



BUDDIES IN MY BELLY™

PROBIOTIC GUIDE

Probiotics are key for a healthy lifestyle, but picking the right probiotic for you and your family can be confusing and overwhelming. The Buddies are here to help!

5 THINGS TO LOOK FOR IN A PROBIOTIC

NAME - STRAIN SPECIFIC PROBIOTIC

Quick lesson in probiotics. Let's take *Lactobacillus acidophilus*. The first name, *Lactobacillus*, is called the Genus. The second name, *acidophilus*, is called the species. This is where most probiotics stop. BUT the third part of the name is the most crucial. The strain. This is typically indicated by letters or numbers.

Lactobacillus acidophilus DDS-1.
Genus Species Strain

1

Buying a probiotic without a strain listed is like buying a musical instrument without knowing if it's a flute or a drum set. Probiotic actions are strain specific. That means not every *Lactobacillus acidophilus* on the market is the same.

Some strains of *Lactobacillus acidophilus* are strong and survive in the digestive tract, interact with our immune system, and provide benefits to us, whereas other strains of *Lactobacillus acidophilus* are weak do not survive in the digestive tract, and have little benefit to us. If the strain is not listed, there is no way of knowing what you are buying.

DOSE - MORE ISN'T ALWAYS BETTER

CFU stands for Colony Forming Units and is typically measured in the billions (i.e., you may see 10 Billion CFU on a probiotic label). It's how we measure the dose of probiotic when you look at the supplement facts. There is a common myth that "more" means "better" when it comes to dosage of probiotics. Taking too high of a dose of probiotics can lead to overgrowth of even the friendliest bacteria. Don't overcrowd your buddies!

2

For general health and maintenance, probiotic dosing should fall between 3-15 billion CFU's.

Higher doses of probiotics can be helpful in certain medical conditions or after courses of antibiotics but should always be used under the supervision of a physician.

PREBIOTICS - FOOD FOR THE BUDDIES

3

Prebiotics are food for the Buddies; certain types of fiber that humans cannot digest but bacteria can. Prebiotics are types of fiber found in plant foods such as beans, whole grains, vegetables, fruits, nuts and seeds. Studies have shown the more diversity of prebiotics (fiber) in our diet, the more diverse and healthier our Buddies will be.

It is important to look for a probiotic that contains a prebiotic to provide food for the Buddies on their journey to your belly.

STABILITY AND STRENGTH

4

Unfortunately, many probiotics on the market contain Buddies that are dead on arrival - they never even make it to your belly alive. Always look for a probiotic that has been studied to be:

- Shelf stable
- Food stable (when mixed with room-temp food)
- Resistant to stomach acid and bile acids as the Buddies travel through the digestive tract
- Free of preservatives (while they might help the Buddies stay alive, they do more harm than good)

It is also important to look for a probiotic that has a guaranteed strength or potency by the time you consume it. This can be listed as an expiration date or the amount of CFU's guaranteed at time of consumption.

CLINICALLY STUDIED PROBIOTIC STRAIN

5

Always look for a probiotic that has clinical research behind the product and specific strain. Has it been studied to survive in the digestive tract? Has it been shown to positively impact the immune system? Has it been shown to help with digestive health?