

# Guide to probiotics

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and dietetics

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Please use this space to write down any notes or questions you may have:

## Introduction

The human gut contains millions of bacteria living in balance with each other. This balance can be upset for various reasons including antibiotic use or following an upset stomach when certain bacteria grow in higher numbers than usual.

## What are probiotics?

Probiotics are live bacteria often referred to as 'good' or 'friendly' bacteria, which may have health benefits by improving the balance of our gut bacteria.

They may help if suffering with wind, bloating or constipation or if affected by antibiotic associated bacteria.

## Where can I get them from?

Probiotics are found naturally in some foods, such as yoghurts as well as in probiotic milk drinks which can be bought from supermarkets and other stores (some of these are listed in the table below). However, due to storage conditions and varying shelf lives it is unknown how many live bacteria are left in these products.

Probiotic Drink	Bacteria Strain/s	Number of bacteria	Presentation	Prescribable?
Yakult 	Lactobacillus casei	6.5 billion per bottle	Drink	No, but Available to buy from supermarkets
Actimel Plus 	Lactobacillus casei	Minimum 10 billion	Drink	No, but Available to buy from supermarkets
Muller Vitality 	Bifidobacterium	Minimum 1 billion	Drink/ Yoghurts	No, but Available to buy from supermarkets

Alternative probiotics which contain a larger number of bacteria can be bought from health food shops or on the internet. These are available in a number of forms including tablets and liquid.

Please see the table below for examples of these products.

Probiotic	Bacteria Strain/s	Number of bacteria	Presentation	Available from
<b>VSL#3</b> 	<i>Streptococcus thermo-philus</i> <i>Bifidobacterium breve</i> <i>Bifidobacterium longum</i> <i>Bifidobacterium infantis</i> <i>Lactobacillus paracasei</i> <i>Lactobacillus delbrueckii</i> subsp. <i>Bulgaricus</i> <i>Lactobacillus acidophilus</i> <i>Lactobacillus plantarum</i>	450 billion per sachet	Powder (mix with cold food or cold non-fizzy drinks)	Online www.vsl3.co.uk
<b>Biocare</b> 	<b>BioAcidophilus Forte</b> <i>Lactobacillus acidophilus</i> <i>Bifidobacterium bifidum</i> <i>Bifidobacterium lactis</i> <i>Bifidobacterium lactis</i>	Minimum 30 billion per capsule	Capsule (taken with food)	Online www.biocare.co.uk

	<p><b>BioAcidophilus Forte Plus</b>  <i>Lactobacillus acidophilus</i>  <i>Bifidobacterium bifidum</i>  <i>Bifidobacterium lactis</i>  <i>Lactobacillus salivarius</i></p>	<p>Minimum 75 billion per capsule</p>	<p>Capsule (taken with food)</p>	
	<p><b>Replete Intensive</b>  <i>Lactobacillus acidophilus</i>  <i>Bifidobacterium bifidum</i>  <i>Bifidobacterium lactis</i>  <i>Lactobacillus salivarius</i></p>	<p>Minimum 130 billion per sachet</p>	<p>Powder (add to food or liquid)</p>	
<p><b>Healthy Origins</b></p> 	<p><i>Lactobacillus acidophilus</i>  <i>Bifidobacterium lactis</i>  <i>Lactobacillus casei</i>  <i>Bifidobacillus breve</i>  <i>Lactobacillus salivarius</i>  <i>Lactobacillus plantarum</i>  <i>Bifidobacillus longum</i>  <i>Bifidobacillus rhamnosus</i></p>	<p>30 billion per serving</p>	<p>Capsule</p>	<p>Online  <a href="http://www.healthyorigns.co.uk">www.healthyorigns.co.uk</a></p>

Probiotic	Bacteria Strain/s	Number of bacteria	Presentation	Available from
<b>Probio10</b>	<i>Lactobacillus acidophilus</i> <i>Lactobacillus bulgaricus</i> <i>Bifidobacterium lactis</i> <i>Lactobacillus planatarum</i> <i>Lactobacillus paracasei</i> <i>Lactobacillus salivarius</i> <i>Lactobacillus rhamnosus</i> <i>Bifidobacterium BB-12</i> <i>Lactobacillus brevis</i> <i>Lactobacillus casei</i>	Minimum 10 billion per capsule	Capsule	Available from Holland and Barrett
<b>Symprove</b> 	<i>L. rhamnosus</i> <i>L. plantarum</i> <i>L. acidophilus</i> <i>E. faecium</i>	At least 200 million live bacteria per ml	Liquid	Online <a href="http://www.symprove.com">www.symprove.com</a> Or via telephone 01252 413600

<p><b>Bio-Kult</b></p> 	<p><i>Bacillus subtilis</i>  <i>Bifidobacterium bifidum</i>  <i>Bifidobacterium breve</i>  <i>Bifidobacterium infantis</i>  <i>Bifidobacterium longum</i>  <i>Lactobacillus acidophilus</i>  <i>L. delbrueckii</i> ssp. <i>Bulgaricus</i>  <i>L. casei</i>  <i>L. plantarum</i>  <i>L. rhamnosus</i>  <i>L. Helveticus</i>  <i>L. Salivarius</i>  <i>Lactococcus lactis</i> ssp. <i>Lactis</i>  <i>Streptococcus thermophiles</i></p>	<p>Minimum 2 billion live microorganisms per capsule</p>	<p>Tablet</p>	<p>Online  <a href="http://www.bio-kult.com">www.bio-kult.com</a>          Also available in some shops.</p>
<p><b>Biogaia</b></p> 	<p><i>Lactobacillus reuteri</i> Protectis</p>	<p>Minimum 200 million live bacteria in 1 lozenge</p>	<p>Lozenge</p>	<p>Online  <a href="http://www.biogaia.co.uk">www.biogaia.co.uk</a></p>

**Recommended use:**

Please note that some patients experience a slight increase in their symptoms in the first week of using a high dose probiotic. Just bear with it but if you are concerned, please contact us.

If you need this leaflet in another format, eg. large print, please telephone **01935 383077**.

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