
Probiotic Sources and Supplements

What are probiotics?

Probiotics provide many health benefits and can be found in lots of foods and beverages. These are often referred to as “good bacteria” and help digest food, protect the gut microbiome, and keep the body’s immune response.

What are the benefits?

Probiotics can help:

- Antibiotic-associated diarrhea caused by *Clostridium difficile* (*C. difficile*)
- Constipation
- Diverticular Disease
- Inflammatory Bowel Disease and Irritable Bowel Syndrome

What bacteria are found in probiotics?

The most common bacteria belong to the groups lactobacillus and bifidobacterium. Other bacteria like *psaccharomyces boulardii* may also be used as a probiotic. They have different effects and may benefit health in unique ways.

Probiotic	Related Health Conditions
lactobacillus	Inflammatory Bowel Disease, Irritable Bowel Syndrome, Hypercholesterolemia, Obesity, Antibiotic-Associated Diarrhea, <i>Clostridium difficile</i> -associated diarrhea
bifidobacterium	Inflammatory Bowel Disease, Irritable Bowel Syndrome, Hypercholesterolemia, Obesity
saccharomyces	Chron’s Disease, Diarrhea, Irritable Bowel Syndrome, Ulcerative Colitis
acetobacter	Prophylactic Properties

Foods and Their Related Strain of Probiotics

Check and compare food labels to select the product with the least amount of “added sugar.” See table on following page:

Foods	Related Probiotic
Kombucha	saccharomyces, lactobacillus, komagataeibacter, gluconaacetobacter, zygosaccharomyces
Kefir	lentilactobacillus kefir, lacticaseibacillus, lactobacillus, acetobacter, saccharomyces, lactiplantibacillus plantarum
Kimchi	lactobacillus, leuconostoc meseneroides
Fermented Cheese	lactococcus lactis, bifidobacterium, lactobacillus, lacticaseibacillus
Tempeh	enterococcus faecium
Miso	bacillus subtilis, bacillus amyloliquefaciens, staphylococcus, lactococcus, aspergillus, zygosaccharomyces
Natto	bacillus
Mustard Leaf	lactobacillus brevis
Fermented Olives	lactiplantibacillus plantarum, lactobacillus pentosus, lacticaseibacillus casei
Sauerkraut	lactiplantibacillus plantarum
Ogi	lactiplantibacillus, saccharomyces, acetobacter, lactobacillus
Yogurt	lactobacillus, streptococcus thermophilus

Probiotic Supplements

Supplement	Contained Probiotic(s)	Most Effective to Treat
VSL #3	bifidobacterium infantis, lactobacillus acidophilus, and streptococcus thermophilus	<ul style="list-style-type: none"> • Irritable Bowel Syndrome • Ulcerative Colitis • Ileal Pouch
Culturelle Digestive Health	lactobacillus rhamnosus	<ul style="list-style-type: none"> • Prevention of diarrhea caused by chemotherapy
Acidophilus	lactobacillus acidophilus	<ul style="list-style-type: none"> • Treatment or prevention of vaginal yeast infections • Yeast infections of the mouth • Antibiotic-associated diarrhea • UTIs
Florastor	saccharomyces boulardii	<ul style="list-style-type: none"> • Diarrhea caused by C. Diff • Diarrhea caused by HIV • Stomach ulcers caused by H. Pylori

For more information or questions, contact your PACT RD.