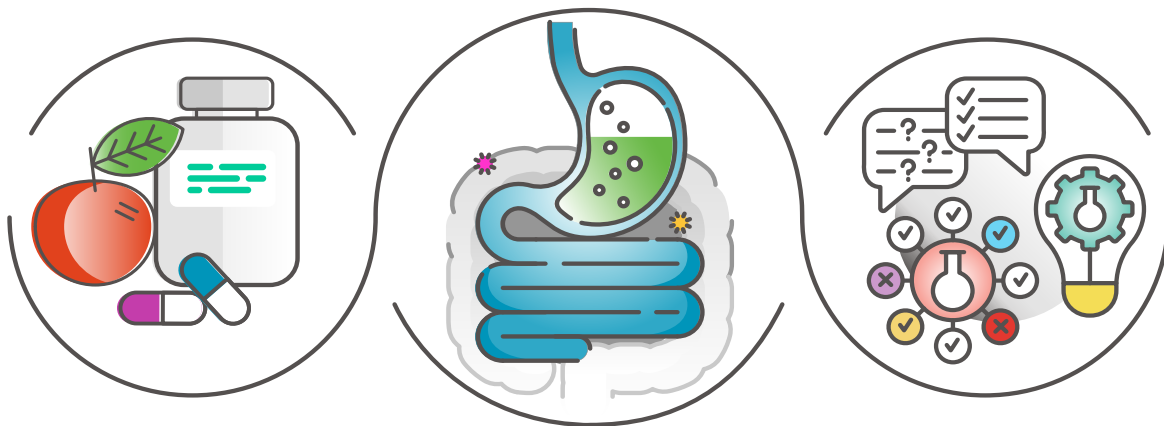


# Clinical Guide to Probiotic Products

## Available in Canada: 17<sup>th</sup> Edition



Dosage Formats | Applications | Clinical Evidence to date

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## Acronyms:

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

## The Clinical Guide to Probiotic Products Available in Canada

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 update 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 Canada 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:

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Level I</b>   | 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.<br>The expert review board reserves the right to make the final decision for the level of recommendation. <b>(HIGHEST LEVEL)</b>                                                                                                                                                         |
| <b>Level II</b>  | 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.<br>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. |
| <b>Level III</b> | 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](mailto: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                                                                                         | IBD-P   | TD                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------|--------------------------|----------------------|--------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------------|
| Align®                                                                                                      | <i>B. longum</i> 35624                                                             | Capsule                           | 1B/capsule               | 1 capsule            |                                                                                            |           |                                                                                              | I  (1-4)  |         |                                                                                             |         |                                                                                                |
| Align® Chewables                                                                                            |                                                                                    | Tablet                            | 1B/tablet                | 1 tablet             |                                                                                            |           |                                                                                              | I  (1-4)  |         |                                                                                             |         |                                                                                                |
| Align® Probiotic Gummies                                                                                                                                                                     | <i>Bacillus coagulans</i> MTCC 5856                                                | Chewable gummy                    | 1B/gummy                 | 2 gummies            |                                                                                            |           |                                                                                              | II (5)                                                                                     |         |                                                                                             |         |                                                                                                |
| Bio-K+® Antibio Pro <br>Shelf stable and refrigerated options available                                     | <i>L. acidophilus</i> CL1285<br><i>L. casei</i> LBC80R<br><i>L. rhamnosus</i> CLR2 | Capsule                           | 50B/capsule              | 1-2 capsules         |                                                                                            |           | I  (7-11) |                                                                                            |         | I  (6-8) |         |                                                                                                |
| Bio-K+® Drinkable Probiotics   |                                                                                    | Ferm. milk lq.<br>Ferm. vegan lq. | 50B/bottle<br>50B/bottle | 1 bottle<br>1 bottle |                                                                                            |           | I  (7-11) |                                                                                            |         | I  (6-8) |         |                                                                                                |
| Bio-K+® IBS Pro                                                                                             |                                                                                    | Capsule                           | 50B/capsule              | 2 capsules           |                                                                                            |           |                                                                                              | I  (19) |         |                                                                                             |         |                                                                                                |
| BioGaia® Protectis® Baby Drops                                                                                | <i>L. reuteri</i> DSM 17938                                                        | Drops                             | 100M/5 drops             | 5 drops              | I  (18) | I (14-17) |                                                                                              |                                                                                            | II (12) | II (13)                                                                                     |         |                                                                                                |
| BioGaia® Protectis® Chewable Tablets                                                                        |                                                                                    | Chewable tablet                   | 100M/tablet              | 1 tablet             | I  (18) | I (14-17) |                                                                                              |                                                                                            | II (12) | II (13)                                                                                     |         |                                                                                                |
| BioGaia® Protectis® Drops with Vitamin D                                                                    |                                                                                    | Drops                             | 100M/5 drops             | 5 drops              | I  (18) | I (14-17) |                                                                                              |                                                                                            | II (12) | II (13)                                                                                     |         |                                                                                                |
| BioGaia® Junior Tablets with Vitamin D                                                                      |                                                                                    | Chewable tablet                   | 100M/tablet              | 1 tablet             | I  (18) | I (14-17) |                                                                                              |                                                                                            | II (12) | II (13)                                                                                     |         |                                                                                                |
| Biomed Bacillus Coagulans                                                                                                                                                                    | <i>Bacillus coagulans</i> MTCC 5856                                                | Capsule                           | 1B/capsule               | 2 capsules           |                                                                                            |           |                                                                                              | II  (5) |         |                                                                                             |         |                                                                                                |
| Culturelle® Digestive Health Daily Probiotic Capsules                                                       | <i>L. rhamnosus</i> GG                                                             | Capsule                           | 10B/capsule              | 1 capsule            |                                                                                            | I (24)    | III (25-27)                                                                                  |                                                                                            |         | I  (23)  | II (28) | II  (29-30) |

-  - Product requires refrigeration  
 - Approved by Health Canada for listed indication; applicable to supplements  
 - 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 | IBD-UC                                                                                          | HP                                                                                                                                                                             | CDAD                                                                                                                                                                                   | IBS                                                                                                                                                                         | AAD                                                                                                                                                                            | TD                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------|------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Florastor® Daily                                                            |                                                                                                                                                                                      | Saccharomyces boulardii Iyo CNCM I-745                                                                                                                                                                                                                                                                                                                                                                     | Capsule     | 2.5B/capsule         | 2-4 capsules     | <br>(37,41-44) |  <br>(38-40) |  <br>(9-10,32-33,45) |                                                                                                                                                                             |  <br>(31-32) |  <br>(34-36) |
| Florastor® Extra Strength                                                   |                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                            | Sachet      | 5B/sachet            | 1-2 sachets      | <br>(37,41-44) |  <br>(38-40) |  <br>(9-10,32-33,45) |                                                                                                                                                                             |  <br>(31-32) |  <br>(34-36) |
| Florastor® Immunity <br>(with vit C 60mg, vit D 400IU, zinc gluconate 10mg) |                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                            | Capsule     | 2.5B/capsule         | 2-4 capsules     | <br>(37,41-44) | <br>(38-40)                                                                                   | <br>(9-10,32-33,45)                                                                                   |                                                                                                                                                                             | <br>(31-32)                                                                                   | <br>(34-36)                                                                                   |
| HMF                                                                                                                                                          | Forte                                                                                               | L. acidophilus CUL-60<br>L. acidophilus CUL-21<br>B. animalis subsp. lactis CUL-34<br>B. bifidum CUL-20                                                                                                                                                                                                                                                                                                    | Capsule     | 10B/capsule          | 2-3 capsules     |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
|                                                                                                                                                              | IBS Relief                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                            | Capsule     | 25B/capsule          | 1 capsule        |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
|                                                                                                                                                              | Intensive                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                            | Capsule     | 25B/capsule          | 1 capsule        |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
|                                                                                                                                                              | Intensive 50                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                            | Capsule     | 50B/capsule          | 1 capsule        |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
|                                                                                                                                                              | Intensive Powder   |                                                                                                                                                                                                                                                                                                                                                                                                            | Powder      | 25B/1 scoop (1 gram) | 1 scoop          |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
|                                                                                                                                                              | Super Powder       |                                                                                                                                                                                                                                                                                                                                                                                                            | Powder      | 10B/1 scoop (1 gram) | 2-3 scoops       |                                                                                                 |                                                                                                                                                                                | <br>(46)                                                                                              |  <br>(47) |                                                                                                                                                                                |                                                                                                                                                                                |
| Jamieson™ Probiotic 10 Billion Active Cells* Daily Maintenance                                                                                               |                                                                                                                                                                                      | Lactococcus lactis (UALI-08)<br>L. gasseri (UALg-05)<br>L. rhamnosus (UALr-06)<br>B. animalis subsp. lactis (UABla-12)<br>B. breve (UABbr-11)<br>L. paracasei (UALpc-04)<br>L. rhamnosus (UALr-18)<br>L. acidophilus (DDS®-1)<br>L. plantarum (UALp-05)<br>B. longum subsp. longum (UABI-14)<br>B. bifidum (UABb-10)<br>L. casei (UALc-03)<br>L. reuteri (UALre-16)<br>B. longum subsp. infantis (UABi-13) | Capsule     | 10B/capsule          | 3 capsules       | <br>(60)     |                                                                                                                                                                                |                                                                                                                                                                                        |                                                                                                                                                                             |                                                                                                                                                                                |                                                                                                                                                                                |
| Mutaflor®                                                                   |                                                                                                                                                                                      | Escherichia coli Nissle 1917                                                                                                                                                                                                                                                                                                                                                                               | Capsule     | 2.5-25B/capsule      | 1-2 capsules     | <br>(49-52)  |                                                                                                                                                                                |                                                                                                                                                                                        |                                                                                                                                                                             |                                                                                                                                                                                |                                                                                                                                                                                |

 - Product requires refrigeration

 - Approved by Health Canada for listed indication; applicable to supplements

 - 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                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------------------------------|-----------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>Purica Probiotic Intensive GI</b>                                                                                                                                                                                                                     | <i>L. plantarum</i> CECT7484/KABP022®<br><i>L. plantarum</i> CECT7485/KABP023®<br><i>P. acidilactici</i> CECT7483/KABP021®                                                                                                                                                                                                            | Capsule        | 3B/capsule                                 | 1 capsule                   |                                                                                                   |                                                                                                  |                | I <br>(64-65) |              |                                                                                                     |                                                                                                        |
| <b>Ultra Probiotic Complex by GNC</b>                                                                                                                                                                                                                   | <i>L. acidophilus</i> CUL-60<br><i>L. acidophilus</i> CUL-21<br><i>B. bifidum</i> CUL-20<br><i>B. lactis</i> CUL-34                                                                                                                                                                                                                   | Packet Capsule | 25B/packet<br>25B/ 50B/ 75B<br>per capsule | 1-2 packets<br>1-2 capsules |                                                                                                   |                                                                                                  | II<br>(46)     | II<br>(47)                                                                                       |              |                                                                                                     |                                                                                                        |
| <b>UltraFlora® Balance</b>                                                                                                                                                                                                                             | <i>L. acidophilus</i> NCFM®<br><i>B. lactis</i> Bi-07®                                                                                                                                                                                                                                                                                | Capsule        | 15B/capsule                                | 2 capsules                  |                                                                                                   |                                                                                                  |                | II<br>(75)                                                                                       |              |                                                                                                     |                                                                                                        |
| <b>UltraFlora® Intensive Care</b>                                                                                                                                                                                                                        | <i>L. plantarum</i> 299v                                                                                                                                                                                                                                                                                                              | Capsule        | 10B/capsule                                | 2 capsules                  |                                                                                                   |                                                                                                  | III<br>(67,71) | I <br>(68-70) | III<br>(66)  |                                                                                                     |                                                                                                        |
| <b>UltraFlora® Restore</b>                                                                                                                                                                                                                             | <i>B. lactis</i> Bi-07®<br><i>L. acidophilus</i> NCFM®<br><i>B. lactis</i> Bi-04<br><i>L. paracasei</i> Lpc-37                                                                                                                                                                                                                        | Capsule        | 20B/capsule                                | 1 capsule                   |                                                                                                   |                                                                                                  |                |                                                                                                  | I<br>(72-73) |                                                                                                     |                                                                                                        |
| <b>Visbiome®</b>  <br><br>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<br><i>L. paracasei</i> DSM24733/SD5218<br><i>L. delbrueckii subsp. bulgaricus</i> DSM24734/SD5210<br><i>L. plantarum</i> DSM24730/SD5209<br><i>B. longum</i> DSM24736/SD5220<br><i>B. infantis</i> DSM24737/SD5219<br><i>B. breve</i> DSM24732/SD5206<br><i>S. thermophilus</i> DSM24731/SD5207 | Sachet         | 450B/sachet                                | 1-4 sachets                 | II <br>(78,89) | I <br>(79-81) |                |                                                                                                  |              | I <br>(80,82-84) | I <br>(85-88,90-91) |

 - Product requires refrigeration

 - Approved by Health Canada for listed indication; applicable to supplements

 - 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           | CID         | M/A        |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------|------------------|--------------|-----------|--------------|-------------|------------|
| BioGaia® ProDentis™                        | <i>L. reuteri</i> ATCC PTA 5289<br><i>L. reuteri</i> DSM 17938                                                                                                           | Lozenge     | 200M/lozenge | 1 lozenge        |              |           | I + (55-59)  |             |            |
| Calm Biotic®                               | <i>B. longum</i> R0175<br><i>L. helveticus</i> R0052                                                                                                                     | Capsule     | 3B/capsule   | 1 capsule        |              |           |              |             | II (20-22) |
| CulturedCare® Probiotic Gum with BLIS K12® | <i>Streptococcus salivarius</i> K12                                                                                                                                      | Lozenge     | 0.5B/lozenge | 2-10 lozenges    |              |           | II + (53-54) |             |            |
| HMF Metabolic                              | <i>L. acidophilus</i> CUL-60<br><i>L. acidophilus</i> CUL-21<br><i>L. plantarum</i> CUL-66<br><i>B. animalis</i> subsp. <i>lactis</i> CUL-34<br><i>B. bifidum</i> CUL-20 | Capsule     | 50B/capsule  | 1 capsule        |              | II + (48) |              |             |            |
| ProbioMAX® Women                           | <i>B. longum</i> R0175<br><i>L. helveticus</i> R0052                                                                                                                     | Capsule     | 1.5B/capsule | 2 capsules       |              |           |              |             | II (20-22) |
| Purica Probiotic Cardio                    | <i>L. plantarum</i> CECT7527/KABP011®<br><i>L. plantarum</i> CECT7528/KABP012®<br><i>L. plantarum</i> CECT7529/KABP013®                                                  | Capsule     | 1B/capsule   | 1 capsule        | II + (61-63) |           |              |             |            |
| UltraFlora® Control                        | <i>B. animalis</i> ssp. <i>lactis</i> 420 (B420™)                                                                                                                        | Capsule     | 10B/capsule  | 1 capsule        |              | I + (74)  |              |             |            |
| UltraFlora® Cold Support                   | <i>L. plantarum</i> HEAL9<br><i>L. paracasei</i> 8700:2                                                                                                                  | Capsule     | 1B/capsule   | 1 capsule        |              |           |              | I + (76-77) |            |

❄ - Product requires refrigeration

🇨🇦 - Approved by Health Canada for listed indication; applicable to supplements

🌿 - 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                                                                                                  | FAP                                                                                              | IBS                                                                                              | ID                                                                                                   | LH                                                                                               | NEC*                                                                                             | NI                                                                                           | OH                                                                                                     | Regurg/ GI Mot                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------|--------------|-------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Baby Ddrops® Probiotic<br>                          | <i>B. longum</i> CECT7894/<br>KABP042®<br><i>P. pentosaceus</i><br>CECT8330/KABP041® | Drops           | 1B/5 drops   | 5 drops           |                                                                                                |                                                                                                |                                                                                                    |                                                                                                 | <br>(141-142)         |                                                                                                  |                                                                                                  |                                                                                                      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        |                                                                                                |
| BioGaia® Protectis® Baby Drops<br>                | <i>L. reuteri</i> DSM 17938                                                          | Drops           | 100M/5 drops | 5 drops           | <br>(104)     | <br>(105-106) | <br>(111-112)     | <br>(109-110) | <br>(95-98,113-114) | <br>(107-108) | <br>(107-108) | <br>(99-103)      |                                                                                                  | <br>(115-117) |                                                                                              |                                                                                                        | <br>(92-94) |
| BioGaia® Protectis® Chewable Tablets<br>          |                                                                                      | Chewable tablet | 100M/tablet  | 1 tablet          | <br>(104)     | <br>(105-106) | <br>(111-112)     | <br>(109-110) | <br>(95-98)         | <br>(107-108) | <br>(107-108) | <br>(99-103)      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        | <br>(92-94) |
| BioGaia® Protectis® Drops with Vitamin D<br>      |                                                                                      | Drops           | 100M/5 drops | 5 drops           | <br>(104)     | <br>(105-106) | <br>(111-112)     | <br>(109-110) | <br>(95-98,113-114) | <br>(107-108) | <br>(107-108) | <br>(99-103)      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        | <br>(92-94) |
| BioGaia® Junior Tablets with Vitamin D<br>        |                                                                                      | Chewable tablet | 100M/tablet  | 1 tablet          | <br>(104)     | <br>(105-106) | <br>(111-112)     | <br>(109-110) | <br>(95-98)         | <br>(107-108) | <br>(107-108) | <br>(99-103)      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        | <br>(92-94) |
| BioGaia® ProDentis™ Kids                                                                                                           | <i>L. reuteri</i> ATCC PTA 5289<br><i>L. reuteri</i> DSM 17938                       | Lozenge         | 200M/lozenge | 1 lozenge         |                                                                                                |                                                                                                |                                                                                                    |                                                                                                 |                                                                                                        |                                                                                                  |                                                                                                  |                                                                                                      |                                                                                                  |                                                                                                  |                                                                                              | <br>(55-59,153-155) |                                                                                                |
| CulturedCare® Probiotic Gum with BLIS K12®<br>    | <i>Streptococcus salivarius</i> K12                                                  | Lozenge         | 1B/lozenge   | 1-5 lozenges      |                                                                                                |                                                                                                |                                                                                                    |                                                                                                 |                                                                                                        |                                                                                                  |                                                                                                  |                                                                                                      |                                                                                                  |                                                                                                  |                                                                                              | <br>(53-54)         |                                                                                                |
| Culturelle® Baby Calm + Colic Probiotic Drops<br> | <i>B. longum</i> CECT7894/<br>KABP042®<br><i>P. pentosaceus</i><br>CECT8330/KABP041® | Drops           | 1B/5 drops   | 5 drops           |                                                                                                |                                                                                                |                                                                                                    |                                                                                                 | <br>(141-142)       |                                                                                                  |                                                                                                  |                                                                                                      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        |                                                                                                |
| Culturelle® Immune Support + Vitamin D<br>        |                                                                                      | Drops           | 1B/5 drops   | 5 drops           |                                                                                                |                                                                                                |                                                                                                    |                                                                                                 | <br>(141-142)       |                                                                                                  |                                                                                                  |                                                                                                      |                                                                                                  |                                                                                                  |                                                                                              |                                                                                                        |                                                                                                |
| Culturelle® Kids Daily Probiotic Chewables                                                                                         | <i>L. rhamnosus</i> GG                                                               | Chewable tablet | 5B/tablet    | 2-4 tablets       | <br>(124-125) |                                                                                                | <br>(129-135,140) | <br>(139)     |                                                                                                        | <br>(126-127) | <br>(126-127) | <br>(118-123,138) | <br>(136-137) |                                                                                                  | <br>(128) |                                                                                                        |                                                                                                |
| Culturelle® Kids Daily Probiotic Packets                                                                                           |                                                                                      | Powder          | 5B/packet    | 2-4 packets       | <br>(124-125) |                                                                                                | <br>(129-135,140) | <br>(139)     |                                                                                                        | <br>(126-127) | <br>(126-127) | <br>(118-123,138) | <br>(136-137) |                                                                                                  | <br>(128) |                                                                                                        |                                                                                                |
| Culturelle® Kids Immune Defense Probiotic<br>     |                                                                                      | Chewable tablet | 5B/tablet    | 2-4 tablets       | <br>(124-125) |                                                                                                | <br>(129-135,140) | <br>(139)     |                                                                                                        | <br>(126-127) | <br>(126-127) | <br>(118-123,138) | <br>(136-137) |                                                                                                  | <br>(128) |                                                                                                        |                                                                                                |

 - Approved by Health Canada for listed indication; applicable to supplements

 - Gluten Free

# Probiotic Products for Pediatric Population:

| Brand Name                                                                                                                                                                                                                                        | Probiotic Strain(s)                                                                                                                                                                                                                                                                                                                   | Dosage Form               | CFU/Dose                    | No. of Doses/Day    | AAD                                                                                        | CDAD                                                                                          | CE/AD                                                                                           | CID                                                                                          | Colic                                                                                           | HP                                                                                             | IBD-UC                                                                                          | IBS                                                                                         | ID                                                                                              | LH      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------|---------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------|
| <b>Florastor® Kids</b>                                                                                                                                           | <i>Saccharomyces boulardii</i> Iyo CNCM I-745                                                                                                                                                                                                                                                                                         | Sachet                    | 2.5B/sachet                 | 2-4 sachets         | I  (146) | III  (147) |                                                                                                 |                                                                                              |                                                                                                 | I  (39,148) |                                                                                                 |                                                                                             | I  (143-145) |         |
| <b>HMF Baby Drops</b>                                                                                                                                            | <i>B. longum</i> CECT7894/KABP042®<br><i>P. pentosaceus</i> CECT8330/<br>KABP041®                                                                                                                                                                                                                                                     | Drops                     | 1B/5 drops                  | 5 drops             |                                                                                            |                                                                                               |                                                                                                 |                                                                                              | I  (141-142) |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>HMF Fit for School</b> <br>[50mg vitamin C, 1000IU vitamin D]                                                                                                 | <i>L. acidophilus</i> CUL-60<br><i>L. acidophilus</i> CUL-21<br><i>B. animalis subsp. lactis</i> CUL-34<br><i>B. bifidum</i> CUL-20                                                                                                                                                                                                   | Chewable tablet<br>Powder | 12.5B/tablet<br>12.5B/scoop | 1 tablet<br>1 scoop |                                                                                            |                                                                                               |                                                                                                 | I  (149)  |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>MetaKids™ Baby Probiotic</b>                                                                                                                                  | <i>L. rhamnosus</i> GG<br><i>B. lactis</i> BB-12                                                                                                                                                                                                                                                                                      | Drops                     | 1B/6 drops                  | 6 drops             |                                                                                            |                                                                                               | II (151)                                                                                        | II  (150) |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>MetaKids™ Probiotic</b>                                                                                                                                       | <i>L. acidophilus</i> NCFM®<br><i>B. animalis subsp lactis</i> Bi-07®                                                                                                                                                                                                                                                                 | Chewable tablet           | 5B/tablet                   | 2 tablets           |                                                                                            |                                                                                               |                                                                                                 | I (152)                                                                                      |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>Orange Naturals Baby Probiotics +D3 Drops (400IU)</b>                                                                                                         | <i>L. rhamnosus</i> GG<br><i>B. lactis</i> BB12                                                                                                                                                                                                                                                                                       | Drops                     | 2B/5 drops                  | 5 drops             |                                                                                            |                                                                                               | II (151)                                                                                        | II (150)                                                                                     |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>Orange Naturals Probiotics Kids Chewable + Vitamin A,C,D3</b>                                                                                                 | <i>L. acidophilus</i> NCFM<br><i>B. animalis subsp lactis</i> Bi-07                                                                                                                                                                                                                                                                   | Chewable tablet           | 5B/tablet                   | 1 tablet            |                                                                                            |                                                                                               |                                                                                                 | I (152)                                                                                      |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>ProZema®</b>                                                                                                                                                  | <i>B. lactis</i> BPL1 CECT 8145<br><i>B. longum</i> ES1 CECT 7347<br><i>L. casei</i> BPL4 CECT 9104                                                                                                                                                                                                                                   | Stick                     | 1.55B/stick                 | 1 stick             |                                                                                            |                                                                                               | I  (156-157) |                                                                                              |                                                                                                 |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>Probiotic Baby</b>                                                                                                                                                                                                                             | <i>B. lactis</i> BB-12                                                                                                                                                                                                                                                                                                                | Drops                     | 1B/6 drops                  | 6 drops             |                                                                                            |                                                                                               |                                                                                                 | I (158)                                                                                      | I (159)                                                                                         |                                                                                                |                                                                                                 |                                                                                             |                                                                                                 |         |
| <b>Visbiome®</b> <br>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<br><i>L. paracasei</i> DSM24733/SD5218<br><i>L. delbrueckii subsp. bulgaricus</i> DSM24734/SD5210<br><i>L. plantarum</i> DSM24730/SD5209<br><i>B. longum</i> DSM24736/SD5220<br><i>B. infantis</i> DSM24737/SD5219<br><i>B. breve</i> DSM24732/SD5206<br><i>S. thermophilus</i> DSM24731/SD5207 | Sachet                    | 450B/sachet                 | 1-2 sachets         |                                                                                            |                                                                                               |                                                                                                 |                                                                                              |                                                                                                 |                                                                                                | I  (161-162) | I  (163) | I (160)                                                                                         | I (164) |

 - Product requires refrigeration

 - Approved by Health Canada for listed indication; applicable to supplements

 - Gluten Free

## Probiotic Products for Maternal and Vaginal Health:

| Brand Name                                                                                                   | Probiotic Strain(s)                                                                      | Dosage Form     | CFU/Dose          | No. of Doses/<br>Day | BV                                                                                                             | VC                                                                                                     |
|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------|-------------------|----------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Bio-K+® Women's Health      | <i>L. reuteri</i> RC-14<br><i>L. rhamnosus</i> GR-1                                      | Oral capsule    | 1B each/capsule   | 1-2 capsules         | I <br>(165,167-169,171-172) | I <br>(166,169-170) |
| Probiac BV®                                                                                                  | <i>L. acidophilus</i> A-212<br><i>L. rhamnosus</i> A-119<br><i>S. thermophilus</i> A-336 | Vaginal capsule | 8B/capsule        | 1-2 capsules         | II <br>(173)                |                                                                                                        |
| Provacare®                                                                                                   | <i>L. rhamnosus</i> Lcr35                                                                | Vaginal ovule   | 3.41B/ovule       | 2 ovules             | I <br>(175-177)             | I <br>(174)         |
| RepHresh™ Pro-B™ Probiotic  | <i>L. rhamnosus</i> GR-1<br><i>L. reuteri</i> RC-14                                      | Oral capsule    | 0.5B each/capsule | 2-4 capsules         | I <br>(165,167-169,171-172) | I <br>(166,169-170) |
| UltraFlora® Women's         | <i>L. reuteri</i> RC-14<br><i>L. rhamnosus</i> GR-1                                      | Oral capsule    | 1B each/capsule   | 1-2 capsules         | I <br>(165,167-169,171-172) | I <br>(166,169-170) |

 - Approved by Health Canada for listed indication; applicable to supplements

 - 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<br>(180)     |                |                | I<br>(178-179) |                 |
| GoodBelly® Probiotic Juice Drinks                   | <i>L. plantarum</i> 299v                | 20B/serving (8oz) | 1 serving         | III<br>(66) |                | III<br>(67,71) |                | I<br>(68-70)   |                 |
| GoodBelly® Probiotic SuperShot Dairy-free drinks ❄️ |                                         | 50B/80mL serving  | 1/3 - 1/2 serving | III<br>(66) |                | III<br>(67,71) |                | I<br>(68-70)   |                 |
| Yakult ❄️                                           | <i>L. casei</i> Shirota                 | 8B/bottle (80mL)  | 1-2 bottles       |             | I<br>(187-188) |                | I<br>(189-192) |                | II<br>(193-194) |

## Functional Foods with Added Probiotics (Children):

| Brand Name                                                                | Probiotic Strain(s)                  | CFU/Dose                                     | No. of Doses/Day                                             | AAD        | CID            | CMPA           | ID            |
|---------------------------------------------------------------------------|--------------------------------------|----------------------------------------------|--------------------------------------------------------------|------------|----------------|----------------|---------------|
| Gerber® Baby Cereals                                                      | <i>B. lactis</i> BB-12               | 1B/serving [serving=5 tbsls]                 | 1 serving                                                    | I<br>(182) | I<br>(158,181) |                |               |
| Gerber® Toddler Cereals                                                   | <i>B. lactis</i> BB-12               | 1B/serving [serving=5 tbsls]                 | 1 serving                                                    | I<br>(182) | I<br>(158,181) |                |               |
| Good Grow® Nutritional Toddler Drink                                      | <i>B. lactis</i> BB-12               | 1B/200mL serving                             | 1 serving                                                    | I<br>(182) | I<br>(158,181) |                |               |
| Good Start Soothe™ Infant Formula                                         | <i>L. reuteri</i> DSM 17938          | 1M/gram                                      | Routine feeding if an alternative to breast milk is required |            |                |                | I<br>(99-103) |
| Good Start® Plus 1 Infant Formula                                         | <i>B. lactis</i> BB-12               | 1M/gram                                      | Routine feeding if an alternative to breast milk is required |            | I<br>(158,181) |                |               |
| Good Start® Plus 2 Infant Formula (6 months+)                             | <i>B. lactis</i> BB-12               | 130M/100mL serving                           | Routine feeding if an alternative to breast milk is required | I<br>(182) | I<br>(158,181) |                |               |
| Nestlé® Nido® Nutritional Toddler Drink                                   | <i>B. lactis</i> BB-12               | 1B/225mL serving                             | 1 serving                                                    | I<br>(182) | I<br>(158,181) |                |               |
| Nutramigen® A+® with LGG®<br>Extensively hydrolyzed casein formula (EHCF) | <i>L. rhamnosus</i> GG [Branded LGG] | 1.35 × 10 <sup>7</sup> CFU per 100mL serving | EHCF when an alternative to breast milk is required          |            |                | I<br>(183-186) |               |

❄️ - Product requires refrigeration

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