AEProbio
Alliance for Education on Probiotics

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Guide to Probiotic Products

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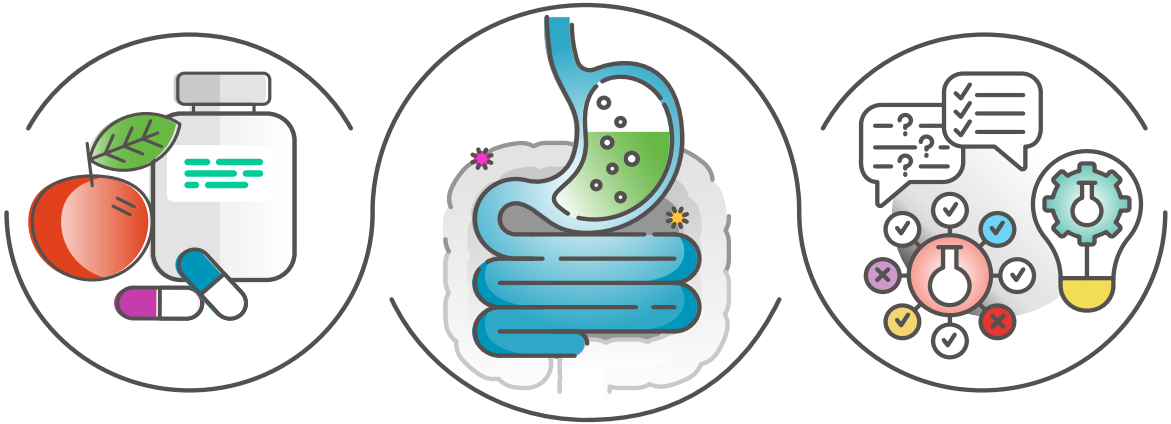

Applications, Dosage Forms, and Evidence

Table of Contents

Page Number	Content
2	Authors and Reviewers
3	Acronyms for Potential Applications of Probiotics in the Adult and Pediatric Population
4	About this Guide
5	Review Process
6	Inclusion Criteria
7	Level of Recommendation and Disclaimer
8	Probiotic Products for **Digestive and Liver Health in Adult Population**
10	Probiotic Products for **General Health in Adult Population**
11	Probiotic Products for **Pediatric Population**
13	Probiotic Products for **Maternal and Vaginal Health**
14	**Functional Foods** with Added Probiotics
15	References
22	Alliance for Education on Probiotics

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The Authors, Contributors and Expert Review Committee are independent and have no financial conflict or associations with companies that could benefit from or be affected by this publication.

Acronyms:

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

The Guide to Probiotic Products Available in the United Kingdom

The UK Edition of the Guide to Probiotics is a research-based tool published in collaboration between a review committee of independent probiotic experts based in the UK and the Alliance for Education on Probiotics (AEProbio). AEProbio is also responsible for the annual update of the Clinical Guide to Probiotic Products Available in Canada and in the USA.

The UK edition presents a list of commercially available probiotic products that are based on peer-reviewed publications and thus satisfy evidence-based criteria. The UK Guide will be reviewed and updated annually to reflect new evidence, regulatory changes, and product availability.

Probiotics are not routinely available by prescription in the UK, and the products that are commercially available are not strictly regulated. Therefore, it is vital that there is a resource providing information on scientifically reviewed probiotics. It is important for probiotic selection to be based on up-to-date research, specific health condition(s) being addressed, and corresponding strains that are shown to be the most effective.

This Guide has been developed independently and is free from financial conflicts, bias, or commercial funding.

How is the Guide Reviewed?

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

In the case of probiotics, 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, dose, outcomes and finally, non-active ingredients present.

Every attempt was made by the author and reviewers to include published data for the available probiotic formulations. To avoid selection bias toward any specific formulation, we conducted a literature search of two databases (PubMed, EMBASE) and contacted our independent experts to identify any published or unpublished studies.

Our aim is to ensure that the appropriate product/strain is selected for the desired outcome. This 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.

Readers are encouraged to review the evidence listed for each product for themselves. Please refer to individual publications for details of populations studied (e.g. age, gender, comorbidities, clinical state, inclusion/exclusion criteria, study design, techniques used and outcomes) and effects (statistical significance, size of treatment effect, precision of the confidence intervals).

Why are only a Limited Number of Products Included?

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

1. Commercially available in the UK as a supplement or probiotic-containing foodfood
2. Generally Recognised as Safe status (FDA) and/or Natural Product Number (Health Canada) for probiotic strain(s) used in the products and recognised as safe by the European Food Safety Authority and the UK Food Standards Agency
3. Favourable published in vivo evidence for the particular strain(s) present in each product
4. For products containing multiple strains, the evidence must be for the specified combination and NOT extrapolated from the evidence for the separate probiotic strains

Note: *Some products are excluded from the current edition due to changes in the strains used.*
Clinical Pearl: *Indications for use are based on specific strains or combinations studied together.*
Caution: *Extrapolation of current data and recommendations to be applied for different combinations of probiotic strains is not permitted.*

Level of Recommendation:

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

Readers are strongly encouraged to review the evidence listed for each product for themselves.
Please refer to individual publications for specifics of patient populations studied (e.g. age, gender, comorbidities) and details of clinical effect (statistical significance, size of treatment effect, precision of the confidence intervals).

Disclaimer

This chart reflects information available from published studies available to date and does not imply endorsement of any specific product. The guide is independently developed without financial conflict, with publishing and distribution managed by the Alliance for Education on Probiotics (AEProbio). We acknowledge an unrestricted grant from AEProbio to support these efforts in translating scientific evidence into clinically useful guidance. The UK Probiotic Guide is a product of collaboration between the Diet and Health OIRC INFORM Hub, University of Reading, University of Leeds and Alliance for Education on Probiotics (AEProbio). The guide is independently developed without financial conflict via an INFORM Hub grant award, with publishing and distribution managed by AEProbio. We acknowledge the support provided by the INFORM Hub in these efforts to translate scientific evidence into clinically useful guidance.

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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	IBD-UC	LH
Alflorex® Chewable Tablets	*B. longum* 35624	Tablet	1B/tablet	1 tablet				I (2-5)					
Alflorex® Original		Capsule	1B/capsule	1 capsule				I (2-5)					
Align® Extra Strength	*B. longum* 35624	Capsule	5B/capsule	1 capsule				I (2-5)					
Align® Gut Health & Immunity Support	*B. lactis* BB-12®	Capsule	1B/capsule	1 capsule	I (1)								
Bio-Kult®	*Bacillus subtilis* PXN® 21™ *B. bifidum* PXN® 23™ *B. breve* PXN® 25™ *B. infantis* PXN® 27™ *B. longum* PXN® 30™ *L. acidophilus* PXN® 35™ *L. delbrueckii ssp. bulgaricus* PXN® 39™ *L. casei* PXN® 37™ *L. plantarum* PXN® 47™ *L. rhamnosus* PXN® 54™ *L. helveticus* PXN® 45™ *L. salivarius* PXN® 57™ *L. lactis ssp. lactis* PXN® 63™ *Streptococcus thermophilus* PXN® 66™	Capsule	2B/capsule	4 capsules				I (7)					
BioGaia® Gastrus®	*L. reuteri* ATCC PTA 6475 *L. reuteri* DSM 17938	Tablet	200M/tablet	1 tablet		I (9, 10)							
BioGaia® Protectis® Baby Drops with Vitamin D	*L. reuteri* DSM 17938	Drops	100M/5drops	5 drops	I (17)	I (13-16)			II (11)	II (12)			
BioGaia® Protectis® D+		Chewable tablet	100M/tablet	1 tablet	I (17)	I (13-16)			II (11)	II (12)			
Boots Good Gut Live Friendly Bacteria Max Strength	*L. acidophilus* CUL-60 *L. acidophilus* CUL-21 *B. animalis subsp. lactis* CUL-34 *B. bifidum* CUL-20	Capsule	50B/capsule	1 capsule			II (18)	II (19)					
CDS22-formula 450 ❄ 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	*S. thermophilus* NCIMB 30438 *B. breve* NCIMB 30441 *B. animalis subsp. lactis* NCIMB 30435 *B. animalis subsp. lactis* NCIMB 30436 *L. acidophilus* NCIMB 30442 *L. plantarum* NCIMB 30437 *L. paracasei* NCIMB 30439 *L. helveticus* NCIMB 30440	Sachet	450B/sachet	1-2 sachets	II (20,31)						I (22,24-26)	I (21-23)	I (27-30, 32,33)
CDS22-formula 112 ❄ 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		Capsule	112B/capsule	1-4 capsules	II (20,31)						I (22,24-26)	I (21-23)	I (27-30, 32,33)
Culturelle® Abdominal Support & Comfort	*Bacillus coagulans* Unique IS-2	Capsule	2B/capsule	1 capsule	II (50,51)			II (52)					

❄ - Product requires refrigeration

- Gluten Free

M - Million | B - Billion | CFU - Colony Forming Units

Probiotic Products for **Digestive and Liver Health in Adult Population:**

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/ Day	C	IBD-UC	HP	CDAD	IBS	AAD	IBD-P	TD
Culturelle® Digestive Daily Probiotic	*L. rhamnosus* GG	Chewable tablet Capsule	10B/tablet 10B/capsule	1 tablet 1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Culturelle® Health and Wellness		Capsule	15B/capsule	1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Culturelle® Ultimate Strength		Capsule	20B/capsule	1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Essential-Biotic® L. rhamnosus GG	*L. rhamnosus* GG	Capsule	25B/capsule	1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Floradapt Gut Support	*L. plantarum* CECT7527/KABP011® *L. plantarum* CECT7528/KABP012® *L. plantarum* CECT7529/KABP013®	Capsule	3B/capsule	1 capsule					I (58,59)			
Inessa Advanced Daily Biotic	*L. rhamnosus* GG	Capsule	10B/capsule	1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Jarrow Ideal Bowel Support	*L. plantarum* 299v	Capsule	10B/capsule	1-2 capsules				III (62,66)	I (63-65)	III (61)		
Optibac Probiotics Bifido & Fibre	*B. lactis* BB-12	Sachet	25B/sachet	1 sachet	I (1)							
Optibac Probiotics Everyday Extra	*B. lactis* Bi-07® *L. acidophilus* NCFM® *B. lactis* Bl-04 *L. paracasei* Lpc-37	Capsule	20B/capsule	1 capsule						I (84,85)		
Optibac S. Boulardii	*Saccharomyces boulardii lyo* CNCM I-745	Capsule	5B/capsule	1-2 capsules		III (75,79-82)	I (76-78)	I (67,68, 70,71,83)		I (69,70)		I (72-74)
Pro-Ven For Adults 50 Billion	*L. acidophilus* CUL-60 *L. acidophilus* CUL-21 *B. animalis subsp. lactis* CUL-34 *B. bifidum* CUL-20	Capsule	50B/capsule	1 capsule				II (18)	II (19)			
SMART STRAINS® for when you're on antibiotics	*L. rhamnosus* GG	Capsule	10B/capsule	1 capsule			I (43)	III (44-46)		I (42)	II (47)	II (48,49)
Symprove™	*L. rhamnosus* NCIMB 30174 *L. plantarum* NCIMB 30173 *L. acidophilus* NCIMB 30175 *Enterococcus faecium* NCIMB 30176	Liquid	10B/70mL	70mL once per day					II (92)			
UltraFlora® Balance	*L. acidophilus* NCFM® *B. lactis* Bi-07®	Capsule	15B/capsule	2 capsules					II (93)			
UltraFlora® Restore	*B. lactis* Bi-07® *L. acidophilus* NCFM® *B. lactis* Bl-04 *L. paracasei* Lpc-37	Capsule	20B/capsule	1 capsule						I (84,85)		

- Product requires refrigeration
- Gluten Free

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Probiotic Products for **General Health in Adult Population:**

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	LDL-C	WM	MP	OH	CID	M/A
Bariatric Advantage Innovations	*B. animalis ssp. lactis* 420 (B420™)	Capsule	10B/capsule	1 capsule		I (6)				
BioGaia® Prodentis®	*L. reuteri* ATCC PTA 6475 *L. reuteri* DSM 17938	Lozenge	200M/lozenge	1 lozenge				I (86-90)		
Bio-Kult®	*Full list of strains on Page 8	Capsule	2B/capsule	4 capsules			II (8)			
Calm Biotic®	*B. longum* R0175 *L. helveticus* R0052	Capsule	3B/capsule	1 capsule						II (34-36)
CholBiome® Daily Maintenance	*L. plantarum* ECGC 13110402	Capsule	4B/capsule	1 capsule	II (40,41)					
FloraVantage® Control	*B. animalis ssp. lactis* 420 (B420™)	Capsule	10B/capsule	1 capsule		I (6)				
Floradapt Happy Beat	*L. plantarum* CECT7527/KABP011® *L. plantarum* CECT7528/KABP012® *L. plantarum* CECT7529/KABP013®	Capsule	1B/capsule	1 capsules	II (55-57)					
Floradapt Mind Balance	*L. plantarum* DR7	Capsule	1B/capsule	1 capsule						II (60)
InnovixLabs™ Mood Probiotic	*B. longum* R0175 *L. helveticus* R0052	Capsule	3B/capsule	1 capsule						II (34-36)
Microbiome Plus+ Probiotic	*L. reuteri* NCIMB 30242 (LRC®)	Capsule	3.5B/capsule	2 capsules	I (37-39)					
Pro-Ven Probiotics Shapeline	*L. acidophilus* CUL-60 *L. acidophilus* CUL-21 *L. plantarum* CUL-66 *B. animalis subsp. lactis* CUL-34 *B. bifidum* CUL-20	Capsule	50B/capsule	1 capsule		II (91)				
UltraFlora® Control	*B. animalis ssp. lactis* 420 (B420™)	Capsule	10B/capsule	1 capsule		I (6)				
UltraFlora® Immune Booster	*L. plantarum* HEAL9 *L. paracasei* 8700:2	Capsule	1B/capsule	1 capsule					I (94,95)	

- Gluten Free

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Probiotic Products for **Pediatric Population:**

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/ Dose	No. of Doses/ Day	AAD	C	CE/AD	CID	Colic	HP	IBS/ FAP	IBD-UC	ID	LH	NEC*	NI	OH	Regurg /GI Mot
Baba West Bifikalm Multibiotic Relief Drops	*B. longum* CECT7894/ KABP042® *P. pentosaceus* CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I (96)									
Bio-Kult® Infantis	*L. casei* PXN® 37™ *L. rhamnosus* PXN® 54™ *Streptococcus thermophilus* PXN® 66™ *L. acidophilus* PXN® 35™ *B. breve* PXN® 25™ *L. delbrueckii ssp. bulgaricus* PXN® 39™ *B. infantis* PXN® 27™	Sachet	1B/sachet	½ -1 sachet			II (97)		II (98)	II (99)								
BioGaia® Prodentis® KIDS	*L. reuteri* ATCC PTA 5289 *L. reuteri* DSM 17938	Lozenge	200M/ lozenge	1 lozenge													I (86-90, 167-169)	
BioGaia® Protectis® Baby Drops	*L. reuteri* DSM 17938	Drops	100M/5 drops	5 drops	I (112)	I (113, 114)	II (119, 120)	I (117, 118)	I (103-106, 121, 122)		I (115, 116)		I (107-111)		I (123-125)			I (100-102)
BioGaia® Protectis® Baby Drops with Vitamin D		Drops	100M/5 drops	5 drops	I (112)	I (113, 114)	II (119, 120)	I (117, 118)	I (103-106, 121, 122)		I (115, 116)		I (107-111)					I (100-102)
BioGaia® Protectis® Tablets for Kids		Chewable tablet	100M/tablet	1 tablet	I (112)	I (113, 114)	II (119, 120)	I (117, 118)	I (103-106, 121, 122)		I (115, 116)		I (107-111)					I (100-102)
CDS22-formula 112 ❄ 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	*S. thermophilus* NCIMB 30438 *B. breve* NCIMB 30441 *B. animalis subsp. lactis* NCIMB 30435 *B. animalis subsp. lactis* NCIMB 30436 *L. acidophilus* NCIMB 30442 *L. plantarum* NCIMB 30437 *L. paracasei* NCIMB 30439 *L. helveticus* NCIMB 30440	Capsule	112B/ capsule	1-4 capsules							I (129)	I (127-128)	I (126)	I (130)				
CDS22-formula 450 ❄ **see disclaimer above		Sachet	450B/ sachet	1-2 sachets							I (129)	I (127-128)	I (126)	I (130)				
CDS22-formula Infant drops **see disclaimer above		Drops	0.5B/drop	2-20 drops					II (172)									
Culturelle® Kids Immune Defense	*L. rhamnosus* GG	Chewable tablet	5B/tablet	1-2 tablets	I (137, 138)		I (142,-148, 153)	I (152)			I (139, 140)		I (131-136, 151)	II (149, 150)		I (141)		
Culturelle® Kids Purely Probiotics Chewables		Chewable tablet	5B/tablet	1-2 tablets	I (137, 138)		I (142,-148, 153)	I (152)			I (139, 140)		I (131-136, 151)	II (149, 150)		I (141)		
Culturelle® Kids Purely Probiotics Packets		Powder	5B/packet	1-2 packets	I (137, 138)		I (142,-148, 153)	I (152)			I (139, 140)		I (131-136, 151)	II (149, 150)		I (141)		

❄ - Product requires refrigeration
- Gluten Free

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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	ID	NEC*	OH
Culturelle® Probiotics Baby Digestive Calm+Comfort	*L. rhamnosus* GG *B. lactis* BB-12"	Drops	2B/5 drops	5 drops			II (155)	II (154)					
Culturelle® Probiotics Baby Healthy Development Probiotic, Vitamin D, HMO & DHA		Powder	3.5B/packet	1 packet			II (155)	II (154)					
Culturelle® Probiotics Baby Immune+Digestive Support, Probiotic & Vitamine D Drops		Drops	2.5B/5 drops	5 drops			II (155)	II (154)					
Mary Ruth's® Organic Infant Precision Probiotic Colic Liquid Drops	*B. longum* CECT7894/ KABP042® *P. pentosaceus* CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I (96)				
MetaKids™ Baby Probiotic	*L. rhamnosus* GG *B. lactis* BB-12	Drops	1B/6 drops	6 drops			II (155)	II (154)					
Now OralBiotics®	*Streptococcus salivarius* K12	Lozenge	1B/lozenge	1-5 lozenges									II (165, 166)
OMNi-BiOTiC® PandA	Lactococcus lactis W58 *B. lactis* W52 *B. lactose* W51 *B. bifidum* W23	Powder	3B/sachet	1 sachet			II (156)						
Optibac Probiotics Baby Drops	*B. breve* M-16V®	Drops	1B/8 drops	8 drops			I (163)					II (164)	
Optibac S. Boulardii	*Saccharomyces boulardii lyo* CNCM I-745	Capsule	5B/capsule	1-2 capsules	I (160)	III (161)				I (77, 162)	I (157-159)		
SMART STRAINS® for fussy babies (with 400IU vitamin D)	*B. lactis* BB-12	Drops	1B/6 drops	6 drops				I (170)	I (171)				

❄ - Product requires refrigeration
🌾 - Gluten Free

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Probiotic Products for **Maternal and Vaginal Health:**

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/ Day	BV	VC	Mastitis
AZO Complete Feminine Balance™	*L. crispatus* LbV 88 *L. jensenii* LbV 116 *L. gasseri* LbV 150N *L. rhamnosus* LbV 96	Oral capsule	5B/capsule	1 capsule	II (173-178)		
BioGaia Elactia Breastfeeding Probiotic	*L. fermentum* CECT5716 LC40®	Capsule	3B/capsule	1 capsule			I (53,54)
Jarrow Formulas® Fem-Dophilus® 5 Billion	*L. rhamnosus* GR-1 *L. reuteri* RC-14	Oral capsule	2.5B each/capsule	1 capsule	I (179-183, 185, 186)	I (180, 183, 184)	
Jarrow Formulas® Fem-Dophilus® 1 Billion	*L. rhamnosus* GR-1 *L. reuteri* RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (179-183, 185, 186)	I (180, 183, 184)	
RepHresh™ Pro-B™ Probiotic	*L. rhamnosus* GR-1 *L. reuteri* RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (179-183, 185, 186)	I (180, 183, 184)	
UltraFlora® Women's	*L. reuteri* RC-14 *L. rhamnosus* GR-1	Oral capsule	1B each/capsule	1-2 capsules	I (179-183, 185, 186)	I (180, 183, 184)	

- Product requires refrigeration
- Gluten Free

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Functional Foods with Added Probiotics (Adults):

Brand Name	Probiotic Strain(s)	CFU/Dose	No. of Doses/Day	AAD	C	CID	IBS	M/A
Actimel Cultured Yogurt Drink ❄ 🌾	*L. casei* sp. paracasei CNCM I-1518	20B/serving	1 serving	I (194,205)		I (197-204)		
Activia® Gut Health yogurt ❄ 🌾	*B. (animalis) lactis* CNCM I-2494	4B/serving	1 serving		I (189)		I (187, 188)	
Yakult ❄ 🌾	*L. casei* Shirota	20B/bottle (65ml)	1-2 bottles		I (217,218)	I (219-222)		II (223,224)

Functional Foods with Added Probiotics (Children):

Brand Name	Probiotic Strain(s)	CFU/Dose	No. of Doses/Day	AAD	CID	CMPA	HP	ID
Actimel Cultured Yogurt Drink ❄ 🌾	*L. casei* sp. paracasei CNCM I-1518	20B/serving	1 serving		I (193, 195, 196)		I (192)	II (190, 191)
Gerber®, Cereal for Baby, 2nd Foods, Probiotic Oatmeal Banana	*B. lactis* BB-12	1B/serving [serving =1/4 cup]	1 serving	I (207)	I (170,206)			
Gerber®, Cereal for Baby, Power Blend™, 2nd Foods, Probiotic Oatmeal Lentil, Peach & Apple								
Gerber®, Cereal for Baby, Power Blend™, 8+ Months, Probiotic Oatmeal, Lentil, Carrot & Apple								
Neocate® Syneo® Infant 🌾 Amino acid-based formula (AAF)	*B. breve* M-16V	1.4 × 10^9; CFU per 100 mL serving	AAF when an alternative to breast milk is required			II (208-212)		
Nutramigen® LGG® 🌾 Extensively hydrolyzed casein formula (EHCF)	*L. rhamnosus* GG [Branded LGG]	1.35 × 10^7; CFU per 100 mL serving	EHCF when an alternative to breast milk is required			I (213-216)		

❄ - Product requires refrigeration
🌾 - Gluten Free

M - Million | B - Billion | CFU - Colony Forming Units

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