

Probiotics

Step by step guide to choosing probiotics

Probiotics are “good” microorganisms such as bacteria or yeast with proven health benefits when taken in the right amounts. They work to keep the colon healthy by balancing good and bad bacteria.

Probiotics need help to work properly

For probiotics to work well:

- **Take at least 100million CFU (coliform units) per day**
 - Some conditions may require a higher dose, ask your health care professional for guidance
 - Check the label for recommendations
 - Double the dose when taking antibiotics
- **Take your probiotic with breakfast**
 - Stomach’s gastric acidity is lowest at meal times (especially breakfast)
 - Probiotics will have best survival rate through the stomach to reach the intestines at this time
- **Take the same product daily for at least 8 weeks**
 - Without regular intake probiotics do not survive in the colon for more than one or two weeks
 - You should take probiotics for as long as you are receiving benefit
- **After 8 weeks if no improvement in symptoms, change to a different probiotic formula**
 - Your body may respond to different bacterial strains
 - Your response to different strains may vary over time
- **Eat a diet containing a wide variety of fruits, vegetables and whole grains**
 - These foods naturally contain prebiotics that feed gut bacteria / probiotics
 - A diet high in plant foods provides long term maintenance of healthy gut flora
 - Of course avoid foods that make your symptoms worse!
 - Once symptoms have settled, you may slowly reintroduce problem foods to tolerance
- **Store your probiotic properly to help ensure that they work**
 - Read the package for storage instructions
 - Probiotics are very sensitive to temperature, air, light and moisture
 - Some may require refrigeration

Examples of Probiotics Researched in Humans

Condition	Strain	Suggested Product
Irritable bowel syndrome (IBS)	Bifidobacterium infantis 35624	Align (capsule)*
	Lactobacillus rhamnosus Lr32	Life Space Broad Spectrum Probiotic (capsule)†
	Bifidobacterium lactis BI04	
	Lactobacillus paracasei Lpc37	
	Lactobacillus plantarum Lp115	
	Lactobacillus rhamnosus GG	
	Lactobacillus salivarius ssp. salivarius Ls33	
	Streptococcus thermophilus St21	
	Lactobacillus rhamnosus HN001	
	Bifidobacterium animalis ssp. lactis HN019	
	Bifidobacterium breve Bb03	
	Bifidobacterium longum BI05	
	Lactobacillus gasseri Lg36	
	Bifidobacterium infantis Bi26	
Lactobacillus delbrueckii ssp. bulgaricus Lb64		
Lactobacillus reuteri 1e1		
	LGG	Culturelle (capsule)*
Prevent Diarrhoea from Antibiotics	LGG	Culturelle (capsule)*
*must start taking within 24 hours of starting antibiotic	Lactobacillus casei DN-114001	
	Lactobacillus acidophilus CL1285	
	Lactobacillus casei LBC80R	
	Saccharomyces boulardii	Florastor (capsule)*
Diarrhoea	LGG	Inner Health Plus Gastro Relief (capsule) †
*must start taking within 24 hours of onset of diarrhoea	Lactobacillus rhamnosus GG	
	LGG	Culturelle (capsule)*
	Saccharomyces boulardii	Florastor (capsule)*
Lactose Intolerance	Lactobacillus bulgaricus Streptococcus thermophilus	Found in most supermarket yoghurts (check label)
Constipation	Bifidobacterium lactis DN-1730	Activia (yoghurt) found in most supermarkets
Ulcerative Colitis	E. Coli Nissle 1917	Mutaflor (capsule) found in most pharmacies
	Blend of 15 strains. See IBS above.	Life Space Broad Spectrum Probiotic (capsule)†

* Can be sourced from www.aussiewell.com.au

† Can be found at Chemist Warehouse