The probiotic “cheat sheet”

Not all probiotics are the same. For best results you will want to use products that contain the specific species proven in research to address the issue you are dealing with.

This means you will want to read labels or search the internet for products containing the species you are looking for in adequate doses.

Dosing with probiotics is very important. The doses for adults and children are provided below. Unless otherwise noted, shoot for these doses:

Adults: 100 billion CFUS per day with breakfast.

Children: 50 million CFUS per day with breakfast.

Introduction of high potency probiotics can cause digestive distress for some. Introduce probiotics very slowly to the system to minimize any issues.

Always consult your physician before changing or adding any supplements including probiotics. If there are negative symptoms or reactions to probiotics consult a physician.

For guidance, the following abbreviations are used:
L.= Lactobacillus
B.= Bifidobacterium
S.= Saccharomyces
General Immune Enhancement:

*L. rhamnosus* GG

*B. lactis* BB-12

*L. reuteri* SD2112

*L. casei* DN114-001

*B. lactis* HN019 (DR10) (especially in elderly)

*Lactobacillus casei* Shirotai YIT9029

*L. johnsonii* La1 (Lj1)

*Escherichia coli* Nissle 1917

Bowel Function:

*L. rhamnosus* GG (diarrhea in children, atopic dermatitis prevention)

*B. lactis* BB-12 (diarrhea in children)

*L. reuteri* SD2112 (diarrhea)

*B. infantis* 35624 (help with irritable bowel syndrome (IBS))

*B. animalis* DN173-010 (constipation)

*L. plantarum* 299V (post surgery gut dysfunction and IBS)
Lactobacillus casei Shirota YIT9029 (general intestinal support)

L. salivarius UCC118 (inflammatory bowel disease IBD)

L. johnsonii Lb1 (Lj1) (help with H. pylori infection)

Escherichia coli Nissle 1917 (overall intestinal health)

Saccharomyces cerevisiae (boulardii) (diarrhea from antibiotic use & help with Clostridium difficile)

S. thermophilus (lactose intolerance)

**Allergy Symptoms:**

B. longum BB536

**Obesity:**

Lactobacillus gasseri SBT2055 (LG2055) (Brands= Garden of Life RAW Probiotics Women and Phillips Colon Health)

Lactobacillus rhamnosus CGMCC1.3724 (also called LPR)

**Vaginal Bacterial Infections:**

Combo of L. rhamnosus GR-1 and L. fermentum RC-14 (i.e. Jarrow Brand femdophilus)
Cold & Flu Infections:

Lactobacillus plantarum HEAL 9 (DSM 15312) combined with Lactobacillus paracasei 8700:2 (DSM 13434) (55% fewer colds and flus with 12 weeks of use)

Lactobacillus acidophilus NCFM combined with Bifidobacterium animalis subsp lactis Bi-007 (5 billion cells per day) (In children age 3 to 5. Given for 6 months prevented flu/cold)

Abdominal Pain:

Lactobacillus GG (i.e. Culturelle) (3 billion cells daily for 8 weeks) (reduced abdominal pain)

Lactobacillus reuteri (200 million cells per day) (reduced abdominal pain)