Probiotics

Summary

Last updated 6/10/15

What are probiotics?
Helpful microbes (bacteria) that have been shown to benefit human health.

- More than 400 types of helpful bacteria live in your guts!
- An imbalance of the types of these bacteria can impair digestion and health.

Lifestyle factors
- Breast feeding your baby provides immune system benefits and reduces risk of allergies
- Avoid unnecessary antibiotics during first 2 years of life.
- It may be helpful to eat foods with naturally-occurring probiotics, such as cultured yogurt (unsweetened), kefir, sauerkraut, kim chee, kombucha, miso and buttermilk

Beneficial bacteria
- Helps keep number of harmful bacteria under control.
- Aid digestion
- Protect the gut from harm
- Stimulate the immune system
- Improve nutrition

Common types of beneficial bacteria

Lactobacillus species
- L. acidophilus
- L. bulgaricus
- L. fermentum
- L. rhamnosus (GG)
- L. plantarum 299V

Bifidobacterium
- B. bifidum
- B. infantis 35624
- B. longum
- B. thermophilum

Streptococcus
- S. thermophilus
- S. salivarius

E. coli Nissle 1971

Saccharomyces boulardii (yeast)  (formerly known as S. cervisiae Hansen CBS 5926)
Commonly recommended probiotics – These are examples, please shop around for best prices.

General rules – 1) buying larger volume usually results in less price per capsule or serving  
2) Different companies and websites have special sales on certain brands.  
3) Coupons may be available online  
4) To avoid shipping charge, pay attention to minimum order

<table>
<thead>
<tr>
<th>Probiotic</th>
<th>Indication</th>
<th>Dose (at time of manufacture)</th>
<th>Sold as</th>
<th>*Cheaper cost</th>
</tr>
</thead>
</table>
| *Saccharomyces boulardi*          | • Antibiotic-associated diarrhea  
• Inflammatory gut  
• Immune health | 5 billion CFU | Florastor ®  
1 capsule BID | Amazon  
$16.46 Jarrow *S. boulardi* + MOS. 90 caps  
@ 5 billion CFU | (62 ¢/each)  
18 ¢/each |
| *Bifidobacterium infantis 35624* | • IBS – pain, bloating, BM difficulty | 1 billion CFU | Align ®  
1 capsule q day | LuckyVitamin.com  
Solaray BabyLife  
Bifidobacterium Infantis Powder Unflavored 615 mg.  
- 2.5 oz.  $12.06 | $28.88 for 28 caps  
(1.02/each)  
10 ¢/serving |
| *Lactobacillus rhamnosus (GG)*    | • Pediatric diarrhea  
• UC  
• Atopy  
• Reduced ICU stay? | 10 billion CFU | Culturelle ®  
$22.99 | Amazon.com Swanson  
*L.rhamnosus* w/FOS.  
$8.49 for 60 caps  
5 billion CFU, so  
equivalent dose =  
(28 ¢/each) |
| *Probiotic Bacteria Blend* (8 Strains) | Overall health, GI balancing | 5 billion CFUs/cap | Jarrow-Dophilus EPS® | Amazon.com  
$14.50 for 60 caps |
<table>
<thead>
<tr>
<th>Probiotic Bacteria Blend (10 strains) + FOS</th>
<th>“ “</th>
<th>(10 billion CFU /cap) 2 caps= serving</th>
<th>Vitacost Probiotic 10-20</th>
<th>Vitacost.com $15.47 for 100 capsules</th>
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</thead>
<tbody>
<tr>
<td>L. acidophilus</td>
<td><strong>L. plantarum</strong></td>
<td>L. rhamnosus</td>
<td>L. casei</td>
<td>L. salivarius</td>
</tr>
<tr>
<td>Bifudus and lactobacillus spp based on maternal vaginal canal flora</td>
<td>3 billion</td>
<td>Flora Udo's Choice® Infant's Probiotic</td>
<td>¼ tsp 75 servings</td>
<td>Vitacost.com $15.99</td>
</tr>
<tr>
<td>Strep salivarius K12</td>
<td>Dental caries</td>
<td>1 lozenge = 1 billion CFU</td>
<td>NOW OraBiotic BLIS K12</td>
<td>amazon.com &amp; vitacost.com $13.88 (60 lozenges)</td>
</tr>
<tr>
<td>L. rhamnosus GR-1 + L. reuteri RC-14 (best studied combo for BV Rx)</td>
<td>Vaginal microbiota</td>
<td>5 billion CFU of combo</td>
<td>Jarrow Fem-dophilus® = L. rhamnosus GR-1 + L. reuteri RC-14</td>
<td>Amazon.com 30 caps for $18.50</td>
</tr>
<tr>
<td>Rugby L. Acidophilus Extra Strength w/ L. sporogenes</td>
<td>1.2 billion per 2 captabs</td>
<td>Problem is low colony count</td>
<td>*Vista Pharmacy $4 for 100 captabs</td>
<td></td>
</tr>
</tbody>
</table>

* As of Internet search dated 6/10/15