

Choosing the Right Probiotic Strain for Specific Therapeutic Applications

Therapeutic Application	Most Appropriate Probiotic Strain(s)	Most Appropriate Probiotic Food(s)
Hypercholesterolaemia and cardiovascular disease	<i>Lactobacillus plantarum</i> 299v, <i>Bacillus coagulans</i> ATCC # 31284, <i>L. acidophilus</i> L1	Sauerkraut, kimchi
Prevention of atopy	<i>L. rhamnosus</i> GG	Sauerkraut, kimchi
Eczema	<i>L. rhamnosus</i> GG, <i>Bifidobacterium lactis</i> Bb12, <i>L. paracasei</i> Shirota	
Food allergies	<i>L. rhamnosus</i> GG, <i>Bifidobacterium lactis</i> Bb12, <i>L. paracasei</i> Shirota	
Lowered immunity	<i>L. rhamnosus</i> GG, <i>B. lactis</i> HN019 (DR10), <i>L. johnsonii</i> La1, <i>L. rhamnosus</i> HN001 (DR20), <i>L. acidophilus</i> LA5	
Antibiotic use (during and after)	<i>L. rhamnosus</i> GG, <i>Saccharomyces cerevisiae</i> (Hansen CBS 5926), <i>L. acidophilus</i> LA5, <i>L. plantarum</i> 299	Sauerkraut, kimchi
Non-steroidal anti-inflammatory drug use/Erosive gastritis	<i>L. rhamnosus</i> GG	
Intestinal hyperpermeability	<i>L. rhamnosus</i> GG, <i>S. cerevisiae</i> (Hansen CBS 5926)	Sauerkraut, kimchi
Gastroenteritis	<i>L. rhamnosus</i> GG, <i>L. reuteri</i> MM53, <i>L. paracasei</i> CRL431, <i>L. acidophilus</i> CRL730, <i>L. johnsonii</i> La1, <i>B. lactis</i> Bb12, <i>L. plantarum</i> 299v, <i>L. paracasei</i> Shirota	Sauerkraut, kimchi
Giardia infection	<i>L. johnsonii</i> La1, <i>L. plantarum</i> 299v, <i>L. rhamnosus</i> GG	Sauerkraut, kimchi
Intestinal dysbiosis	<i>L. rhamnosus</i> GG, <i>L. johnsonii</i> La1, <i>L. plantarum</i> 299v, <i>L. paracasei</i> Shirota, <i>Propionibacterium freudenreichii</i> HA-101 and HA-102	Sauerkraut, kimchi
Lactose intolerance	<i>L. acidophilus</i> NCFM, <i>L. johnsonii</i> La1, <i>L. acidophilus</i> LA5	
Peptic ulcer disease /Nonerosive gastritis	<i>L. johnsonii</i> La1, <i>L. acidophilus</i> LB, <i>L. acidophilus</i> strain NAS, <i>L. acidophilus</i> DDS-1, <i>L. rhamnosus</i> GG	
Irritable bowel syndrome	<i>L. plantarum</i> 299v, VSL # 3	Sauerkraut, kimchi
Radiation-induced diarrhea	VSL # 3, <i>L. acidophilus</i> NCFB 1748	Sauerkraut, kimchi
Traveler's diarrhea	<i>L. rhamnosus</i> GG, <i>B. lactis</i> Bb12, <i>L. acidophilus</i> LA5, <i>S. cerevisiae</i> (Hansen CBS 5926), <i>L. plantarum</i> 299v	Sauerkraut, kimchi
Crohn's disease	<i>L. rhamnosus</i> GG, <i>S. cerevisiae</i> (Hansen CBS 5926)	
Ulcerative colitis	<i>Escherichia coli</i> strain Nissle 1917, VSL # 3, <i>L. plantarum</i> 299	Sauerkraut, kimchi
Prevention of colon cancer	<i>L. rhamnosus</i> GG, <i>L. acidophilus</i> NCFM, <i>L. paracasei</i> Shirota, <i>L. acidophilus</i> DDS-1, <i>L. acidophilus</i> Delvo Pro LA1, <i>L. delbrueckii</i> ssp. <i>bulgaricus</i> strain LB-51	
Urinary tract infection	<i>L. rhamnosus</i> GR-1, <i>L. fermentum</i> B-54, <i>L. fermentum</i> RC-14, <i>L. acidophilus</i> NCFM	
Vaginal candidiasis (thrush)	<i>L. acidophilus</i> LA5, <i>L. acidophilus</i> strain NAS, <i>L. rhamnosus</i> GG, <i>L. rhamnosus</i> GR-1, <i>L. fermentum</i> RC-14, <i>L. acidophilus</i> NCFM	

Criteria for purchasing a good probiotic

Look for brands that are allergy friendly; dairy free, gluten free, soy free, yeast free. The probiotic should contain the strains that fight the ailment, contains multiple strains, contain billions of cultures, and is clinically tested.

The probiotic market is ever changing...and in a good way. More reputable and effective probiotics are available to us in our health food stores and even grocery stores and pharmacies. Some of the current reputable brands include: Garden of Life, Culturelle, Renew Life, Nature's Way, Jarrow Formulas, and New Chapter.

Tips for keeping your probiotic stable and alive

1. Storing probiotics in the refrigerator is best.
2. If storing out of the refrigerator, store in a dark, dry environment (not the kitchen or bathroom).
3. Keep probiotics away from heat.

Note: every month you store a probiotic out of a cool dry place you lose about 5% potency.

When to take probiotic supplements

Debate on the best time to take probiotic supplements is ongoing. Many recommend taking it with food when the stomach is more alkaline, or at times in the day when body alkalinity is higher, usually at mid-day and evening.

A word about fermented foods

For centuries, fermented foods have been included in most cultures as a small part of each meal.