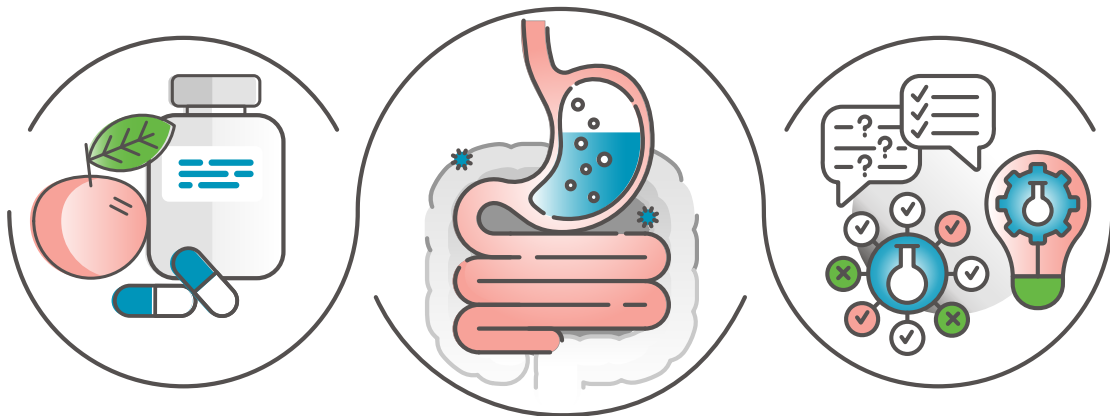




AEProbio

Alliance for Education on Probiotics

2023



Clinical Guide to

Probiotic Products

Available in Canada: 15th Edition

Dosage Formats | Applications | Clinical Evidence to date

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Acronyms:

AAD	Antibiotic associated diarrhea - <i>Prevention</i>	ID	Infectious diarrhea
BV	Bacterial vaginosis	LDL-C	Reduces LDL and total cholesterol
C	Constipation	LH	Liver Health (<i>NASH/NAFLD/MHE; as adjunct to standard therapy; see studies for specific population</i>)
CDAD	Clostridium difficile associated diarrhea - <i>Prevention</i>	M/A	Mood and Affect (<i>symptoms related to stress/anxiety; not a substitute for standard treatment</i>)
CE/AD	Childhood eczema/ Atopic dermatitis	Mastitis	Mastitis in breastfeeding mothers (<i>treatment and prevention</i>)
CID	Common infectious disease - <i>community acquired</i>	NEC*	Necrotizing Enterocolitis (<i>newborn</i>) * <i>as per hospital protocol, not for self-administration</i>
CMPA	Cow Milk Protein Allergy (<i>including Colic due to CMPA</i>)	NI	Nosocomial infections prevention - <i>hospital acquired</i>
Colic	Colic	OH	Oral health (<i>reductions of tonsillitis, laryngitis, and dental caries</i>)
FAP	Functional abdominal pain	Regurg/ GIMot	Reduces regurgitation/ Improves gastrointestinal motility
HP	Helicobacter pylori - <i>Adjunct to standard eradication therapy</i>	TD	Traveler's diarrhea prevention
IBD-P	Inflammatory bowel disease - <i>Pouchitis</i>	VC	Vulvovaginal candidiasis
IBD-UC	IBD - Ulcerative colitis - <i>Adjunct to standard therapy</i>	WM	Weight Management (<i>aids in reduction of body weight, body fat mass, and waist circumference</i>)
IBS	Irritable bowel syndrome		

The Clinical Guide to Probiotic Products Available in Canada

This Guide is a practice tool to assist with clinical decision-making for appropriate probiotic therapy for your patients.

It is designed to translate scientific evidence available for probiotic products to practical, clinically relevant information. It is intended to be used as a clinical decision-making tool, enabling clinicians to easily select the appropriate product, dose, and formulation for a specific indication.

Our aim is to ensure that the appropriate product/strain is selected for the desired outcome. This Clinical Guide is not meant to be interpreted as a systematic review, or a “clinical practice guideline,” nor is it an endorsement for companies to market health claims.

Currently, the body of evidence for probiotic interventions is growing along with popular demand for these products. There is evidence to support the use of probiotic products for a variety of indications beyond gut health, however, applications and results are strain-specific.

Due to frequent changes in the commercial availability of probiotic strains, new published evidence, and growing research, an annual review and updates of this Clinical Guide have been conducted since 2008. A general lack of adverse effects attributable to probiotics supports the widespread use of these products, but an ongoing investigation is recommended.

How is the Guide Reviewed?

A systematic literature review using pre-defined inclusion criteria was undertaken to identify studies of defined clinical outcomes for specific probiotic strain(s). Commercially available products containing said strain(s) were identified, and the levels of evidence were used to rate the strength of the expected benefit. This information was compiled into a chart format. Data was assessed by a group of independent expert reviewers.

In the case of probiotics, the clinical evidence must be linked to specific formulations as defined by genus, species, alphanumeric designation or strain, number of live bacteria present, the blend of probiotic strains present, and finally, non-active ingredients present.

Every attempt was made to include the published clinical data for the available probiotic formulations.

To avoid selection bias toward any specific formulation, we have conducted a literature search of two databases (PubMed, EMBASE) and contacted our independent experts to identify any published or unpublished studies.

Why are only a Limited Number of Products Included?

All of the inclusion criteria listed must be satisfied for a product to be listed in the Guide:

1. Commercially available in Canada as a supplement or probiotic-containing food.
2. Generally Recognized as Safe status (FDA) and/or Natural Product Number (Health Canada) for probiotic strain(s) used in the products.
3. Favourable published clinical evidence for the particular strain(s) present in each product.
4. For products containing multiple strains, evidence must be for the specified combination and NOT extrapolated from the evidence for the separate probiotic strains.

Note: *Some products are excluded from the current edition due to changes in the strains used.*

Clinical Pearl: *Indications for use are based on specific strains or combinations studied together.*

Caution: *Extrapolation of current data and recommendations to be applied for different combinations of probiotic strains is not permitted.*

Level of Recommendation:

Level I	Evidence obtained from at least one appropriately designed trial (e.g. randomization, blinding, appropriate population comparisons) with a power calculation for the outcome(s) of interest. The expert review board reserves the right to make the final decision for the level of recommendation. (HIGHEST LEVEL)
Level II	Evidence obtained from well-designed controlled trials without randomization; evidence obtained from randomized trials not satisfying all criteria listed in Level I. Evidence obtained from well-designed cohort or case-control analytic studies, preferably from more than one center or research group. Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
Level III	Opinions of respected authorities, based on clinical experience, descriptive studies, or reports of expert committees.

Readers are strongly encouraged to review the evidence listed for each product for themselves.

Please refer to individual publications for specifics of patient populations studied (e.g. age, gender, comorbidities) and details of clinical effect (statistical significance, size of treatment effect, precision of the confidence intervals).

Disclaimer

The statements made regarding products listed here have not been evaluated by the Food and Drug Administration or Health Canada (unless otherwise indicated). These products are not intended to diagnose, treat, cure or prevent any disease. Products, services, information and other content provided in this Guide, including information that may be provided in this Guide directly or by linking to third-party affiliates are provided for informational purposes only. Please consult with a physician or another healthcare professional regarding any medical or health-related questions. Manufacturer indications for use can be found on product labels. This chart is reflective of published evidence available to date. It does not represent an endorsement of any specific product. Work on this Guide is done independently and without financial conflict. In order to minimize bias, publishing and distribution efforts are coordinated via Alliance for Education on Probiotics (AEPProbio). We are grateful for the unrestricted publishing grant AEPProbio is providing for continuous efforts to translate science into a clinically applicable form.

Please forward any questions or comments to **DSunjic@bhsoftinc.com**

2023 Version, valid until December 31, 2023. ©BHSoftInc

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	HP	CDAD	IBS	ID	AAD	IBD-P	TD
Align® 🌱	B. longum 35624	Capsule	1B/capsule	1 capsule				I 🌸 (1-4)				
Align® Chewables 🌱		Tablet	1B/tablet	1 tablet								
Bio-K+® Antibio Pro 🌱 Shelf stable and refrigerated options available	L. acidophilus CL1285 L. casei LBC80R L. rhamnosus CLR2	Capsule	50B/capsule	1-2 capsules			I 🌸 (6-10)			I 🌸 (5-7)		
Bio-K+® BiomePRO Drinkable Probiotic 🌱❄️		Ferm. rice lq.	100B/bottle	0.5-1 bottle								
Bio-K+® Drinkable Probiotics 🌱❄️		Ferm. milk lq. Ferm. vegan lq.	50B/bottle 50B/bottle	1 bottle 1 bottle								
Bio-K+® IBS Pro 🌱 Shelf stable and refrigerated options available	L. acidophilus CL1285 L. casei LBC80R L. rhamnosus CLR2	Capsule	50B/capsule	2 capsules				I 🌸 (18)				
BioGaia® Protectis® Baby Drops 🌱	L. reuteri DSM 17938	Drops	100M/5 drops	5 drops	I 🌸 (17)	I (13-16)			II (11)	II (12)		
BioGaia® Protectis® Chewable Tablets 🌱		Chewable tablet	100M/tablet	1 tablet								
BioGaia® Protectis® Drops with Vitamin D		Drops	100M/5 drops	5 drops								
BioGaia® Junior Tablets with Vitamin D 🌱		Chewable tablet	100M/tablet	1 tablet								
Biomed Bacillus Coagulans	Bacillus coagulans MTCC 5856	Capsule	1B/capsule	2 capsules				II 🌸 (19)				
Culturelle® Digestive Daily Probiotic Chewables 🌱	L. rhamnosus GG	Chewable tablet	10B/tablet	1 tablet		I (24)	III (25-27)			I 🌸 (23)	II (28)	II 🌸 (29-30)
Culturelle® Digestive Health Daily Probiotic Capsules 🌱		Capsule	10B/capsule	1 capsule								

❄️ - Product requires refrigeration

🌸 - Approved by Health Canada for listed indication; applicable to supplements

🌱 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name		Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	IBD-UC	HP	CDAD	IBS	AAD	TD
Digestive Care™ 10 Billion Daily Probiotic		L. plantarum 299v	Capsule	10B/capsule	1-2 capsules			III (32,36)	I 🚫 (33-35)	III (31)	
FlorastorMax® 🌾		Saccharomyces boulardii lyo CNCM I-745	Sachet	10B/sachet	1 sachet	III (43,47-50)	I 🚫 (44-46)	I 🚫 (8-9,38-39,51)		I 🚫 (37-38)	I 🚫 (40-42)
Florastor® 🌾			Capsule Sachet	5B/capsule 5B/sachet	1-2 capsules 1-2 sachets						
HMF	Forte 🌾	L. acidophilus CUL-60 L. acidophilus CUL-21 B. animalis subsp. lactis CUL-34 B. bifidum CUL-20	Capsule	10B/capsule	2-3 capsules			II (52)	II 🚫 (53)		
	IBS Relief 🌾		Capsule	25B/capsule	1 capsule						
	Intensive 🌾		Capsule	25B/capsule	1 capsule						
	Intensive 50 🌾		Capsule	50B/capsule	1 capsule						
	Intensive Powder 🌾❄️		Powder	25B/1 scoop (1 gram)	1 scoop						
	Super Powder 🌾❄️		Powder	10B/1 scoop (1 gram)	2-3 scoops						
Mutaflor® ❄️		Echerichia coli Nissle 1917	Capsule	2.5-25B/capsule	1-2 capsules	I (57-60)					
Pregnancy Care Probiotic 🌾		L. rhamnosus R0011 L. helveticus R0052	Capsule	2B/capsule	1-2 capsules				III (69)		
Probiotic 10 Billion Active Cells Daily Maintenance		Lactococcus lactis (UALI-08) L. gasseri (UALg-05) L. rhamnosus (UALr-06) B. animalis subsp. lactis (UABla-12) B. breve (UABbr-11) L. paracasei (UALpc-04) L. rhamnosus (UALr-18) L. acidophilus (DDS®-1) L. plantarum (UALp-05) B. longum subsp. longum (UABI-14) B. bifidum (UABb-10) L. casei (UALc-03) L. reuteri (UALre-16) B. longum subsp. infantis (UABi-13)	Capsule	10B/capsule	3 capsules	II (68)					

 - Product requires refrigeration

 - Approved by Health Canada for listed indication; applicable to supplements

 - Gluten Free

Probiotic Products for Digestive and Liver Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	C	IBD-UC	CDAD	IBS	AAD	IBD-P	LH
Purica Probiotic Intensive GI 🌿	<i>L. plantarum</i> CECT7484/ KABP022® <i>L. plantarum</i> CECT7485/ KABP023® <i>P. acidilactici</i> CECT7483/ KABP021®	Capsule	3B/capsule	1 capsule				I 🌿 (73-74)			
Ultra Probiotic Complex by GNC 🌿	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. bifidum</i> CUL-20 <i>B. lactis</i> CUL-34	Packet Capsule	25B/packet 25B/ 50B/ 75B per capsule	1-2 packets 1-2 capsules			II (52)	II (53)			
UltraFlora® Balance	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	Capsule	15B/capsule	2 capsules				II (78)			
UltraFlora® Intensive Care 🌿	<i>L. plantarum</i> 299v	Capsule	10B/capsule	2 capsules			III (32,36)	I 🌿 (33-35)	III (31)		
UltraFlora® Restore 🌿	<i>B. lactis</i> Bi-07® <i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-04 <i>L. paracasei</i> Lpc-37	Capsule	20B/capsule	1 capsule					I (75-76)		
Visbiome® 🌿 ❄️	<i>L. acidophilus</i> DSM24735/ SD5212 <i>L. paracasei</i> DSM24733/ SD5218 <i>L. delbrueckii</i> subsp. <i>bulgaricus</i> DSM24734/SD5210 <i>L. plantarum</i> DSM24730/ SD5209 <i>B. longum</i> DSM24736/SD5220 <i>B. infantis</i> DSM24737/SD5219 <i>B. breve</i> DSM24732/SD5206 <i>S. thermophilus</i> DSM24731/ SD5207 <i>This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen</i>	Sachet	450B/sachet	1-4 sachets	II 🌿 (81,92)	I 🌿 (82-84)				I 🌿 (83,85-87)	I (88-91,93-94)

❄️ - Product requires refrigeration

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Probiotic Products for General Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	CID	OH	WM	LDL-C	M/A
BioGaia® ProDentis™ 🍷	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge		I 🍷 (63-67)			
Calm Biotic®	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Capsule	3B/capsule	1 capsule					II (20-22)
CulturedCare® Probiotic Gum with BLIS K12® 🍷	<i>Streptococcus salivarius</i> K12	Lozenge	0.5B/lozenge	2-10 lozenges		II 🍷 (61-62)			
HMF Metabolic 🍷 ❄️	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis subsp. lactis</i> CUL-34 <i>B. bifidum</i> CUL-20 <i>L. plantarum</i> CUL-66	Capsule	50B/capsule	1 capsule			II 🍷 (54)		
Purica Probiotic Cardio 🍷	<i>L. plantarum</i> CECT7257/ KABP011® <i>L. plantarum</i> CECT7258/ KABP012® <i>P. acidilactici</i> CECT7259/ KABP013®	Capsule	1B/capsule	1 capsule				II 🍷 (70-72)	
Probiotic Sticks	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Stick	3B/stick	1 stick					II 🍷 (20-22)
UltraFlora® Control 🍷	<i>B. animalis ssp. lactis</i> 420 (B420™)	Capsule	10B/capsule	1 capsule			I 🍷 (77)		
UltraFlora® Cold Support 🍷	<i>L. plantarum</i> HEAL9 <i>L. paracasei</i> 8700:2	Capsule	1B/capsule	1 capsule	I 🍷 (79-80)				

- ❄️ - Product requires refrigeration
 🍷 - Approved by Health Canada for listed indication; applicable to supplements
 🍷 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	AAD	C	CE/AD	CID	Colic	FAP	IBS	ID	NEC*	OH	Regurg/ GI Mot
BioGaia® Protectis® Baby Drops 🌾	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	I (107)	I 🌿 (108-109)	II (114-115)	I (112-113)	I 🌿 (98-101, 116-117)	I (110-111)	I (110-111)	I 🌿 (102-106)	I (118-120)		I 🌿 (95-97)
BioGaia® Protectis® Drops with Vitamin D 🌾	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	I (107)	I 🌿 (108-109)	II (114-115)	I (112-113)	I 🌿 (98-101, 116-117)	I (110-111)	I (110-111)	I 🌿 (102-106)			I 🌿 (95-97)
BioGaia® Protectis® Chewable Tablets 🌾	<i>L. reuteri</i> DSM 17938	Chewable tablet	100M/tablet	1 tablet	I (107)	I 🌿 (108-109)	II (114-115)	I (112-113)	(98-101)	I (110-111)	I (110-111)	I 🌿 (102-106)			I (95-97)
BioGaia® Junior Tablets with Vitamin D 🌾		Chewable tablet	100M/tablet	1 tablet											
BioGaia® ProDentis™	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge										I 🌿 (63-67, 157-159)	
CulturedCare® Probiotic Gum with BLIS K12® 🌾	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges										II 🌿 (61-62)	

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🌾 - Gluten Free

Probiotic Products for Pediatric Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	AAD	CDAD	CE/AD	CID	Colic	FAP	HP	IBS	ID	LH	NI
Culturelle® Kids Daily Probiotic Chewables	<i>L. rhamnosus</i> GG	Chewable tablet	5B/tablet	2-4 tablets	I (127-128)		I (132-138,143)	I (142)		I (129-130)		I (129-130)	I (121-126,141)	II (139-140)	I (131)
Culturelle® Kids Daily Probiotic Packets		Powder	5B/packet	2-4 packets											
Ddrops Baby 🌿	<i>B. longum</i> CECT7894/ KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I 🌿 (144)						
FlorastorKids® 🌿	<i>Saccharomyces boulardii</i> Iyo CNCM I-745	Capsule Sachet	5B/capsule 5B/sachet	1-2 capsules 1-2 sachets	I 🌿 (150)	III 🌿 (151)					I 🌿 (45,152)		I 🌿 (147-149)		
HMF Baby Drops 🌿	<i>B. longum</i> CECT7894/ KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I 🌿 (144)						
HMF Fit for School [50mg vitamin C, 1000IU vitamin D] 🌿	<i>L. acidophilus</i> CUL-60 <i>L. acidophilus</i> CUL-21 <i>B. animalis</i> subsp. <i>lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Chewable tablet Powder	12.5B/tablet 12.5B/scoop	1 tablet 1 scoop				I 🌿 (153)							
MetaKids™ Baby Probiotic 🌿	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops			II (155)	II 🌿 (154)							
MetaKids™ Probiotic 🌿	<i>L. acidophilus</i> NCFM® <i>B. animalis</i> subsp. <i>lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets				I (156)							

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Probiotic Products for Pediatric Population:











Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	CE/AD	CID	Colic	IBD-UC	IBS	ID	LH	NEC*
Orange Naturals Baby Probiotics +D3 Drops (400IU) 🌸❄️	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB12	Drops	2B/5 drops	5 drops	II (155)	II (154)						
Orange Naturals Probiotics Kids Chewable + Vitamin A, C, D3 🌸❄️	<i>L. acidophilus</i> NCFM <i>B. animalis subsp lactis</i> Bi-07	Chewable tablet	5B/tablet	1 tablet		I (156)						
ProZema® 🌸	<i>B. lactis</i> BPL1 CECT 8145 <i>B. longum</i> ES1 CECT 7347 <i>L. casei</i> BPL4 CECT 9104	Stick	1.55B/stick	1 stick	I 🌸 (160-161)							
Probiotic Baby	<i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops		I (162)	I (163)					
Purica Probiotic Baby Colic 🌸	<i>B. longum</i> CECT7894/KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops			I 🌸 (144)					
Renew Life® FloraBaby	<i>B. breve</i> HA-129 <i>L. rhamnosus</i> HA-111 <i>B. bifidum</i> HA-132 <i>B. infantis</i> HA-116 <i>B. longum</i> HA-135	Powder	2B/scoop	1-2 scoops								II (145-146)
Sisu Probiotic Kid Stiks 🌸	<i>L. helveticus</i> R0052 <i>B. infantis</i> R0033 <i>B. bifidum</i> R0071	Stick	5B/stick	1 stick		I (164-165)						
Visbiome® 🌸❄️ <i>This combination of strains is known as De Simone Formulation and is the same one listed in references that cite VSL#3 as treatment regimen</i>	<i>L. acidophilus</i> DSM24735/SD5212 <i>L. paracasei</i> DSM24733/SD5218 <i>L. delbrueckii subsp. bulgaricus</i> DSM24734/SD5210 <i>L. plantarum</i> DSM24730/SD5209 <i>B. longum</i> DSM24736/SD5220 <i>B. infantis</i> DSM24737/SD5219 <i>B. breve</i> DSM24732/SD5206 <i>S. thermophilus</i> DSM24731/SD5207	Sachet	450B/sachet	1-2 sachets				I 🌸 (167-168)	I 🌸 (169)	I (166)	I (170)	


❄️ - Product requires refrigeration

🌸 - Approved by Health Canada for listed indication; applicable to supplements

🌸 - Gluten Free

Probiotic Products for Maternal and Vaginal Health:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	BV	Mastitis	VC
Materna® Opti-Lac® Breast Feeding Support	<i>L. fermentum</i> LC40™ CECT5716	Capsule	3B/capsule	1 capsule		I  (55-56)	
Probiac BV®	<i>L. acidophilus</i> A-212 <i>L. rhamnosus</i> A-119 <i>S. thermophilus</i> A-336	Vaginal capsule	8B/capsule	1-2 capsules	II  (179)		
Provacare®	<i>L. rhamnosus</i> Lcr35	Vaginal ovule	3.41B/ovule	2 ovules	I  (181-183)		I  (180)
RepHresh™ Pro-B™ Probiotic 	<i>L. rhamnosus</i> GR-1 <i>L. reuteri</i> RC-14	Oral capsule	0.5B each/capsule	2-4 capsules	I  (171,173-175,177-178)		I  (172,175-176)
UltraFlora® Women's 	<i>L. reuteri</i> RC-14 <i>L. rhamnosus</i> GR-1	Oral capsule	1B each/capsule	2 capsules	I  (171,173-175,177-178)		I  (172,175-176)

 - Product requires refrigeration

 - Approved by Health Canada for listed indication; applicable to supplements

 - Gluten Free

Functional Foods with Added Probiotics (Adults):

Brand Name	Probiotic Strain(s)	CFU/dose	No. of doses/day	AAD	C	CDAD	CID	IBS	M/A
Activia® ❄️	<i>B. (animalis) lactis</i> CNCM I-2494	1B/serving	1-3 servings		I (186)			I (184-185)	
DanActive® ❄️	<i>L. casei sp. paracasei</i> CNCM I-1518	10B/serving	1-2 servings	I (191,202)			I (194-201)		
GoodBelly® Probiotic Juice Drinks	<i>L. plantarum</i> 299v	20B/serving (8oz)	1 serving	III (31)		III (32,36)		I (33-35)	
Yakult ❄️	<i>L. casei</i> Shirota	8B/bottle (80mL)	1-2 bottles		I (209-210)		I (211-214)		II (215-216)

Functional Foods with Added Probiotics (Children):

Brand Name	Probiotic Strain(s)	CFU/dose	No. of doses/day	AAD	CID	CMPA	HP	ID
DanActive® ❄️	<i>L. casei sp. paracasei</i> CNCM I-1518	10B/serving	1-2 servings		I (190,192-193)		I (189)	II (187-188)
Gerber® Baby Cereals	<i>B. lactis</i> BB-12	1B/serving [serving=5 tbs]	1 serving	I (204)	I (162,203)			
Gerber® Toddler Cereals		1B/serving [serving=5 tbs]	1 serving					
Good Grow® Nutritional Toddler Drink		1B/200mL serving	1 serving					
Good Start Soothe™ Infant Formula	<i>L. reuteri</i> DSM 17938	1M/gram	Routine feeding if an alternative to breast milk is required					I (102-106)
Good Start® Plus 1 Infant Formula	<i>B. lactis</i> BB-12	1M/gram	Routine feeding if an alternative to breast milk is required		I (162,203)			
Good Start® Plus 2 Infant Formula (6 months+)		130M/100mL serving	Routine feeding if an alternative to breast milk is required	I (204)	I (162,203)			
Nestlé® Nido® Nutritional Toddler Drink	<i>B. lactis</i> BB-12	1B/200mL serving	1 serving	I (204)	I (162,203)			
Nutramigen® A+® with LGG® Extensively hydrolyzed casein formula (EHCF)	<i>L. rhamnosus</i> GG [Branded LGG]	1.35 × 10 ⁷ CFU per 100mL serving	EHCF when an alternative to breast milk is required			I (205-208)		

❄️ - Product requires refrigeration

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