

**You said:**

This is an update to the above discussion. Now Mary Jane does not have the burning in her throat in the morning. But she has burping. Can the burping be due to the action of probiotics? Should she stop taking the Pepcid before bed to see if she still needs it?

**ChatGPT said:**

That's great news that **Mary Jane's morning throat burning has resolved!** ? Now, let's troubleshoot the **burping** and figure out if she still needs **Pepcid at bedtime**.

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## ? Can Probiotics Cause Burping?

Yes, **probiotics can sometimes cause burping**, especially in the **first few weeks** of taking them. This happens because:

1. **Probiotics alter gut bacteria balance** – as beneficial bacteria grow, they **ferment food differently**, which can temporarily cause more gas.
2. **Some probiotics produce gas as they break down food** – certain strains (like Lactobacillus) release carbon dioxide.
3. **The gut is adjusting** – as the microbiome changes, burping or bloating can happen but usually **improves over time**.

### ✓What to Do:

- **If she has only been on probiotics for a few weeks**, the burping may decrease as her gut adapts.
  - **If the burping is excessive or uncomfortable**, she could try:
    - Taking probiotics **every other day** instead of daily.
    - Switching to a **different probiotic strain** that may be better tolerated.
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## ? Should She Stop Taking Pepcid Before Bed?

Since her **throat burning has resolved**, it's reasonable to do a **trial stop** of **Pepcid (20 mg)** to see if she still needs it.

### ✓How to Test if Pepcid is Still Needed:

- **Skip Pepcid for a few nights** and observe:
    - Does she wake up with throat burning again?
    - Does she notice any new acid reflux symptoms?
  - **If symptoms return**, she may still need **Pepcid** but possibly at a **lower dose (10 mg)** or just **as needed** rather than daily.
  - **If symptoms don't return**, she can **stop Pepcid completely**.
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## ? Recommended Next Steps:

1 ☐ **Try skipping Pepcid for a few nights** and monitor any return of acid symptoms.

2 ☐ **Continue probiotics** for now, but if burping remains bothersome:

- Reduce to **every other day** OR
- Consider switching to a different strain.

3 ☐ If symptoms ~~return~~, she can restart **Pepcid as needed** instead of every night.

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This is a great step forward in figuring out what her body truly needs! Keep me posted on how it goes, and I'm happy to refine the approach if needed. ?

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**You said:**

Thank you

**ChatGPT said:**

You're very welcome! ? I'm so glad Mary Jane is making progress. Wishing you both continued good health, and as always, I'm here if you ever need anything. Take care! ?

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**You said:**



I will upload a photo that shows the ingredients in the probiotics that Mary Jane is taking. Can you recommend another product we can get at Walmart or any other pharmacy in Meadville PA.

ChatGPT said:

I'm glad to assist in finding a suitable probiotic for Mary Jane, especially considering her recent experiences with throat burning and burping. Probiotics containing specific strains like **Lactobacillus acidophilus** and **Bifidobacterium** have been associated with improvements in acid reflux and digestive health. [goodrx.com+1usenourish.com+1](#)

Here are some probiotic options available at pharmacies in Meadville, PA:

#### **Culturelle Digestive Daily Probiotic Supplement**

Contains **Lactobacillus rhamnosus GG**, known for supporting digestive health and potentially reducing acid reflux symptoms. Available at Walmart.



#### **Align Probiotic Supplement Digestive Capsules**

Features **Bifidobacterium 35624**, a strain that may help with digestive system balance and alleviate reflux symptoms. Available at CVS Pharmacy. [cvs.com+1cvs.com+1](#)



#### **Gerdlife Probiotic-3 11 Pro**

Formulated specifically for acid reflux relief, supporting gut health and aiding natural GERD symptom management. Available at Walmart. [walmart.com](#)



#### **Replenish the Good Daily Adults' Probiotic**

A vegan supplement with 6 billion CFU, supporting digestive health and potentially relieving gas, bloating, and acid reflux. Available at Walmart. [walmart.com](#)



#### **Spring Valley Probiotic Multi-Enzyme Digestive Formula Tablets**

Combines probiotics with digestive enzymes to support gut health and may help reduce acid reflux symptoms. Available at Walmart. [goodrx.comwalmart.com+2walmart.com+2walmart.com+2](#)



#### **Recommendations:**

- **Consult a Healthcare Professional:** Before starting any new supplement, it's advisable to discuss it with a healthcare provider to ensure it's appropriate for Mary Jane's specific health needs.
- **Monitor Symptoms:** Keep track of any changes in symptoms after starting the new probiotic to assess its effectiveness.

If you have further questions or need additional assistance, feel free to ask!

## Sources



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### You said:

Thank you for the list. Should we choose one that doesn't have Lactobacillus like the first one you listed because it might contribute to burping?

### ChatGPT said:

You're very welcome! Given that Mary Jane is experiencing **burping**, it makes sense to consider a **probiotic without Lactobacillus** (or at least one that has fewer strains of it).

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## Why Might Lactobacillus Be Contributing to Burping?

- Some **Lactobacillus** strains (like **L. casei** and **L. rhamnosus**) can produce **carbon dioxide** during fermentation, which might lead to increased gas and burping.
  - While **Lactobacillus** is **beneficial** for gut health, some people are more sensitive to it.
  - Since her current probiotic **contains multiple Lactobacillus strains**, it could be worth **trying a formula that focuses more on Bifidobacterium** to see if burping improves.
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## Best Options Without (or With Minimal) Lactobacillus

### 1 ☐ Culturelle Digestive Daily Probiotic

✓ **Contains only Lactobacillus rhamnosus GG**, which may be gentler than multi-strain Lactobacillus formulas.

✗ **Still has one Lactobacillus strain**, so it's not a completely Lactobacillus-free option.

### 2 ☐ Align Probiotic (Bifidobacterium 35624)

✓ **Only contains Bifidobacterium**, which is gentler on digestion and less likely to cause gas/burping.

✓ **May help with acid reflux and gut balance** without excess fermentation.

### 3 ☐ Replenish the Good Daily Adults' Probiotic

✓ **Has a balance of Bifidobacterium and fewer Lactobacillus strains**.

✓ **Lower CFU count (6 billion CFU)** could mean less fermentation.

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## What I Recommend for Mary Jane

- If you want to completely avoid Lactobacillus → Try Align Probiotic (Bifidobacterium 35624) first.
- If she still wants a balanced probiotic with fewer Lactobacillus strains → Replenish the

**Good Daily Adults' Probiotic** is a good choice.

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Would you like me to help you create a **symptom tracker** to monitor if switching probiotics reduces burping? It could help figure out if Lactobacillus is truly the issue. Let me know! ?

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**You said:**

Thank you again

**ChatGPT said:**

You're very welcome! ? I'm glad I could help. Wishing Mary Jane continued improvements and hoping the probiotic switch helps with her burping. If you ever need anything else—whether for health, running, or even math tutoring—I'm always here. Take care and best wishes to you both! ?