

• THINGS TO LOOK FOR WHEN •

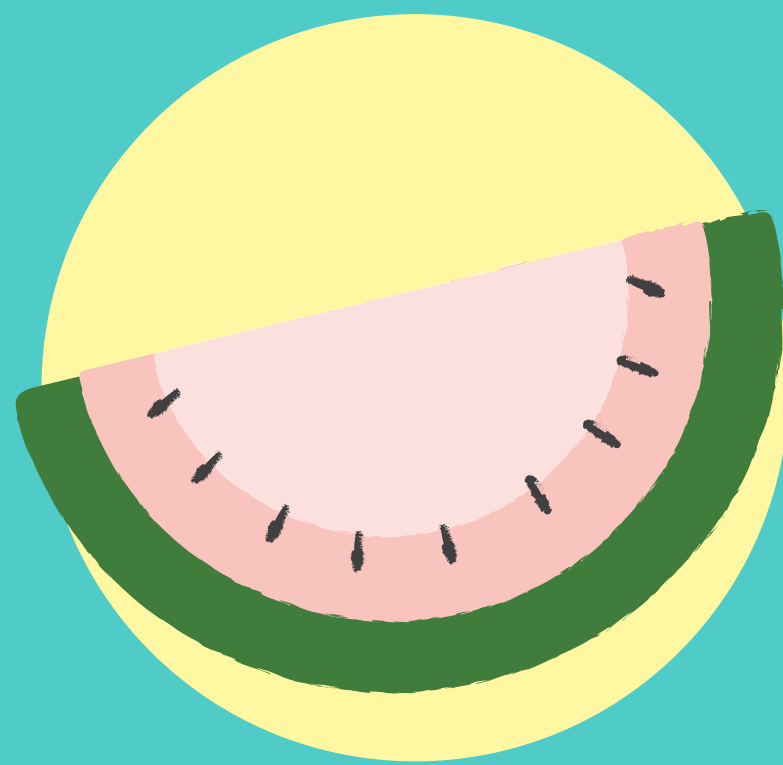
CHOOSING A PROBIOTIC

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LIVE ACTIVE CULTURES

Aim for at least 1 Billion Colony Forming Units (CFU)
The most researched are:
Lactobacillus, Bifidobacterium & Saccharomyces boulardii



SPECIFIC STRAINS

Different strains = different results. Look for a product that has been tested for what you are looking to address (ie. mental wellness, IBS, Constipation)



QUALITY

Look for strains that have been proven in clinical trials, 3rd party tested &/or have very high levels of quality control practices in manufacturing



BIO-SHIELD CAPSULE

The capsule should be able to endure your stomach acid and reach the small intestine intact. This is where it is absorbed.



DIVERSITY

Look for a probiotic that has multiple strains so you can grow a diverse population of good bacteria in your gut



NO FILLERS

Look for probiotics that do not contain common fillers, such as corn starch.