

PROBIOTICS

Points to remember

- Know the species and strain
- Number of organism – more than 7 strains and more than 5 billion CFU (colony forming units)
- Keep it away from moisture and heat
- Storage often times refrigeration is needed
- Must look for “viable through end of shelf life” You don't want dead bacteria!
- Encapsulated pills so they survive acidity of stomach
- Prefer to have certification by independent third party
- Only FDA approved probiotic is VSL 3#

Travellers diarrhea – *Saccharomyces boulardii* weeks before your travel

Lactose intolerance – *Lactobacillus bulgaricus*, *Lactobacillus acidophilus* and *Streptococcus thermophiles*

IBS – *Bifidobacterium infantis* 35624, *Lactobacillus plantarum* 299V or *Bifidobacterium bifidum* MIMBb75 can help with gas, bloating, pain and regulate BM

While on antibiotics – *Lactobacillus rhamnosus* GG or *Saccharomyces boulardii* 6 hours prior to each antibiotic dose with CFU more than 10 billion and continue for 14 more days after termination of antibiotics

Eczema – *Lactobacillus rhamnosus* HN001, *Lactobacillus fermentum* VRI – 003 PCC

Cold – *Bifidobacterium animalis* Bi07 or *Lactobacillus acidophilus* NCFM can help boost body immunity

Vaginal infection – *Lactobacillus acidophilus*, *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC – 14. The last 2 are the best for this.

Bad breath / Gingivitis – *Lactobacillus reuteri* LR- 1 or LR – 2. Possibly *Weissella cibaria* may help freshen breath.

GI Consultants. www.mygastrodr.com