

Probiotic Quick Reference Guide



Symptom	Strains	Specific Brands/Formulas**
Acid Reflux/GERD	Lactobacillus reuteri DSM 17938	Gerber Soother Colic Drops
ADHD	Lactobacillus rhamnosus GG	Culturelle Digestive Health Nature's Way Optima 100B
Allergic Rhinitis (children)	Acidophilus NCFM Breve M-16-V Infantis m-63 Ks-13 Bifidum G9-1 Longum MM2 Lactis BL-04 Longum BB 536 Rhamnosus GG	Nature's Way Pearls Complete Kyo-Dophilus Nature's Way Optima 100 B Nature's Way Pearls Acidophilus
Allergy to Dust Mites	Lactobacillus rhamnosus GG	Culturelle Digestive Health Nature's Way Optima 100B
Allergy to Nickel	Lactobacillus reuteri DSM 17938	Gerber Soother Colic Drops
Anxiety	Bifidobacterium longum R0175 Lactobacillus helveticus R0052 Lactobacillus rhamnosus HN001	<i>Pure Encapsulations ProbioMood</i> Genestra HMF Multi Strain Nature's Way Primadophilus
Anxiety – Postpartum	Rhamnosus HN001	Nature's Way Optima 100B
Antibiotic Associated Diarrhea	Saccharomyces (Biocodex) Lactobacillus rhamnosus GG Lactobacillus acidophilus La5, Bifidobacterium lactis Bb12	<i>Biocodex Florastor US</i> Culturelle Digestive Health Metagenics UltraFlora Baby GNC Probiotic Solutions Prenatal
Bacterial Vaginosis	Lactobacillus LA-14 Rhamnosus HN001	Nature's Way Optima 100B
Bloating	Bacillus coagulans GBI-30 6086	See Food Sources for IBS Rule out Candida
Candida	Saccharomyces cerevisiae boulardii (Biocodex strain) Lactobacillus rhamnosus GG	Biocodex Florastor Culturelle Digestive Health Nature's Way Optima 100B
Candida Infants	Rhamnosus GG	Metagenics Ultra Flora Baby
Colon Cancer Prevention	Lactobacillus rhamnosus GG Lactobacillus acidophilus NCFM	Culturelle Digestive Health Garden of Life Ultimate Care Garden of Life Colon Care Nature's Way Optima 100B

This is for informational and educational purposes only and is **not** a comprehensive list.

Source: Hawrelak, JA. (ed). <https://www.probioticadvisor.com/probiotics-essentials-1/what-are-probiotics>

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Constipation	Acidophilus NCFM Lactis Bi-07 Rhamnosus HN019 Rhamnosus GG	Kyo-Dophilus Nature's Way Optima 100B Garden of Life 100B Metagenics Flora Care for Kids
Depression	Lactobacillus rhamnosus HN001 Bacillus coagulans MTCC 5856	Nature's Way Fortify Optima 100 B KÖE Organic Kombucha (Raspberry/Dragonfruit or Lemon; Mango; Blueberry/Ginger)
Diabetes Prevention	Lactobacillus fermentum ME-3	Essential Formulas Reg' Activ Cardio Wellness
Diabetes Management	Lactobacillus acidophilus La5, Bifidobacterium lactis Bb12	<u>Nancy's Organic Probiotic Greek Yoghurt**Food source</u> Bayer TruBiotics Standard Process ProSynbiotic
Diverticulitis	Lactobacillus paracasei F-19	Master Supplements Granular Theralac
Eczema	Lactobacillus fermentum VRI-003 Bifidobacterium lactis Bb12 Rhamnosus GG Acidophilus DDS-1 Breve M-16-V Ks-13 Bifidum G9-1Longum MM2 Longum BB 536	<i>Pharmanex ProBioPCC</i> Culturelle Digestive Health Nature's Way Pearls Complete Kyo-Dophilus Nature's Way Pearls Acidophilus Nature's Way Fortify Optima 100 Bayer TruBiotics Jarrow Baby's Jarro-Dophilus + FOS
Gastric Bypass	Bifidobacterium longum BB536	<i>Pure Encapsulations Probiotic IMM</i> Nature's Way Acidophilus Pearls Kyo-Dophilus
Hypercholesterolemia	Lactobacillus plantarum 299v L. reuteri NCIMB 30242 Bifidobacterium longum BB536 Lactobacillus fermentum ME-3	Nature's Way Acidophilus <i>Pure Encapsulations PureHeart</i> <i>Pure Encapsulations Probiotic IMM</i> Kyo-Dophilus
IBS	L. fermentum VRI-003 Lactobacillus plantarum 299v	<i>Pharmanex ProBioPCC</i> Nature Made Digestive Probiotics Advanced Dual Action

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IBS	Bacillus coagulans MTCC 5856 Lactobacillus reuteri DSM 17938 Rhamnosus GG	Life Extension Enhanced Super Digestive Enzymes With Probiotics Gerber Soother Colic Drops Nature's Way Optima 100B
Immune Enhancement -Elderly	Ks-13 Bifidum G9-1Longum MM2 Longum BB 536	Kyo-Dophilus Nature's Way Pearls Acidophilus
Improving Weight in Children	Lactobacillus reuteri DSM 17938	Gerber Soother Colic Drops
Pharyngotonsillitis, recurrent – Strep.	Salivarius BLIS-K12	Myrcobiome Mouth & Throat
Respiratory Tract Infection	Acidophilus NCFM Lactis Bi-07 Lactis BL-04 Rhamnosus GG	Nature's Way Optima 100B Garden of Life 100B PB8
Rheumatoid Arthritis	Bacillus coagulans GBI-30 6086	***See IBS FOOD and Supplements
SIBO – Methane	Lactobacillus reuteri DSM 17938	Gerber Soother Colic Drops
SIBO & Improve Brush Border Enzymes	Saccharomyces boulardii (Biocodex strain)	<i>Biocodex Florastor</i>
Stress	Bifidobacterium longum R0175, Lactobacillus helveticus R0052	<i>Pure Encapsulations ProBio Mood</i> Xymogen Probio Defense
Urinary Tract Infections	Lactobacillus rhamnosus Gr-1, Lactobacillus reuteri RC-14 (inconclusive)	Metagenics Ultra Flora Women's Jarrow Fem-Dophilus 5 Billion
Weight management	Bifidobacterium lactis B420	Metagenics Ultra Flora Control Xymogen ProbioMax Lean DF

**Brands listed may have anywhere from ONE to ALL of the strains listed in the middle column. Note formulas are subject to change and it is recommended that you check labels EVERYTIME you make a purchase. In addition, new research is always taking place. This is not a comprehensive list and is for educational purposes only. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Please check with your healthcare provider prior to taking any supplements.

Bold are generally available at Granary.

Culturelle, Life Extension, Metagenics, Pharmanex, Pure Encapsulations, Standard Process, and Xymogen are typically available through ***theFunctionalPerspective.com e-stores.***

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<p>IBS & Rheumatoid Arthritis & Bloating</p> <p>FOOD SUPPORT</p>	<p>Bacillus coagulans GBI-30 6086</p>	
<p>Daily Cultures Breakfast Tea Daily Greens Morning Greens Bob's Red Mill Chai Protein Powder Nutritional Booster Nomva Probiotic Super Smoothie MELT® Organic Probiotic Spread The Probiotic Cheese Company Probiotic Cheddar Cheese Bites Naturally More Natural Roasted Almond Butter with Probiotics Naturally More Organic Valencia Peanut Butter with Probiotics Naturally More All Natural Premium Chocolate Hazelnut Spread</p>	<p>Mariani Probiotic Pitted Prunes Little Duck Organics Ground Flaxseed w/ Probiotic & Vit D Organic Traditions Smooth Movement Probiotic Fiber Blend with Turmeric Organic Traditions Probiotic Super Greens With Turmeric Organic Traditions Daily Probiotic Cranberry Supreme Organic Traditions Probiotic Superfood Smoothie Mix – Delicious Berry Burst Organic Traditions Probiotic Superfood Mix – Decadent Chocolate Coconut Organic Traditions Probiotic Superfood Smoothie Mix – Luscious Lucuma Baobab Kashi GOLEAN Plant Powered Shakes, Original Inspiration Kashi GOLEAN Plant Powered Shakes, Dark Cocoa Power Kashi GOLEAN Plant Powered Shakes, Vanilla Vinyasa</p>	<p>Nutiva Organic Plant Protein Superfood Pure Food Pure Food Plant Protein Powder™ with Probiotics: VANILLA Pure Food Pure Food Plant Protein Powder™ with Probiotics: RAW CACAO Harvest Soul PRO Green Probiotic Juice Harvest Soul PRO Tropical, Beet, and Berry Probiotic Juices Suja Suja Drinking Vinegars Suja Pressed probiotic waters Suja Probiotic and greens juice Suja Probiotic juices True Vibe Organic Green Meal - Avocado Spinach & Hemp Vive Organic Digestive balance shot Yum Butter Plant protein & probiotic Purely Elizabeth Probiotic Granola Nature's Bounty Dark Chocolate Probiotic GTs Living Foods Synergy Organic Kombucha</p>
<p>IBS FOOD SUPPORT</p>	<p>Bacillus coagulans MTCC 5856</p>	<p>KÖE Organic Kombucha: Blueberry or Lemon w/ Ginger Dragonfruit or Lemon w/ Raspberry Mango</p>