



## How to Choose a Probiotic that's right for you.

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I get it! There's so many probiotic supplements on the shelves that choosing one can feel difficult and confusing. Once your healthcare provider approves you taking a probiotic supplement, you can use this guide to ask yourself questions that can help you navigate which probiotic might be best for you! Choosing the perfect one can be a bit of a trial and error scenario, so keep notes on what works and what doesn't!

### CONSIDER AND ASK YOURSELF THE FOLLOWING:

#### 1. What's your goal?

Do you have existing gut issues? This typically requires a higher dose, using a particular brand that should only be recommended through your practitioner.

#### 2. How to read the label of a probiotic supplement.

Probiotic bacteria are names and categorized by genus, species, and strain. When looking at a label for a probiotic, you'll find each bacterium in that formula listed.

The genus is the first word in the name of a probiotic bacteria. The species is the second word in the name. The stain is a series of numbers or letters, or a combination of the two. The strain follows the species name. This typically reflects the company that manufactured the strain. Lactobacillus and Bifidobacterium are the most common types of bacteria found in commercial probiotics.

Let's use the probiotic Lactobacillus reuteri 1063 as an example. Lactobacillus is the genus. Reuteri is the species. That particular strain of Lactobacillus reuteri is 1063.



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### 3. How many CFUs does the supplement have?

CFU stand for colony forming units. This is the number of live bacteria contained in each dosage of the supplement. Many brands tout the number of CFUs as a selling point, but it's not been proven that more is necessarily better. **QUALITY** is better than **QUANTITY**. So take some time to research the brand you're interested in. Don't get swayed by the numbers alone.

### 4. What packaging is used?

Packaging with encapsulation technology helps to ensure the survival of the bacteria. The product doesn't have to be refrigerated but it should be packaged well! **BUT** if it does say refrigerate make sure you do just that!

### 5. What strains are in this formula and what research has been conducted on these strains?

Choose strains that apply to your health goals. For example, some strains can support the epithelial barrier, promote brain function, or decrease inflammation. Do some research and look at studies specific to the strain or the number and letter next to the species name!