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Guide to Probiotics

Department of Nutrition
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www.yeovilhospital.nhs.uk

Bio-Kult	<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 ssp. 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 ssp. Lactis</i> <i>Streptococcus thermophiles</i>	Minimum 2 billion live microorganisms per capsule	Tablet	Online www.bio-kult.com Also available in some shops.
Biogaia	<i>Lactobacillus reuteri</i> Protectis	Minimum 200 million live bacteria in 1 lozenge	Lozenge	Online www.biogaia.co.uk

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.

Probiotic	Bacteria Strain/s	Number of bacteria	Presentation	Available from
Probio10	<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
Symprove	<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 www.symprove.com Or via telephone 01252 413600

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	<i>Lactobacillus casei</i>	6.5 billion per bottle	Drink	No, but Available to buy from supermarkets
Actimel Plus	<i>Lactobacillus casei</i>	Minimum 10 billion	Drink	No, but Available to buy from supermarkets
Muller Vitality	<i>Bifidobacterium</i>	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
VSL#3	<i>Streptococcus thermophilus</i> <i>Bifidobacterium breve</i> <i>Bifidobacterium longum</i> <i>Bifidobacterium infantis</i> <i>Lactobacillus paracasei</i> <i>Lactobacillus delbrueckii</i> <i>subsp. 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
Biocare	BioAcidophilus Forte <i>Lactobacillus acidophilus</i> <i>Bifidobacterium bifidum</i> <i>Bifidobacterium lactis</i>	Minimum 30 billion per capsule	Capsule (taken with food)	Online www.biocare.co.uk
	BioAcidophilus Forte Plus <i>Lactobacillus acidophilus</i> <i>Bifidobacterium bifidum</i> <i>Bifidobacterium lactis</i> <i>Lactobacillus salivarius</i>	Minimum 75 billion per capsule	Capsule (taken with food)	
	Replete Intensive <i>Lactobacillus acidophilus</i> <i>Bifidobacterium bifidum</i> <i>Bifidobacterium lactis</i> <i>Lactobacillus salivarius</i>	Minimum 130 billion per sachet	Powder (add to food or liquid)	
Healthy Origins	<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>	30 billion per serving	Capsule	Online