

Probiotic	Organism(s) in the Probiotic	Comments/ Links
VSL #3®	<ul style="list-style-type: none"> • <i>Bifidobacterium breve</i> • <i>Bifidobacterium longum</i> • <i>Bifidobacterium infantis</i> • <i>Lactobacillus acidophilus</i> • <i>Lactobacillus plantarum</i> • <i>Lactobacillus paracasei</i> • <i>Lactobacillus bulgaricus</i> • <i>Streptococcus thermophilus</i> 	<ul style="list-style-type: none"> • Kosher and Halal certified • Compatible with all drugs except antibiotics • Can take if lactose intolerant • Safe for children • Shown to be effective for ulcerative colitis, ileal pouch, and IBS • Learn more at http://www.vsl3.com/
Align®	<ul style="list-style-type: none"> • <i>Bifidobacterium infantis</i> 35624 	<ul style="list-style-type: none"> • Parental supervision is recommended for use of Align® by children. Recommended to be kept out of the reach of children. • Some antibiotics may make Align less effective. • Learn more at http://www.alinggi.com/
Florastor®	<ul style="list-style-type: none"> • <i>Saccharomyces boulardii</i> lyo 	<ul style="list-style-type: none"> • Vegetarian and gluten-free • May contain traces of soy • Can take with antibiotic because it is a yeast • FlorastorKids is safe for children • Generally tolerated by people who are lactose intolerant • Learn more at http://florastor.com/
Lifeway Kefir®	<ul style="list-style-type: none"> • <i>Lactobacillus lactis</i>, <i>Lactobacillus rhamnosus</i>, <i>Streptococcus diacetylactis</i>, <i>Lactobacillus plantarum</i>, <i>Lactobacillus casei</i>, <i>Saccharomyces florentinus</i>, <i>Leuconostoc cremoris</i>, <i>Bifidobacterium longum</i>, <i>Bifidobacterium breve</i>, <i>Lactobacillus acidophilus</i>, <i>Bifidobacterium lactis</i>, <i>Lactobacillus reuteri</i> 	<ul style="list-style-type: none"> • Gluten free • Kefir differs from yogurt because it contains more live and active cultures • Safe for kids, pregnant women and seniors • Learn more at http://www.lifeway.net/Probiotics/
Ultimate Flora Critical Care 50 Billion	<ul style="list-style-type: none"> • <i>Bifidobacteria</i> • <i>Lactobacilli</i> and <i>Lactococcus</i> cultures 	<ul style="list-style-type: none"> • Enteric-coated vegetable capsules • Dairy and gluten-free • Potency guaranteed until expiration • Learn more at www.renewlife.com/ultimate-flora-critical-care-50-billion.html
TruBiotics™ Supplements	<ul style="list-style-type: none"> • <i>Lactobacillus acidophilus</i> LA-5 • <i>Bifidobacterium animalis</i> BB-12 	<ul style="list-style-type: none"> • Safe for children over 3 years of age • Contains milk: should not be taken by lactose intolerant people • Learn more at www.trubiotics.com/official_site
Culturelle®	<ul style="list-style-type: none"> • <i>Lactobacillus rhamnosus</i> GG 	<ul style="list-style-type: none"> • There is a version of Culturelle® for children • Gluten free • Dairy free • Learn more at www.culturelle.com/
Attune Foods™	<ul style="list-style-type: none"> • <i>Lactobacillus acidophilus</i> NCFM • <i>Lactobacillus casei</i> Lc-11 • <i>Bifidobacterium lactis</i> HN019 	<ul style="list-style-type: none"> • Kosher and GRAS certified probiotic strains • Learn more at http://www.attunefoods.com/benefits-of-probiotics
Yakult®	<ul style="list-style-type: none"> • <i>Lactobacillus casei</i> 	<ul style="list-style-type: none"> • Safe for children and elders • Individuals with a severe lactose intolerance may be unable to drink Yakult • Learn more at http://www.yakultusa.com/