







What health benefits can consumers get from probiotic food products?

PRODUCT & DOSAGE (CFU* per serving)		All probiotics support gut health, but some offer additional health benefits...	DOSAGE NEEDED
	1 billion	- decreased flatulence, stomach rumbling, and improved stool consistency ¹ In patients with irritable bowel syndrome: decreased abdominal pain/discomfort, bloating, and symptom severity ²	8-25 servings per day
	1 billion	-decreased incidence of fever, cough, runny nose, antibiotic use and sick days from school (in children) ³	10 servings per day
	10 billion	-decreased incidence and/or duration of colds/flu ⁴⁻⁶ -decreased incidence, severity, and/or duration of infectious and antibiotic-associated diarrhea ⁷⁻¹⁰ In asthmatic children: fewer asthma episodes and runny/stuffy nose ¹¹	1-3 servings per day
		In infants of breastfeeding mothers: decreased upset stomach and less medication use ¹²	3 servings per day
	1 billion	-decreased cavity causing bacteria ¹³	½ serving per day
	1 billion	-decreased cavity causing bacteria ^{14, 15} -decreased antibiotic-associated diarrhea ¹⁶	< ½ serving per day
		In diabetics: improved glycemic control, cholesterol levels and antioxidant status ¹⁷⁻²⁰	½-2 servings per day
		In patients with non-alcoholic fatty liver disease: decreased liver damage and improved cholesterol levels ²¹	
	1-45 billion	Kefir products (pictured left) had the greatest variety of probiotic strains and often the highest dosages. Studies suggest that strain mixtures are more effective than single strains. ^{22, 23} However, the mixtures in these products have not been studied; thus, health benefits cannot be deduced at this time.	

Many probiotic products (below) did not disclose strain information. Therefore, specific health benefits could not be deduced:



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Findings are from: Scourboutakos et al, Mismatch between probiotic benefits in trials versus foods products, *Nutrients*, 2017.

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