTH

