



AEProbio

Alliance for Education on Probiotics

Clinical Guide to

Probiotic Products

Available in the United States: 10th Edition

2024



Dosage Formats | Applications | Clinical Evidence to date

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Acronyms:

AAD	Antibiotic associated diarrhea - Prevention	IBS/FAP	Irritable bowel syndrome / Functional abdominal pain
BG	Reduces blood glucose in Type II Diabetes (postprandial BG)	ID	Infectious diarrhea
BV	Bacterial vaginosis	LDL-C	Reduces LDL and total cholesterol
C	Constipation	LH	Liver Health (NASH/NAFLD/MHE; as adjunct to standard therapy; see studies for specific population)
CDAD	Clostridium difficile associated diarrhea - Prevention	M/A	Mood and Affect (symptoms related to stress/anxiety; not a substitute for standard treatment)
CE/AD	Childhood eczema / Atopic dermatitis	MP	Migraine prevention (reduction of frequency and severity)
CID	Common infectious disease - community acquired	Mastitis	Mastitis in breastfeeding mothers (treatment and prevention)
CMPA	Cow Milk Protein Allergy (including Colic due to CMPA)	NEC*	Necrotizing Enterocolitis (newborn) *as per hospital protocol, not for self-administration
Colic	Colic	NI	Nosocomial infections prevention - hospital acquired
E/AD	Eczema / Atopic Dermatitis (as adjunct to standard therapy)	OH	Oral health (reductions of tonsillitis, laryngitis, and dental caries)
FAP	Functional abdominal pain	Regurg/ GI Mot	Reduces regurgitation / Improves gastrointestinal motility
GDM	Gestational Diabetes Mellitus (GDM) prevention - in conjunction with nutritional counseling	SA/R	Mild-Moderate Seasonal Allergies / Rhinitis
HP	Helicobacter pylori - Adjunct to standard eradication therapy	TD	Traveler's diarrhea prevention
IBD-P	Inflammatory bowel disease - Pouchitis	VC	Vulvovaginal candidiasis
IBD-UC	IBD - Ulcerative colitis - Adjunct to standard therapy	WM	Weight Management (aids in reduction of body weight, body fat mass and waist circumference)
IBS	Irritable bowel syndrome		

The Clinical Guide to Probiotic Products Available in the United States

This Guide is a practice tool to assist with clinical decision-making for appropriate probiotic therapy for your patients.

It is designed to translate scientific evidence available for probiotic products to practical, clinically relevant information. It is intended to be used as a clinical decision-making tool, enabling clinicians to easily select the appropriate product, dose and formulation for a specific indication.

Our aim is to ensure that the appropriate product/strain is selected for the desired outcome. This Clinical Guide is not meant to be interpreted as a systematic review, or a “clinical practice guideline,” nor is it an endorsement for companies to market health claims.

Currently, the body of evidence for probiotic interventions is growing along with popular demand for these products. There is evidence to support the use of probiotic products for a variety of indications beyond gut health, however, applications and results are strain-specific.

Due to frequent changes in the commercial availability of probiotic strains, new published evidence, and growing research, an annual review and updates of this Clinical Guide have been conducted since 2008. A general lack of adverse effects attributable to probiotics supports the widespread use of these products, but an ongoing investigation is recommended.

How is the Guide Reviewed?

A systematic literature review using pre-defined inclusion criteria was undertaken to identify studies of defined clinical outcomes for specific probiotic strain(s). Commercially available products containing said strain(s) were identified, and the levels of evidence were used to rate the strength of the expected benefit. This information was compiled into a chart format. Data was assessed by a group of independent expert reviewers.

In the case of probiotics, the clinical evidence must be linked to specific formulations as defined by genus, species, alphanumeric designation or strain, number of live bacteria present, the blend of probiotic strains present and finally, non-active ingredients present.

Every attempt was made to include the published clinical data for the available probiotic formulations.

To avoid selection bias toward any specific formulation, we have conducted a literature search of two databases (PubMed, EMBASE) and contacted our independent experts to identify any published or unpublished studies.

Why are only a Limited Number of Products Included?

All of the inclusion criteria listed must be satisfied for a product to be listed in the Guide:

1. Commercially available in the United States as a supplement or probiotic-containing food.
2. Generally Recognized as Safe status (FDA) and/or Natural Product Number (Health Canada) for probiotic strain(s) used in the products.
3. Favourable published clinical evidence for the particular strain(s) present in each product.
4. For products containing multiple strains, evidence must be for the specified combination and NOT extrapolated from the evidence for the separate probiotic strains.

Note: *Some products are excluded from the current edition due to changes in the strains used.*

Clinical Pearl: *Indications for use are based on specific strains or combinations studied together.*

Caution: *Extrapolation of current data and recommendations to be applied for different combinations of probiotic strains is not permitted.*

Level of Recommendation:

Level I	Evidence obtained from at least one appropriately designed trial (e.g. randomization, blinding, appropriate population comparisons) with a power calculation for the outcome(s) of interest. The expert review board reserves the right to make the final decision for the level of recommendation. (HIGHEST LEVEL)
Level II	Evidence obtained from well-designed controlled trials without randomization. Evidence obtained from randomized trials not satisfying all criteria listed in Level I. Evidence obtained from well-designed cohort or case-control analytic studies, preferably from more than one center or research group. Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
Level III	Opinions of respected authorities, based on clinical experience, descriptive studies, or reports of expert committees.

Readers are strongly encouraged to review the evidence listed for each product for themselves.

Please refer to individual publications for specifics of patient populations studied (e.g. age, gender, comorbidities) and details of clinical effect (statistical significance, size of treatment effect, precision of the confidence intervals).

Disclaimer

The statements made regarding products listed here have not been evaluated by the Food and Drug Administration or Health Canada (unless otherwise indicated). These products are not intended to diagnose, treat, cure or prevent any disease. Products, services, information and other content provided in this Guide, including information that may be provided in this Guide directly or by linking to third-party affiliates are provided for informational purposes only. Please consult with a physician or another healthcare professional regarding any medical or health-related questions. Manufacturer indications for use can be found on product labels. This chart is reflective of published evidence available to date. It does not represent an endorsement of any specific product. Work on this Guide is done independently and without financial conflict. In order to minimize bias, publishing and distribution efforts are coordinated via Alliance for Education on Probiotics (AEPProbio). We are grateful for the unrestricted publishing grant AEPProbio is providing for continuous efforts to translate science into a clinically applicable form.

Please forward any questions or comments to **DSunjic@bhsoftinc.com**

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Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	HP	CDAD	IBS	ID	AAD
Align® 🍷	<i>B. longum</i> 35624	Capsule	1B/capsule	1 capsule				I (2-5)		
Align® Chewables 🍷		Tablet	1B/tablet	1 tablet				I (2-5)		
Align® Extra Strength 🍷		Capsule	5B/capsule	1 capsule				I (2-5)		
Align® Gut Health & Immunity Support 🍷	<i>B. lactis</i> BB-12®	Capsule	1B/capsule	1 capsule	I (1)					
Bio-K+® Advanced Bowel Support 🍷	<i>L. acidophilus</i> CL1285 <i>L. casei</i> LBC80R <i>L. rhamnosus</i> CLR2	Capsule	50B/capsule	1-2 capsules			I (7-11)	I (12)		I (6-8)
Bio-K+® Drinkable Probiotics 🍷❄️		Ferm. milk lq. Ferm. vegan lq.	50B/bottle 50B/bottle	1 bottle 1 bottle			I (7-11)			I (6-8)
Bio-K+® PRO 🍷❄️		Capsule	50B/capsule	1-2 capsules			I (7-11)	I (12)		I (6-8)
Bio-K+® PRO Probiotic Medical Food 🍷❄️		Ferm. rice lq.	100B/bottle	0.5-1 bottle			I (7-11)			I (6-8)
Bio-Kult® 🍷	<i>Bacillus subtilis</i> PXN® 21™ <i>B. bifidum</i> PXN® 23™ <i>B. breve</i> PXN® 25™ <i>B. infantis</i> PXN® 27™ <i>B. longum</i> PXN® 30™ <i>L. acidophilus</i> PXN® 35™ <i>L. delbrueckii ssp. bulgaricus</i> PXN® 39™ <i>L. casei</i> PXN® 37™ <i>L. plantarum</i> PXN® 47™ <i>L. rhamnosus</i> PXN® 54™ <i>L. helveticus</i> PXN® 45™ <i>L. salivarius</i> PXN® 57™ <i>L. lactis ssp. lactis</i> PXN® 63™ <i>Streptococcus thermophilus</i> PXN® 66™	Capsule	2B/capsule	4 capsules				I (13)		
BioGaia® Gastrus®	<i>L. reuteri</i> ATCC PTA 6475 <i>L. reuteri</i> DSM 17938	Tablet	200M/tablet	1 tablet		I (15,16)				
BioGaia® Protectis®	<i>L. reuteri</i> DSM 17938	Drops Chewable tablet	100M/5 drops 100M/tablet	5 drops 1 tablet	I (23)	I (19-22)			II (17)	II (18)
BioGaia® Protectis® Baby Drops with Vitamin D		Drops	100M/5 drops	5 drops	I (23)	I (19-22)			II (17)	II (18)

❄️ - Product requires refrigeration

🍷 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	IBD-UC	HP	CDAD	IBS	AAD	IBD-P	TD
Culturelle® Abdominal Comfort & Support 🌿	<i>Bacillus coagulans</i> Unique IS-2	Capsule	2B/capsule	1 capsule	 (38,39)				 (40)			
Culturelle® Digestive Health Daily Probiotic 🌿	<i>L. rhamnosus</i> GG	Chewable tablet Capsule	10B/tablet 10B/capsule	1 tablet 1 capsule			I (31)	 (32-34)		I (30)	 (35)	 (36,37)
Culturelle® Extra Strength 🌿 Culturelle® Ultimate Balance 🌿 Culturelle® Ultimate Strength 🌿		Capsule	20B/capsule	1 capsule			I (31)	 (32-34)		I (30)	 (35)	 (36,37)
Culturelle® Health and Wellness 🌿		Capsule	15B/capsule	1 capsule			I (31)	 (32-34)		I (30)	 (35)	 (36,37)
Digestive Probiotic Daily Balance 🌿	<i>L. rhamnosus</i> GG	Capsule	12B/capsule	1 capsule			I (31)	 (32-34)		I (30)	 (35)	 (36,37)
FloraVantage® Balance 🌿	<i>L. acidophilus</i> NCFM® <i>B. animalis</i> subsp <i>lactis</i> Bi-07®	Capsule	15B/capsule	2 capsules					 (45)			
Floradapt Gut Comfort 🌿	<i>L. plantarum</i> CECT7484/KABP022® <i>L. plantarum</i> CECT7485/KABP023® <i>P. acidilactici</i> CECT7483/KABP021®	Capsule	3B/capsule	1 capsule					I (50,51)			
FlorastorMax® 🌿	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Sachet	10B/sachet	1 sachet		 (59,63-66)	I (60-62)	I (9,10,54,55,67)		I (53,54)		I (56-58)
Florastor® 🌿		Capsule Sachet	5B/capsule 5B/sachet	1-2 capsules 1-2 sachets		 (59,63-66)	I (60-62)	I (9,10,54,55,67)		I (53,54)		I (56-58)
GoodBelly® 🌿	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules				 (72,76)	I (73-75)	 (71)		
HMF Forte 🌿	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Capsule	10B/capsule	2-3 capsules				 (68)	 (69)			
HMF Intensive 🌿		Capsule	25B/capsule	1 capsule				 (68)	 (69)			
HMF Intensive 50 🌿		Capsule	50B/capsule	1 capsule				 (68)	 (69)			
HMF Intensive Powder 🌿 ❄️		Powder	25B/1 scoop (1 gram)	1 scoop				 (68)	 (69)			

❄️ - Product requires refrigeration

🌿 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	IBD-UC	CDAD	IBS	AAD	FAP	SA/R
HMF Super Powder ❄️ 🌿	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis subsp. lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Powder	10B/1 scoop (1 gram)	2-3 scoops			II (68)	II (69)			
Ideal Bowel Support® 🌿	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules			III (72,76)	I (73-75)	III (71)		
Mutaflor® ❄️	<i>Escherichia coli</i> Nissle 1917	Capsule	2.5-25B/capsule	1-2 capsules		I (79-82)					
Nature's Lab Intensive GI 🌿	<i>L. plantarum</i> CECT7484/ KABP022® <i>L. plantarum</i> CECT7485/ KABP023® <i>P. acidilactici</i> CECT7483/ KABP021®	Capsule	3B/capsule	1 capsule				I (50,51)			
OMNi-BiOTiC® AB 10 🌿	<i>B. lactis</i> W51 <i>E. faecium</i> W54 <i>L. acidophilus</i> W37 <i>L. acidophilus</i> W55 <i>L. paracasei</i> W20 <i>L. plantarum</i> W62 <i>L. rhamnosus</i> W71 <i>L. salivarius</i> W24	Sachet	5B/sachet	2 sachets			III (87)		II (85,86)		
Optibac Probiotics Bifido & Fibre 🌿	<i>B. lactis</i> BB-12	Sachet	25B/sachet	1 sachet	I (1)						
Optibac Probiotics Every Day EXTRA 🌿	<i>L. acidophilus</i> NCFM® <i>L. paracasei</i> Lpc-37® <i>B. lactis</i> Bi-07® <i>B. lactis</i> Bi-04®	Capsule	20B/capsule	1 capsule					I (41,42)		
Phillips® Colon Health® 🌿	<i>L. gasseri</i> KS-13 <i>B. bifidum</i> G9-1 <i>B. longum</i> MM-2	Capsule	1.5B/capsule	2 capsules							I (96,97)
Pregnancy Care Probiotic 🌿	<i>L. rhamnosus</i> R0011 <i>L. helveticus</i> R0052	Capsule	2B/capsule	1-2 capsules				III (100)			
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support	<i>L. acidophilus</i> NCFM <i>L. paracasei</i> Lpc-37 <i>B. lactis</i> Bi-07 <i>B. lactis</i> Bi-04	Capsule	10B/capsule	2 capsules					I (41,42)		
Schiff® Digestive Advantage® Daily Probiotic	<i>Bacillus coagulans</i> GBI-30, 6086	Capsule	2B/capsule	1 capsule						II (101)	

❄️ - Product requires refrigeration

🌿 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	IBD-UC	CDAD	IBS	AAD	IBD-P	LH
Symprove™ 🌿❄️	<i>L. rhamnosus</i> NCIMB 30174 <i>L. plantarum</i> NCIMB 30173 <i>L. acidophilus</i> NCIMB 30175 <i>Enterococcus faecium</i> NCIMB 30176	Liquid	10B/70mL	70mL once per day				II (102)			
Ultra Probiotic Complex by GNC 🌿	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. bifidum</i> CUL-20 <i>B. lactis</i> CUL-34	Packet Capsule	25B/packet 25B/ 50B/ 75B per capsule	1-2 packets 1-2 capsules			II (68)	II (69)			
UltraFlora® Balance 🌿	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	Capsule	15B/capsule	2 capsules				II (45)			
UltraFlora® Intensive Care 🌿	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules			III (72,76)	I (73-75)	III (71)		
UltraFlora® Restore 🌿	<i>B. lactis</i> Bi-07® <i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-04 <i>L. paracasei</i> Lpc-37	Capsule	20B/capsule	1 capsule					I (41,42)		
Visbiome Extra Strength® GI Care 🌿❄️ This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen	<i>L. acidophilus</i> DSM24735/SD5212 <i>L. paracasei</i> DSM24733/SD5218	Sachet	900B/sachet	1 sachet	II (103,114)	I (104-106)				I (105,107-109)	I (110-113, 115,116)
Visbiome® Advanced GI Care 🌿❄️ This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen	<i>L. delbrueckii</i> subsp. <i>bulgaricus</i> DSM24734/SD5210 <i>L. plantarum</i> DSM24730/SD5209 <i>B. longum</i> DSM24736/SD5219 <i>B. infantis</i> DSM24737/SD5220 <i>B. breve</i> DSM24732/SD5206	Sachet	450B/sachet	1-2 sachets	II (103,114)	I (104-106)				I (105,107-109)	I (110-113, 115,116)
Visbiome® GI Care Capsules 🌿❄️ This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen	<i>S. thermophilus</i> DSM24731/SD5207	Capsule	112.5B/capsule	1-4 capsules	II (103,114)	I (104-106)				I (105,107-109)	I (110-113, 115,116)

❄️ - Product requires refrigeration

🌿 - Gluten Free

Probiotic Products for General Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	LDL-C	WM	OH	BG	CID	MP	M/A
BioGaia® Prodentis®	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge			I (91-95)				
Bio-Kult® 🌿	<i>Full strains listed on page 7</i>	Capsule	2B/capsule	4 capsules						II (14)	
Calm Biotic®	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Capsule	3B/capsule	1 capsule							II (24-26)
FloraVantage® Control 🌿	<i>B. animalis</i> ssp. <i>lactis</i> 420 (B420™)	Capsule	10B/capsule	1 capsule		I (46)					
Floradapt Cardio 🌿	<i>L. plantarum</i> CECT7527/KABP011® <i>L. plantarum</i> CECT7528/KABP012® <i>L. plantarum</i> CECT7529/KABP013®	Capsule	1B/capsule	1 capsule	II (47-49)						
Floradapt Mood & Stress 🌿	<i>L. plantarum</i> DR7	Capsule	1B/capsule	1 capsule							II (52)
HMF Metabolic 🌿 ❄️	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>L. plantarum</i> CUL-66 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Capsule	50B/capsule	1 capsule		II (70)					
Immune Defense Daily Chewable Probiotic 🌿	<i>L. paracasei</i> 8700:2 <i>L. plantarum</i> HEAL9	Capsule	1B/capsule	1 capsule					I (77,78)		
InnovixLabs™ Mood Probiotic 🌿	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Capsule	3B/capsule	1 capsule							II (24-26)
Microbiome Plus+™ Gastrointestinal 🌿	<i>L. reuteri</i> NCIMB 30242	Capsule	2B/capsule	2 capsules	I (27-29)						
Nature's Lab Cardio 🌿	<i>L. plantarum</i> CECT7527/KABP011® <i>L. plantarum</i> CECT7528/KABP012® <i>L. plantarum</i> CECT7529/KABP013®	Capsule	1B/capsule	1 capsule	II (47-49)						
Neuralli 🌿 ❄️	<i>L. plantarum</i> PS128	Capsule	30B/capsule	2 capsules							III (83,84)
OralBiotics® 🌿	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges			II (88,89)				
PGC Pendulum Glucose Control ❄️	<i>B. longum</i> (infantis) Bi-26 <i>C. beijerinckii</i> WB STR-0005 Ak. <i>muciniphila</i> WB-STR-0001 An. <i>hallii</i> WB-STR-0008 <i>C. butyricum</i> WB-STR-0006	Capsule	4.95B/capsule	2 capsules				II (90)			
UltraFlora® Control 🌿	<i>B. animalis</i> ssp. <i>lactis</i> 420 (B420™)	Capsule	10B/capsule	1 capsule		I (46)					
UltraFlora® Immune Booster 🌿	<i>L. plantarum</i> HEAL9 <i>L. paracasei</i> 8700:2	Capsule	1B/capsule	1 capsule					I (77,78)		

❄️ - Product requires refrigeration

🌿 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/ dose	No. of doses/ day	AAD	C	CE/AD	CID	Colic	HP	IBS/FAP	ID	LH	NEC*	NI	OH	Regurg/ GI Mot
Bio-Kult® Infantis 🌿	<i>L. casei</i> PXN® 37™ <i>L. rhamnosus</i> PXN® 54™ <i>Streptococcus thermophilus</i> PXN® 66™ <i>L. acidophilus</i> PXN® 35™ <i>B. breve</i> PXN® 25™ <i>L. delbrueckii ssp. bulgaricus</i> PXN® 39™ <i>B. infantis</i> PXN® 27™	Sachet	1B/sachet	½-1 sachet			II (117)		II (118)	II (119)							
BioGaia® Prodentis® KIDS	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/ lozenge	1 lozenge												I (91-95, 185-187)	
BioGaia® Protectis® Baby Drops	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	I (132)	I (133,134)	II (139,140)	I (137,138)	I (123-126, 141,142)		I (135,136)	I (127-131)		I (143-145)			I (120-122)
BioGaia® Protectis® Baby Drops with Vitamin D		Drops	100M/5 drops	5 drops	I (132)	I (133,134)	II (139,140)	I (137,138)	I (123-126, 141,142)		I (135,136)	I (127-131)					I (120-122)
BioGaia® Protectis® Chewable Tablets		Chewable tablet	100M/tablet	1 tablet	I (132)	I (133,134)	II (139,140)	I (137,138)	I (123-126, 141,142)		I (135,136)	I (127-131)					I (120-122)
Chewable FloraVantage® Probiotic 🌿	<i>L. acidophilus</i> NCFM® <i>B. animalis subsp lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets				I (146)									
Culturelle® Immune Defense 🌿	<i>L. rhamnosus</i> GG	Chewable tablet	5B/tablet	1-2 tablets	I (153,154)		I (158-164,169)	I (168)			I (155,156)	I (147-152,167)	II (165,166)			I (157)	
Culturelle® Kids Purely Probiotics Chewables		Chewable tablet	5B/tablet	1-2 tablets	I (153,154)		I (158-164,169)	I (168)			I (155,156)	I (147-152,167)	II (165,166)			I (157)	
Culturelle® Kids Purely Probiotics Packets		Powder	5B/packet	1-2 packets	I (153,154)		I (158-164,169)	I (168)			I (155,156)	I (147-152,167)	II (165,166)			I (157)	
Culturelle® Probiotics Baby Digestive Calm+Comfort 🌿	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12 (with Vitamin D 400IU)	Drops	2B/5 drops	5 drops			II (171)	II (170)									
Culturelle® Probiotics Baby Healthy Development 🌿		Powder	3.5B/packet	1 packet			II (171)	II (170)									

🌿 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	AAD	C	CDAD	CE/AD	CID	Colic	HP	IBS/FAP	ID	NEC*	OH	Regurg/ GI Mot
Culturelle® Probiotics Baby Immune+Digestive Support 🌿 (with Vitamin D 400IU)	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	2.5B/5 drops	5 drops				II (171)	II (170)							
Floradapt Baby Colic 🌿	<i>B. longum</i> CECT7894/ KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops						I (174)						
FlorastorKids® 🌿	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Capsule Sachet	5B/capsule 5B/sachet	1-2 capsules 1-2 sachets	I (178)		III (179)				I (61,180)		I (175-177)			
Gerber® Good Start® Soothe Comforting Probiotic Drops 🌿	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	I (132)	I (133,134)		II (139)	I (137,138)	I (123-126)		I (135,136)	I (127-131)	I (143-145)		I (120-122)
Gerber® Good Start® Soothe Vitamin D & Probiotic Drops 🌿		Drops	100M/5 drops	5 drops	I (132)	I (133,134)		II (139)	I (137,138)	I (123-126)		I (135,136)	I (127-131)			I (120-122)
HMF Fit for School 🌿 [50mg vitamin C, 1000IU vitamin D]	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Chewable tablet Powder	12.5B/tablet 12.5B/scoop	1 tablet 1 scoop					I (181)							
MetaKids™ Baby Probiotic 🌿	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops				II (171)	II (170)							
MetaKids™ Probiotic 🌿	<i>L. acidophilus</i> NCFM® <i>B. animalis</i> subsp <i>lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets					I (146)							
Mommy's Bliss Colic Support 🌿	<i>B. longum</i> CECT7894 <i>P. pentosaceus</i> CECT8330	Drops	1B/5 drops	5 drops						I (174)						
OMNi-BiOTiC® Panda 🌿	<i>Lactococcus lactis</i> W58 <i>B. lactis</i> W52 <i>B. lactose</i> W51 <i>B. bifidum</i> W23	Sachet	3B/sachet	1 serving				II (182)								
Optibac Probiotics Baby Drops 🌿	<i>B. breve</i> M-16V®	Drops	1B/drop	8 drops				I (183)						II (184)		
OralBiotics® 🌿	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges											II (88,89)	

❄️ - Product requires refrigeration

🌿 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	AAD	C	CE/AD	CID	Colic	IBD-UC	IBS/FAP	ID	LH	NEC*	Regurg/ GI Mot
Pedia-Lax® Probiotic Yums® 🍌	<i>L. reuteri</i> DSM 17938	Chewable tablet	100M/tablet	1 tablet	I (132)	I (133,134)	II (139)	I (137,138)	I (123-126)		I (135,136)	I (127-131)			I (120-122)
Renew Life Ultimate Flora™ Baby Probiotic 🍌❄️	<i>B. breve</i> HA-129 <i>L. rhamnosus</i> HA-111 <i>B. bifidum</i> HA-132 <i>B. infantis</i> HA-116 <i>B. longum</i> HA-135	Powder	4B/scoop	½ scoop										II (172,173)	
Visbiome Extra Strength® GI Care 🍌❄️ <i>This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen</i>	<i>L. acidophilus</i> DSM24735/ SD5212 <i>L. paracasei</i> DSM24733/ SD5218 <i>L. delbrueckii</i> subsp. <i>bulgaricus</i> DSM24734/ SD5210 <i>L. plantarum</i> DSM24730/ SD5209 <i>B. longum</i> DSM24736/ SD5219 <i>B. infantis</i> DSM24737/ SD5220 <i>B. breve</i> DSM24732/SD5206 <i>S. thermophilus</i> DSM24731/ SD5207	Sachet	900B/sachet	1 sachet						I (189,190)	I (191)	I (188)	I (192)		
Visbiome® Advanced GI Care 🍌❄️ <i>This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen</i>		Sachet	450B/sachet	1-2 sachets						I (189,190)	I (191)	I (188)	I (192)		
Visbiome® GI Care Capsules 🍌❄️ <i>This combination of strains is known as "De Simone Formulation" and is the same one listed in references that cite VSL#3 as treatment regimen</i>		Capsule	112.5B/ capsule	1-4 capsules						I (189,190)	I (191)	I (188)	I (192)		
Visbiome® Infant Drops 🍌		Drops	0.5B/drop	2-10 drops					II (193)						

❄️ - Product requires refrigeration

🍌 - Gluten Free

Probiotic Products for Maternal and Vaginal Health:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	BV	GDM	Mastitis	VC
AZO Complete Feminine Balance™	<i>L. crispatus</i> LbV 88 <i>L. jensenii</i> LbV 116 <i>L. gasseri</i> LbV 150N <i>L. rhamnosus</i> LbV 96	Oral capsule	5B/capsule	1 capsule	II (194-199)			
Bio-K+® Women's Health 🍷	<i>L. reuteri</i> RC-14 <i>L. rhamnosus</i> GR-1	Oral capsule	1B each/capsule	2 capsules	I (200,202-204, 206, 207)			I (201,204,205)
Elactia 🍷	<i>L. fermentum</i> CECT5716 LC40®	Capsule	3B/capsule	1 capsule			I (43,44)	
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics 🍷	<i>L. fermentum</i> CECT5716 LC40®	Capsule	3B/capsule	1 capsule			I (43,44)	
Jarro-Dophilus® Women 🍷	<i>L. crispatus</i> LbV 88 <i>L. jensenii</i> LbV 116 <i>L. gasseri</i> LbV 150N <i>L. rhamnosus</i> LbV 96	Oral capsule	5B/capsule	1 capsule	II (194-199)			
Jarrow Formulas® Fem-Dophilus® 5 Billion 🍷❄️	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	2.5B each/capsule	1 capsule	I (200,202-204, 206, 207)			I (201,204,205)
Jarrow Formulas® Fem-Dophilus® 1 Billion 🍷	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (200,202-204, 206, 207)			I (201,204,205)
ProGoes® Forte	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Capsule	3.3B/capsule	3 capsules		II (98,99)		
RepHresh™ Pro-B™ Probiotic 🍷	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (200,202-204, 206, 207)			I (201,204,205)
UltraFlora® Women's 🍷	<i>L. reuteri</i> RC-14 <i>L. rhamnosus</i> GR-1	Oral capsule	1B each/capsule	2 capsules	I (200,202-204, 206, 207)			I (201,204,205)

❄️ - Product requires refrigeration

🍷 - Gluten Free

Functional Foods with Added Probiotics (Adults):

Brand Name	Probiotic Strain(s)	CFU/dose	No. of doses/day	AAD	C	CDAD	CID	IBS	M/A
Activia® ❄️	<i>B. (animalis) lactis</i> CNCM I-2494	1B/serving	1-3 servings		I (210)			I (208,209)	
DanActive / Actimel® ❄️	<i>L. casei</i> sp. paracasei CNCM I-1518	10B/serving	1-2 servings	I (215,226)			I (218-225)		
GoodBelly® Probiotic Juice Drinks ❄️	<i>L. plantarum</i> 299v	20B/serving (8oz)	1 serving	III (71)		III (72,76)		I (73-75)	
GoodBelly® Probiotic Straight Shot ❄️		20B/serving (2.7oz)	1 serving	III (71)		III (72,76)		I (73-75)	
GoodBelly® Probiotic Super Shot ❄️		50B/serving (2.7oz)	1 serving	III (71)		III (72,76)		I (73-75)	
Yakult ❄️	<i>L. casei</i> Shirota	8B/bottle (80mL)	1-2 bottles		I (239,240)		I (241-244)		II (245,246)

Functional Foods with Added Probiotics (Children):

Brand Name	Probiotic Strain(s)	CFU/dose	No. of doses/day	AAD	CID	CMPA	HP	ID
DanActive / Actimel® ❄️	<i>L. casei</i> sp. paracasei CNCM I-1518	10B/serving	1-2 servings		I (214,216,217)		I (213)	II (211,212)
Gerber®	DHA & Probiotic Rice Cereal Gerber® Cereal for Baby Gerber® Power Blend™ Cereal	1B/serving [serving = 1/4 cup]	1 serving	I (229)	I (227,228)			
	Good Start® GentlePro Powder Infant Formula	1M/gram	Routine feeding if alternative to breast milk is required		I (227,228)			
	Good Start® Grow Toddler Drink	1B/200mL serving	1 serving	I (229)	I (227,228)			
	Good Start® SoothePro Powder Infant Formula	<i>L. reuteri</i> DSM 17938	1M/gram					I (127-131)
Neocate® Syneo® Infant <i>Amino acid-based formula (AAF)</i>	<i>B. breve</i> M-16V	1.4 × 10 ⁹ CFU per 100mL serving	AAF when an alternative to breast milk is required			II (230-234)		
Nestle NAN Pro Toddler Drink	<i>L. reuteri</i> DSM 17938	1B/200mL serving	1 serving	I (132)				I (127-131)
Nestle' Health Science Extensive HA® Hypoallergenic Infant Formula <i>Extensively hydrolyzed whey formula (EHWF)</i>	<i>B. lactis</i> BB-12	1M/gram	EHWF when an alternative to breast milk is required		I (227,228)			
Nutramigen® with Enflo®™ LGG® <i>Extensively hydrolyzed casein formula (EHCF)</i>	<i>L. rhamnosus</i> GG [Branded LGG]	1.35 × 10 ⁷ CFU per 100mL serving	EHCF when an alternative to breast milk is required			I (235-238)		

❄️ - Product requires refrigeration

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