

# A comprehensive Guide to Selecting the Right Probiotics that Works for You

Product Name	Bacteria species (Strain)	CFU on manufacture	Dose	Health Benefits
Align	Bifidobacterium infantis (35624)	1 x 10 <sup>9</sup> (1 billion) live bacteria	1 cap QDay	-Helps build and support a healthy digestive system
Philips Colon Health	Lactobacillus gasseri (KS-13), Bifidobacterium bifidum (G9-1) and Bifidobacterium longum (MM-2)	1.5 x 10 <sup>9</sup> (1.5 billion) live bacteria	1 cap QDay with meal	-Helps support a healthy immune system and digestive health
Probiotic Colon Support	Lactobacillus Acidophilus Bifidobacterium Longum B Bifidum	Proprietary	1 cap QDay	-Promotes digestive health
Culturelle	Lactobacillus GG	1 x 10 <sup>10</sup> (10 billion) live bacteria	1 cap QDay	-Helps restore the natural balance in the digestive system -Helps support the immune system
Culturelle Kids Packets and chewables	Lactobacillus GG	2.5 x 10 <sup>9</sup> (2.5 billion)	1 packet QDay 1 chewable tab QDay	-For children 1 year and above
TruBiotics	Lactobacillus acidophilus LA-5® and Bifidobacterium animalis BB-12®	1.5 x 10 <sup>9</sup> (1.5 billion) live bacteria	1 cap QDay	-Replenishes the body's good bacteria -Supports digestive health -Supports the immune system <b>-Contains MILK</b>
Digestive Advantage	Bacillus coagulans GBI-30, 6086	2 x 10 <sup>9</sup> (2 billion) live bacteria	1 cap QDay	-Helps maintain a healthy, balanced digestive system and support the immune system

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			with water	<b>-Contains SOY</b>
Ultimate Flora	10 strains of Bifidobacteria and Lactobacilli	15 x10 <sup>9</sup> (15 billion) cultures	1 cap QDay	-Maintain digestive health - -Restore digestive balance - Promote immune health Defend against digestive upsets
Accuflora	L. Acidophilus, L. Rhamnosus, B. Bifidum, L. Salivarius, Streptococcus Thermophilus.	1 billion bacteria per caplet	1 caplet BID	-Help naturally improve digestion and regulate body's internal balance <b>-No gluten (wheat), eggs, peanuts, tree nuts, or soy</b>
Florax DS	A yeast (Brewer's yeast); Saccharomyces cerevisiae (Cepa Fr 1972)	500 Million	1 vial QDay or QWeek	-Promotes digestive and immune health <b>-Relieves diarrhea in 4 hours!</b> -Has a travel pack -Can be used during antibiotics therapy -Liquid formulation
Florastor FlorastorKids (tutti-frutti-flavored powder)	Saccharomyces boulardii lyo	250 mg	1 cap QDay	-Effective in fighting recurrent C. diff-associated disease -Not compromised by antibiotics therapy <b>-No corn, meat, egg protein, milk protein, fish, nuts, gluten, shellfish, latex</b>
Pedialax probiotic Yums	Lactobacillus reuteri DSM 17938	100 Million	1 Yum QDay	-For Kids 2-11y/o -Helps support and maintain good bacteria
Colon Cleanse Max	L. acidophilus Bifidobacterium LO	1 Billion	1 cap BID	-Aids in digestion & digestive stress -Supports the immune system -Supports a healthy colon
Super Colon Cleanse	Acidophilus	30 mg	2 caps BID	-For individuals who lack sufficient fiber in their diet and to help maintain regularity
Daily Fiber and Probiotic	Lactobacillus acidophilus Bifidobacterium lactis	1 Billion	5 caps QDay With 8 oz of water	-Strengthens the digestive system. -Also helps restore digestive regularity and promotes normal function of the bowel. -Contains 100% natural psyllium fiber

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Children's probiotic packets	Lactobacillus Acidophilus, Lactobacillus Rhamnosus	$1.5 \times 10^9$ (1.5 billion)	1 stick pack QDay	-Digestive support -Helps supports children's natural defense systems
Mature Adult Probiotic	L. acidophilus L. rhamnosus L. paracasei L. plantarum B. lactis B. breve B. bifidum	$15 \times 10^9$ (15 billion)	1 cap QDay	<b>-No lactose, soy or gluten</b> -For digestive health & regularity -Helps maintain healthy immune system -Promotes feeling of well-being for age 50+
Women's Probiotic	L. acidophilus L. rhamnosus B. lactis	$5 \times 10^9$ (5 billion)	1 cap QDay	-Helps maintain digestive and immune health -Cran-Max to help promote urinary tract health -Vit D (400 U) to help promote bone health