

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

L. breve

L. casei

L. reuteri

Bifidobacterium

B. bifidum

B. infantis 35624

B. longum

B. breve

B. lactis

B. thermophilum

Streptococcus

S. thermophilus

S. salivarius

E. coli Nissle 1971

Saccharomyces boulardii (yeast) (formerly known as *S. cerevisiae* 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

Probiotic	Indication	Dose (at time of manufacture)	Sold as	*Cheaper cost
<i>Saccharomyces boulardi</i>	<ul style="list-style-type: none"> • Antibiotic-associated diarrhea • Inflammatory gut • Immune health 	5 billion CFU	Florastor® 1 capsule BID (62 ¢/each)	Amazon \$16.46 Jarrow S. <i>boulardi</i> + MOS. 90 caps @ 5 billion CFU (18 ¢/each)
<i>Bifidobacterium infantis 35624</i>	<ul style="list-style-type: none"> • IBS – pain, bloating, BM difficulty 	1 billion CFU	Align® 1 capsule q day \$28.88 for 28 caps (\$1.02/each)	LuckyVitamin.com Solaray BabyLife Bifidobacterium Infantis Powder Unflavored 615 mg. - 2.5 oz. \$12.06 (10 ¢/serving)
<i>Lactobacillus rhamnosus (GG)</i>	<ul style="list-style-type: none"> • Pediatric diarrhea • UC • Atopy • Reduced ICU stay? 	10 billion CFU	Culturelle® \$22.99 (77 ¢/each)	Amazon.com Swanson <i>L.rhamnosus</i> w/FOS. \$8.49 for 60 caps 5 billion CFU, so equivalent dose = (28 ¢/each)
Probiotic Bacteria Blend (8 Strains) L. rhamnosus R0011 L. acidophilus R0052* Pediococcus acidilactici R1001 L. casei R0215 B. longum BB536 L. plantarum R1012 B. breve R0070 Lactococcus lactis ssp. lactis R1058	Overall health, GI balancing	5 billion CFUs/cap	Jarrow- Dophilus EPS®	Amazon.com \$14.50 for 60 caps

Probiotic Bacteria Blend (10 strains) + FOS <i>L. acidophilus</i> <i>L. plantarum</i> <i>L. rhamnosus</i> <i>L. casei</i> <i>L. salivarius</i> <i>S. thermophiles</i> <i>B. bifidum</i> <i>B. longum</i> <i>L. helveticus</i> <i>L. brevis</i>	“ “	(10billion CFU /cap) 2 caps= serving	Vitacost Probiotic 10- 20	Vitacost.com \$15.47 for 100 capsules
INFANT BLEND <i>L. Casei</i> HA-108 <i>L. Rhamnosus</i> HA -111 <i>L. Acidophilus</i> HA-122 <i>B. Infantis</i> HA-116 <i>B. Bifidum</i> HA-132 B. Breve HA-129	<i>Bifidus and lactobacillus</i> spp based on maternal vaginal canal flora	3 billion	Flora Udo's Choice® Infant's Probiotic ¼ tsp 75 servings	Vitacost.com \$15.99 (21 ¢/serving)
<i>Strep salivarius K12</i>	Dental caries	1 lozenge =1 billion CFU	NOW OraBiotic BLIS K12	amazon.com & vitacost.com \$13.88 (60 lozenges)
<i>L. rhamnosus</i> GR-1 + <i>L. reuteri</i> RC-14 (best studied combo for BV Rx)	Vaginal microbiota	5 billion CFU of combo	Jarrow Fem- dophilus ® = <i>L. rhamnosus</i> GR-1 + <i>L. reuteri</i> RC-14	Amazon.com 30 caps for \$18.50
Rugby <i>L. Acidophilus</i> <i>Extra Strength</i> <i>w/ L. sporogenes</i>		1.2 billion per 2 captabs	Problem is low colony count	*Vista Pharmacy \$4 for 100 captabs

* As of Internet search dated 6/10/15