



Probiotic Species Benefits and Uses

What to look for in a probiotic: High (in the billions) CFUs (number of live organisms) “Viable through end of shelf life”

Probiotic Species/Strain	Health Benefits/Uses
Streptococcus Thermophiles	Lactose digestion
Saccharomyces Boulardii	Acute, antibiotic and traveler’s diarrhea
L. Rhamnosus and L. Fermentum	Proven to reduce eczema
L. Casei	Antibiotic associated diarrhea
L. Acidophilus	Vitamin K synthesis, UTI/Vaginal Infections, lactose digestion
L. Reuteri	Diarrhea, Candida, UTI, promote oral health
L. Rhamnosus GG	Antibiotic associated traveler’s diarrhea
B. Infantis	Synthesis B vitamins, IBS/Ulcerative Colitis
L. Planetarium 299	IBS, Antibiotic associated diarrhea
L. Helveticus R0052 plus B. Longum	These two taken together improve mood/anxiety

Note: S. Boulardii can be taken in between doses of antibiotics. It helps keep harmful bacteria from adhering to intestinal walls.

Source: www.healthbeginsathome.com