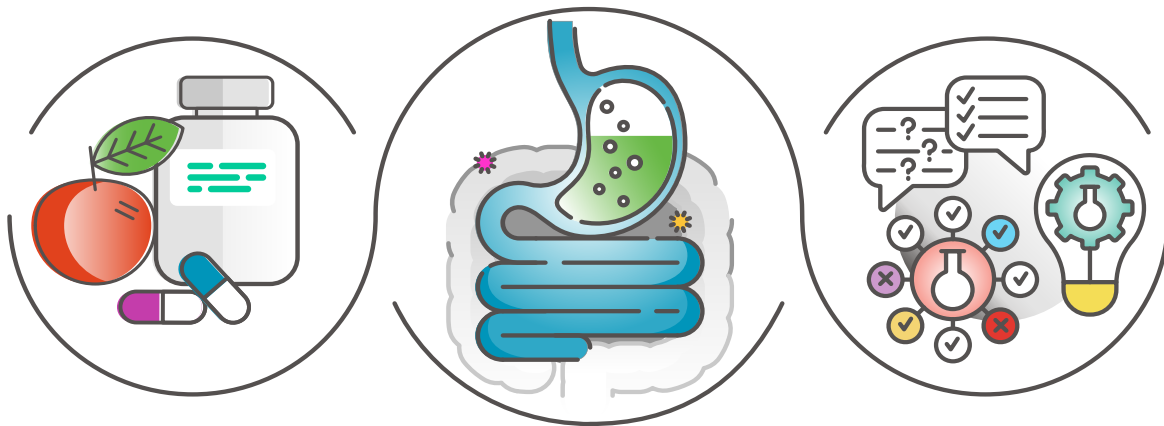


Clinical Guide to Probiotic Products

Available in the United States: 11th Edition



Dosage Formats | Applications | Clinical Evidence to date

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Author

Dragana Skokovic-Sunjic

BScPhm RPh NCMP

Reviewers

Dr Vivien Brown

MDCM CCFP FCFP NCMP

Dr Elsa Dinsdale

MD MSc

Jaimie Hemsworth Hummelen

RD MSc PhD

Iris Krawchenko

BScPhm RPh ACPR

Dr John Marshall

MD MSc FRCPC AGAF

Dr Tom Smiley

BScPhm PharmD

Editor

Rebecca L. Johnson

PhD candidate

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Acronyms:

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

The Clinical Guide to Probiotic Products Available in the United States

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

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

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

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

Due to frequent changes in the commercial availability of probiotic strains, new published evidence, and growing research, an annual review and 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 the United States as a supplement or probiotic-containing food.
2. Generally Recognized as Safe status (FDA) and/or Natural Product Number (Health Canada) for probiotic strain(s) used in the products.
3. Favourable published clinical evidence for the particular strain(s) present in each product.
4. For products containing multiple strains, evidence must be for the specified combination and NOT extrapolated from the evidence for the separate probiotic strains.

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

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

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

Level of Recommendation:

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

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

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

Disclaimer

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

Please forward any questions or comments to DSunjc@bhsoftinc.com

2025 Version, valid until December 31, 2025. ©BHSofInc

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	C	HP	CDAD	IBS	ID	AAD
Align® 	<i>B. longum</i> 35624	Capsule	1B/capsule	1 capsule				I (2-5)		
Align® Chewables 		Tablet	1B/tablet	1 tablet				I (2-5)		
Align® Extra Strength 		Capsule	5B/capsule	1 capsule				I (2-5)		
Align® Gut Health & Immunity Support 	<i>B. lactis</i> BB-12®	Capsule	1B/capsule	1 capsule	I (1)					
Bio-K+® Advanced Bowel Support 	<i>L. acidophilus</i> CL1285 <i>L. casei</i> LBC80R <i>L. rhamnosus</i> CLR2	Capsule	50B/capsule	1-2 capsules			I (7-11)	I (12)		I (6-8)
Bio-K+® Drinkable Probiotics  		Ferm. milk lq. Ferm. vegan lq.	50B/bottle 50B/bottle	1 bottle 1 bottle			I (7-11)			I (6-8)
Bio-K+® PRO  		Capsule	50B/capsule	1-2 capsules			I (7-11)	I (12)		I (6-8)
Bio-K+® PRO Probiotic Medical Food  		Ferm. rice lq.	100B/bottle	0.5-1 bottle			I (7-11)			I (6-8)
Bio-Kult® 	<i>Bacillus subtilis</i> PXN® 21™ <i>B. bifidum</i> PXN® 23™ <i>B. breve</i> PXN® 25™ <i>B. infantis</i> PXN® 27™ <i>B. longum</i> PXN® 30™ <i>L. acidophilus</i> PXN® 35™ <i>L. delbrueckii</i> ssp. <i>bulgaricus</i> PXN® 39™ <i>L. casei</i> PXN® 37™ <i>L. plantarum</i> PXN® 47™ <i>L. rhamnosus</i> PXN® 54™ <i>L. helveticus</i> PXN® 45™ <i>L. salivarius</i> PXN® 57™ <i>L. lactis</i> ssp. <i>lactis</i> PXN® 63™ <i>Streptococcus thermophilus</i> PXN® 66™	Capsule	2B/capsule	4 capsules				I (16)		
BioGaia® Gastrus®	<i>L. reuteri</i> ATCC PTA 6475 <i>L. reuteri</i> DSM 17938	Tablet	200M/tablet	1 tablet		I (18-19)				
BioGaia® Protectis®	<i>L. reuteri</i> DSM 17938	Drops Chewable tablet	100M/5 drops 100M/tablet	5 drops 1 tablet	I (26)	I (22-25)			II (20)	II (21)
BioGaia® Protectis® Baby Drops with Vitamin D		Drops	100M/5 drops	5 drops	I (26)	I (22-25)			II (20)	II (21)

 - Product requires refrigeration

 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	C	IBD+UC	HP	CDAD	IBS	AAD	IBD+P	TD
Culturelle® Abdominal Comfort & Support 🌱	<i>Bacillus coagulans</i> Unique IS-2	Sachet	2B/sachet	1 sachet	II (38-39)				II (40)			
Culturelle® Digestive Health Daily Probiotic 🌱	<i>L. rhamnosus</i> GG	Chewable tablet Capsule	10B/tablet 10B/capsule	1 tablet 1 capsule			I (31)	III (32-34)		I (30)	II (35)	II (36-37)
Culturelle® Health and Wellness 🌱		Capsule	15B/capsule	1 capsule			I (31)	III (32-34)		I (30)	II (35)	II (36-37)
Culturelle® Ultimate Balance / Culturelle® Ultimate Strength 🌱		Capsule	20B/capsule	1 capsule			I (31)	III (32-34)		I (30)	II (35)	II (36-37)
FloraVantage® Balance 🌱	<i>L. acidophilus</i> NCFM® <i>B. animalis subsp lactis</i> Bi-07®	Capsule	15B/capsule	2 capsules					II (43)			
Floradapt Gut Comfort 🌱	<i>L. plantarum</i> CECT7484/KABP022® <i>L. plantarum</i> CECT7485/KABP023® <i>P. acidilactici</i> CECT7483/KABP021®	Capsule	3B/capsule	1 capsule					I (48-49)			
Florastor® Dual Action Probiotic Supplement 🌱	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Capsule	2.5B/capsule	2-4 capsules		III (57-61-64)	I (58-60)	I (9-10, 52-53, 65)		I (51-52)		I (54-56)
GNC Probiotic Complex Daily Need 🌱	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. bifidum</i> CUL-20 <i>B. lactis</i> CUL-34	Capsule	25B/50B per capsule	1-2 capsules				II (66)	II (67)			
GoodBelly® 🌱	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules				III (70,74)	I (71-73)	III (69)		
Gut Feelings Probiotics® (with xylooligosaccharide 500mg)	<i>L. plantarum</i> CECT7484/KABP022® <i>L. plantarum</i> CECT7485/KABP023® <i>P. acidilactici</i> CECT7483/KABP021®	Capsule	3B/capsule	1 capsule					I (48-49)			
HMF Forte 🌱	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis subsp. lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Capsule	10B/capsule	2-3 capsules				II (66)	II (67)			
HMF Intensive 🌱		Capsule	25B/capsule	1 capsule				II (66)	II (67)			
HMF Intensive 50 🌱		Capsule	50B/capsule	1 capsule				II (66)	II (67)			
HMF Intensive Powder ❄️ 🌱		Powder	25B/1 scoop (1 gram)	1 scoop				II (66)	II (67)			
HMF Super Powder ❄️ 🌱		Powder	10B/1 scoop (1 gram)	1 scoop				II (66)	II (67)			

❄️ - Product requires refrigeration

🌱 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	C	IBD-UC	CDAD	IBS	AAD	FAP
IB-ONE™ 	<i>Bacillus coagulans</i> Unique IS-2	Capsule	2B/capsule	1 capsule	II (38-39)			II (40)		
Ideal Bowel Support® 	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules			III (70,74)	I (71-73)	III (69)	
Mary Ruth's® Women's 40+ Precision Probiotic Digestive Liquid Drops	<i>L. plantarum</i> CECT7484/KABP022® <i>L. plantarum</i> CECT7485/KABP023® <i>P. acidilactici</i> CECT7483/KABP021®	Drops	3B/10 drops	10 drops				I (48-49)		
Mutaflor® 	<i>Escherichia coli</i> Nissle 1917	Capsule	2.5-25B/capsule	1-2 capsules		I (75-78)				
Optibac Probiotics Bifido & Fibre 	<i>B. lactis</i> BB-12	Sachet	25B/sachet	1 sachet	I (1)					
Optibac Probiotics Every Day EXTRA 	<i>L. acidophilus</i> NCFM® <i>L. paracasei</i> Lpc-37® <i>B. lactis</i> Bi-07® <i>B. lactis</i> Bi-04®	Capsule	20B/capsule	1 capsule					I (81-82)	
Peak Performance Probiotics For Candida, Colon & Sibo	<i>L. plantarum</i> CECT7484/KABP022® <i>L. plantarum</i> CECT7485/KABP023® <i>P. acidilactici</i> CECT7483/KABP021®	Capsule	3B/capsule	1 capsule				I (48-49)		
Pregnancy Care Probiotic 	<i>L. rhamnosus</i> R0011 <i>L. helveticus</i> R0052	Capsule	2B/capsule	1-2 capsules				III (93)		
Schiff® Digestive Advantage® Daily Probiotic 4in1 Capsules	<i>Bacillus coagulans</i> GBI-30, 6086	Capsule	2B/capsule	1 capsule						II (94)
Symprove™  	<i>L. rhamnosus</i> NCIMB 30174 <i>L. plantarum</i> NCIMB 30173 <i>L. acidophilus</i> NCIMB 30175 <i>Enterococcus faecium</i> NCIMB 30176	Liquid	10B/70mL	70mL once per day				II (95)		
UltraFlora® Balance 	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	Capsule	15B/capsule	2 capsules				II (43)		
UltraFlora® Intensive Care 	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules			III (70,74)	I (71-73)	III (69)	
UltraFlora® Restore 	<i>B. lactis</i> Bi-07® <i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-04 <i>L. paracasei</i> Lpc-37	Capsule	20B/capsule	1 capsule					I (81-82)	

 - Product requires refrigeration

 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	C	IBD-UC	IBD-P	LH
Visbiome Extra Strength® GI Care ❄️  This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen	<i>L. acidophilus</i> DSM24735/SD5212 <i>L. paracasei</i> DSM24733/SD5218 <i>L. delbrueckii subsp. bulgaricus</i> DSM24734/SD5210 <i>L. plantarum</i> DSM24730/SD5209 <i>B. longum</i> DSM24736/SD5219 <i>B. infantis</i> DSM24737/SD5220 <i>B. breve</i> DSM24732/SD5206 <i>S. thermophilus</i> DSM24731/SD5207	Sachet	900B/sachet	1 sachet	 (98,109)	 (99-101)	 (100,102-104)	 (105-108,110-111)
Visbiome® Advanced GI Care ❄️  This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen		Sachet	450B/sachet	1-2 sachets	 (98,109)	 (99-101)	 (100,102-104)	 (105-108,110-111)
Visbiome® GI Care Capsules ❄️  This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen		Capsule	112.5B/capsule	1-4 capsules	 (98,109)	 (99-101)	 (100,102-104)	 (105-108,110-111)

❄️ - Product requires refrigeration

 - Gluten Free

Probiotic Products for General Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	BG	LDL-C	WM	OH	CID	MP	M/A
Bio-K+® Heart Health 	<i>L. reuteri</i> NCIMB 30242 (LRC®)	Capsule	2.5B/capsule	2 capsules		I (13-15)					
Bio-Kult® 	*Full list of strains on Page 7	Capsule	2B/capsule	4 capsules						II (17)	
BioGaia® Prodentis®	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge				I (86-90)			
CalmBiotic™	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Capsule	3B/capsule	1 capsule							II (27-29)
FloraVantage® Control 	<i>B. animalis</i> ssp. <i>lactis</i> 420 (B420™)	Capsule	10B/capsule	1 capsule			I (44)				
Floradapt Cardio 	<i>L. plantarum</i> CECT7527/KABP011® <i>L. plantarum</i> CECT7528/KABP012® <i>L. plantarum</i> CECT7529/KABP013®	Capsule	1B/capsule	1 capsule		II (45-47)					
Floradapt Mood & Stress 	<i>L. plantarum</i> DR7	Capsule	1B/capsule	1 capsule							II (50)
HMF Metabolic 	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>L. plantarum</i> CUL-66 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Capsule	50B/capsule	1 capsule			II (68)				
InnovixLabs™ Mood Probiotic 	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Capsule	3B/capsule	1 capsule							II (27-29)
Microbiome Plus+™ Gastrointestinal 	<i>L. reuteri</i> NCIMB 30242 (LRC®)	Capsule	2B/capsule	2 capsules		I (13-15)					
Microflora Mood & Mind Support	<i>L. plantarum</i> DR7	Capsule	1B/capsule	1 capsule							II (50)
Neuralli® MP 	<i>L. plantarum</i> PS128	Capsule	30B/capsule	2 capsules							III (79-80)
OralBiotics® 	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges				II (83-84)			
PGC Pendulum Glucose Control 	<i>B. longum</i> (infantis) Bi-26 <i>C. beijerinckii</i> WB STR-0005 <i>Ak. muciniphila</i> WB-STR-0001 <i>An. hallii</i> WB-STR-0008 <i>C. butyricum</i> WB-STR-0006	Capsule	4.95B/capsule	2 capsules		II (85)					
UltraFlora® Control 	<i>B. animalis</i> ssp. <i>lactis</i> 420 (B420™)	Capsule	10B/capsule	1 capsule			I (44)				
UltraFlora® Immune Booster 	<i>L. plantarum</i> HEAL9 <i>L. paracasei</i> 8700:2	Capsule	1B/capsule	1 capsule					I (96-97)		

 - Product requires refrigeration

 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/ Dose	No. of Doses/ Day	AAD	C	CE/AD	CID	Colic	HP	IBS/FAP	ID	LH	NEC*	NI	OH	Regurg/ GI Mot
Baby Ddrops® Probiotic 	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	2.5B/5 drops	5 drops			 (113)	 (112)									
Bio-Kult® Infantis 	<i>L. casei</i> PXN® 37™ <i>L. rhamnosus</i> PXN® 54™ <i>Streptococcus thermophilus</i> PXN® 66™ <i>L. acidophilus</i> PXN® 35™ <i>B. breve</i> PXN® 25™ <i>L. delbrueckii ssp. bulgaricus</i> PXN® 39™ <i>B. infantis</i> PXN® 27™	Sachet	1B/sachet	½ -1 sachet			 (114)		 (115)	 (116)							
BioGaia® Prodentis® KIDS	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge												 (86-90,179-181)	
BioGaia® Protectis® Baby Drops	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	 (129)	 (130-131)	 (136-137)	 (134-135)	 (120-123,138-139)		 (132-133)	 (124-128)		 (140-142)			 (117-119)
BioGaia® Protectis® Baby Drops with Vitamin D		Drops	100M/5 drops	5 drops	 (129)	 (130-131)	 (136-137)	 (134-135)	 (120-123,138-139)		 (132-133)	 (124-128)					 (117-119)
BioGaia® Protectis® Chewable Tablets		Chewable tablet	100M/tablet	1 tablet	 (129)	 (130-131)	 (136-137)	 (134-135)	 (120-123,138-139)		 (132-133)	 (124-128)					 (117-119)
bobbie® Organic Probiotic Drops 	<i>B. longum</i> CECT7894/ KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					 (167-168)								
Chewable FloraVantage® Probiotic 	<i>L. acidophilus</i> NCFM® <i>B. animalis subsp lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets				 (143)									
Culturelle® Immune Defense 	<i>L. rhamnosus</i> GG	Chewable tablet	5B/tablet	1-2 tablets	 (150-151)		 (155-161,166)	 (165)			 (152-153)	 (144-149,164)	 (162-163)		 (154)		
Culturelle® Kids Purely Probiotics Chewables 		Chewable tablet	5B/tablet	1-2 tablets	 (150-151)		 (155-161,166)	 (165)			 (152-153)	 (144-149,164)	 (162-163)		 (154)		
Culturelle® Kids Purely Probiotics Packets 		Powder	5B/packet	1-2 packets	 (150-151)		 (155-161,166)	 (165)			 (152-153)	 (144-149,164)	 (162-163)		 (154)		
Culturelle® Probiotics Baby Digestive Calm+Comfort 	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	2B/5 drops	5 drops			 (113)	 (112)									

 - Gluten Free

www.USProbioticGuide.com

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 Healthy Development 🌱 (with Vitamin D 400IU)	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Sachet	2B/sachet	1 sachet			II (113)	II (112)					
Culturelle® Probiotics Baby Immune+Digestive Support 🌱 (with Vitamin D 400IU)		Drops	2.5B/5 drops	5 drops			II (113)	II (112)					
Floradapt Baby Colic 🌱	<i>B. longum</i> CECT7894/KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I (167-168)				
FlorastorBaby® Dual Action Probiotic Supplement 🌱	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Sachet	2.5B/sachet	2-4 sachets	I (172)	III (173)				I (59,174)	I (169-171)		
FlorastorKids® Dual Action Probiotic Supplement 🌱	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Sachet	2.5B/sachet	2-4 sachets	I (172)	III (173)				I (59,174)	I (169-171)		
HMF Fit for School 🌱 [50mg vitamin C, 1000IU vitamin D]	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Chewable tablet	12.5B/tablet	1 tablet				I (175)					
Mary Ruth's® Organic Infant Precision Probiotic Colic Liquid Drops	<i>B. longum</i> CECT7894/KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I (167-168)				
MetaKids™ Baby Probiotic 🌱	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops			II (113)	II (112)					
OMNi-BiOTiC® PandA 🌱	<i>Lactococcus lactis</i> W58 <i>B. lactis</i> W52 <i>B. lactose</i> W51 <i>B. bifidum</i> W23	Sachet	3B/sachet	1 serving			II (176)						
Optibac Probiotics Baby Drops 🌱	<i>B. breve</i> M-16V®	Drops	1B/drop	8 drops			I (177)					II (178)	
OralBiotics® 🌱	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges									II (83-84)

❄️ - Product requires refrigeration

🌱 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	C	CID	Colic	IBD-UC	IBS/FAP	ID	LH
Seed PDS-08® Pediatric Daily Synbiotic 🌱	<i>B. breve</i> SD-B632-IT <i>B. breve</i> SD-BR3-IT <i>B. lactis</i> SD-Bi07-US <i>B. lactis</i> SD-CECT8145-SP <i>B. longum</i> SDCECT7347-SP <i>L. casei</i> SD-CECT9104-SP <i>L. rhamnosus</i> SD-GG-BE <i>L. salivarius</i> SD-LS1-IT <i>L. acidophilus</i> SD-NCFM-US	Sachet	20B/sachet	1 sachet	II (182)						
UltraFlora Kids™ Probiotic 🌱	<i>L. acidophilus</i> NCFM® <i>B. animalis subsp lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets		I (143)					
Visbiome Extra Strength® GI Care ❄️🌱 This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen	<i>L. acidophilus</i> DSM24735/SD5212 <i>L. paracasei</i> DSM24733/SD5218 <i>L. delbrueckii subsp. bulgaricus</i> DSM24734/SD5210 <i>L. plantarum</i> DSM24730/SD5209 <i>B. longum</i> DSM24736/SD5219 <i>B. infantis</i> DSM24737/SD5220 <i>B. breve</i> DSM24732/SD5206 <i>S. thermophilus</i> DSM24731/SD5207	Sachet	900B/sachet	1 sachet				I (184-185)	I (186)	I (183)	I (187)
Visbiome® Advanced GI Care ❄️🌱 This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen		Sachet	450B/sachet	1-2 sachets				I (184-185)	I (186)	I (183)	I (187)
Visbiome® GI Care Capsules ❄️🌱 This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen		Capsule	112.5B/capsule	1-4 capsules				I (184-185)	I (186)	I (183)	I (187)
Visbiome® Infant Drops 🌱		Drops	0.5B/drop	2-10 drops			II (188)				

❄️ - Product requires refrigeration

🌱 - Gluten Free

Probiotic Products for Maternal and Vaginal Health:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/Dose	No. of Doses/Day	BV	VC	Mastitis	GDM
AZO Complete Feminine Balance™	<i>L. crispatus</i> LbV 88 <i>L. jensenii</i> LbV 116 <i>L. gasseri</i> LbV 150N <i>L. rhamnosus</i> LbV 96	Oral capsule	5B/capsule	1 capsule	II (189-194)			
BioGaia® Elactia® MUM 🌱	<i>L. fermentum</i> CECT5716 LC40®	Capsule	3B/capsule	1 capsule			I (41-42)	
Bio-K+® Women's Health 🌱	<i>L. reuteri</i> RC-14 <i>L. rhamnosus</i> GR-1	Oral capsule	1B each/capsule	1-2 capsules	I (195,197-199,201-202)	I (196,199-200)		
Jarrow Formulas® Fem-Dophilus® 5 Billion ❄️🌱	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	2.5B each/capsule	1 capsule	I (195,197-199,201-202)	I (196,199-200)		
Jarrow Formulas® Fem-Dophilus® 1 Billion 🌱	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (195,197-199,201-202)	I (196,199-200)		
Phillips'® Colon Health® 🌱	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Capsule	3B/capsule	3 capsules				II (91-92)
ProGoes® Forte	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Capsule	3.3B/capsule	3 capsules				II (91-92)
RepHresh™ Pro-B™ Probiotic 🌱	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I (195,197-199,201-202)	I (196,199-200)		
UltraFlora® Women's 🌱	<i>L. reuteri</i> RC-14 <i>L. rhamnosus</i> GR-1	Oral capsule	1B each/capsule	1-2 capsules	I (195,197-199,201-202)	I (196,199-200)		

❄️ - Product requires refrigeration

🌱 - Gluten Free

Functional Foods with Added Probiotics (Adults):

Brand Name	Probiotic Strain(s)	CFU/Dose	No. of Doses/Day	AAD	C	CDAD	CID	IBS	M/A
Activia® ❄️	<i>B. (animalis) lactis</i> CNCM I-2494	1B/serving	1-3 servings		I (205)			I (203-204)	
DanActive / Actimel® ❄️ 🌱	<i>L. casei sp. paracasei</i> CNCM I-1518	10B/serving	1-2 servings	I (210,221)			I (213-220)		
GoodBelly® Probiotic Juice Drinks ❄️	<i>L. plantarum</i> 299v	20B/serving (8oz)	1 serving	III (69)		III (70,74)		I (71-73)	
GoodBelly® Probiotic Straight Shot ❄️	<i>L. plantarum</i> 299v	20B/serving (2.7oz)	1 serving	III (69)		III (70,74)		I (71-73)	
GoodBelly® Probiotic Super Shot ❄️	<i>L. plantarum</i> 299v	50B/serving (2.7oz)	1 serving	III (69)		III (70,74)		I (71-73)	
Yakult ❄️ 🌱	<i>L. casei</i> Shirota	8B/bottle (80mL)	1-2 bottles		I (234-235)		I (236-239)		II (240-241)

Functional Foods with Added Probiotics (Children):

Brand Name	Probiotic Strain(s)	CFU/Dose	No. of Doses/Day	AAD	CID	CMPA	HP	ID
DanActive / Actimel® ❄️ 🌱	<i>L. casei sp. paracasei</i> CNCM I-1518	10B/serving	1-2 servings		I (209,211-212)		I (208)	II (206-207)
Gerber® DHA & Probiotic Rice Cereal Gerber® Cereal for Baby Gerber® Power Blend™ Cereal	<i>B. lactis</i> BB-12	1B/serving [serving=1/4 cup]	1 serving	I (224)	I (222-223)			
Good Start® Dr. Brown's™ GentlePro™ Infant Formula	<i>B. lactis</i> BB-12	1M/gram	Routine feeding if an alternative to breast milk is required		I (222-223)			
Good Start® Dr. Brown's™ Soothe Pro™ Infant Formula	<i>L. reuteri</i> DSM 17938	1M/gram	Routine feeding if an alternative to breast milk is required					I (124-128)
Neocate® Syneo® Infant Amino acid-based formula (AAF)	<i>B. breve</i> M-16V	1.4 × 10 ⁹ CFU per 100mL serving	AAF when an alternative to breast milk is required			II (225-229)		
Nestle' Health Science Extensive HA® Hypoallergenic Infant Formula Extensively hydrolyzed whey formula (EHWF)	<i>B. lactis</i> BB-12	1M/gram	EHWF when an alternative to breast milk is required		I (222-223)			
Nutramigen® with Probiotic LGG® Extensively hydrolyzed casein formula (EHCF)	<i>L. rhamnosus</i> GG [Branded LGG]	1.35 × 10 ⁷ CFU per 100mL serving	EHCF when an alternative to breast milk is required			I (230-233)		

❄️ - Product requires refrigeration

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For inquiries related to the content, please contact author Dragana Skokovic-Sunjic DSunjic@bhsoftinc.com

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