



AEProbio

Alliance for Education on Probiotics

Clinical Guide to

Probiotic Products

Available in Canada: 16th Edition

2024



Dosage Formats | Applications | Clinical Evidence to date

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Acronyms:

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

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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® 	<i>B. longum</i> 35624	Capsule	1B/capsule	1 capsule				 (1-4)				
Align® Chewables 		Tablet	1B/tablet	1 tablet				 (1-4)				
Bio-K+® Antibio Pro  <i>Shelf stable and refrigerated options available</i>	<i>L. acidophilus</i> CL1285 <i>L. casei</i> LBC80R <i>L. rhamnosus</i> CLR2	Capsule	50B/capsule	1-2 capsules			 (6-10)			 (5-7)		
Bio-K+® Drinkable Probiotics  		Ferm. milk lq. Ferm. vegan lq.	50B/bottle 50B/bottle	1 bottle 1 bottle			 (6-10)			 (5-7)		
Bio-K+® IBS Pro  <i>Shelf stable and refrigerated options available</i>		Capsule	50B/capsule	2 capsules				 (18)				
BioGaia® Protectis® Baby Drops 	<i>L. reuteri</i> DSM 17938	Drops	100M/5 drops	5 drops	 (17)	 (13-16)			 (11)	 (12)		
BioGaia® Protectis® Chewable Tablets 		Chewable tablet	100M/tablet	1 tablet	 (17)	 (13-16)			 (11)	 (12)		
BioGaia® Protectis® Drops with Vitamin D 		Drops	100M/5 drops	5 drops	 (17)	 (13-16)			 (11)	 (12)		
BioGaia® Junior Tablets with Vitamin D 		Chewable tablet	100M/tablet	1 tablet	 (17)	 (13-16)			 (11)	 (12)		
Biomed Bacillus Coagulans	<i>Bacillus coagulans</i> MTCC 5856	Capsule	1B/capsule	2 capsules				 (19)				
Culturelle® Digestive Daily Probiotic Chewables 	<i>L. rhamnosus</i> GG	Chewable tablet	10B/tablet	1 tablet		 (24)	 (25-27)			 (23)	 (28)	 (29,30)
Culturelle® Digestive Health Daily Probiotic Capsules 		Capsule	10B/capsule	1 capsule		 (24)	 (25-27)			 (23)	 (28)	 (29,30)
Digestive Care™ 10 Billion Daily Probiotic	<i>L. plantarum</i> 299v	Capsule	10B/capsule	1-2 capsules			 (32,36)	 (33-35)		 (31)		

 - 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
FlorastorMax® 🍷		Saccharomyces boulardii Iyo 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	III (43,47-50)	I🍷 (44-46)	I🍷 (8,9,38,39,51)		I🍷 (37,38)	I🍷 (40-42)
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			II (52)	II🍷 (53)		
	Intensive 🍷		Capsule	25B/capsule	1 capsule			II (52)	II🍷 (53)		
	Intensive 50 🍷		Capsule	50B/capsule	1 capsule			II (52)	II🍷 (53)		
	Intensive Powder 🍷❄️		Powder	25B/1 scoop (1 gram)	1 scoop			II (52)	II🍷 (53)		
	Super Powder 🍷❄️		Powder	10B/1 scoop (1 gram)	2-3 scoops			II (52)	II🍷 (53)		
Mutaflor® ❄️		Escherichia 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>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	1-4 sachets	II 🌿 (81,82)	I 🌿 (82-84)				I 🌿 (83,85-87)	I (88-91, 93,94)

❄️ - Product requires refrigeration

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

🌿 - Gluten Free

Probiotic Products for General Health in Adult Population:

Brand Name	Probiotic Strain(s)	Dosage Form	CFU/dose	No. of doses/day	LDL-C	OH	WM	CID	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>L. plantarum</i> CUL-66 <i>B. animalis subsp. lactis</i> CUL-34 <i>B. bifidum</i> CUL-20	Capsule	50B/capsule	1 capsule			II⚠️ (54)		
Probiotic Sticks	<i>B. longum</i> R0175 <i>L. helveticus</i> R0052	Stick	3B/stick	1 stick					II⚠️ (20-22)
Purica Probiotic Cardio 🍌	<i>L. plantarum</i> CECT7527/ KABP011® <i>L. plantarum</i> CECT7528/ KABP012® <i>L. plantarum</i> CECT7529/ KABP013®	Capsule	1B/capsule	1 capsule	II⚠️ (70-72)				
UltraFlora® Control 🍌	<i>B. animalis subsp. 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	LH	NEC*	NI	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® Chewable Tablets 🍯		Chewable tablet	100M/tablet	1 tablet	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® Drops with Vitamin D 🍯		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® Junior Tablets with Vitamin D 🍯		Chewable tablet	100M/tablet	1 tablet	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® ProDentis™ Kids	<i>L. reuteri</i> ATCC PTA 5289 <i>L. reuteri</i> DSM 17938	Lozenge	200M/lozenge	1 lozenge												I 🚫 (63-67, 159-161)	
CulturedCare® Probiotic Gum with BLIS K12® 🍯	<i>Streptococcus salivarius</i> K12	Lozenge	1B/lozenge	1-5 lozenges												II 🚫 (61,62)	
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	I (127,128)		I (132-138, 143)	I (142)		I (129,130)	I (129,130)	I (121-126, 141)	II (139,140)		I (131)		
Ddrops Baby 🍯	<i>B. longum</i> CECT7894/ KABP042® <i>P. pentosaceus</i> CECT8330/ KABP041®	Drops	1B/5 drops	5 drops					I 🚫 (144)								

🚫 - 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	CDAD	CE/AD	CID	Colic	FAP	HP	IBS	ID	LH	NI
FlorastorKids® 🌱	<i>Saccharomyces boulardii</i> lyo 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)		
Gerber® Supplements for Baby, Diarrhea Relief, Probiotic + Prebiotic HMOs 🌱	<i>L. rhamnosus</i> GG	Powder	5B/packet	2-4 packets	I 🌱 (127,128)		I (132-138,143)	I (142)		I (129,130)		I (129,130)	I 🌱 (121-126, 141)	II (139, 140)	I (131)
Gerber® Supplements for Baby, Immune Support 🌱	<i>B. lactis</i> CNCMI-3446	Drops	1B/5 drops	5 drops				I 🌱 (153)	I (154)						
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 🌱 (155)							
MetaKids™ Baby Probiotic 🌱	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops			II (157)	II 🌱 (156)							
MetaKids™ Probiotic 🌱	<i>L. acidophilus</i> NCFM® <i>B. animalis</i> subsp <i>lactis</i> Bi-07®	Chewable tablet	5B/tablet	2 tablets				I (158)							
Orange Naturals Baby Probiotics +D3 Drops (400IU) 🌱❄️	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB12	Drops	2B/5 drops	5 drops			II (157)	II (156)							
Orange Naturals Probiotics Kids Chewable + Vitamin A,C,D3 🌱❄️	<i>L. acidophilus</i> NCFM <i>B. animalis</i> subsp <i>lactis</i> Bi-07	Chewable tablet	5B/tablet	1 tablet				I (158)							

❄️ - 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	CE/AD	CID	Colic	IBD-UC	IBS	ID	LH	NEC*
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 🍌 (162,163)							
Probiotic Baby	<i>B. lactis</i> BB-12	Drops	1B/6 drops	6 drops		I (153)	I (154)					
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	VC
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	 (179)	
Provacare®	<i>L. rhamnosus</i> Lcr35	Vaginal ovule	3.41B/ovule	2 ovules	 (181-183)	 (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	 (171,173-175,177,178)	 (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	 (171,173-175,177,178)	 (172,175,176)

 - 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)	
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 (193,194)		I (195-198)		II (199,200)

Functional Foods with Added Probiotics (Children):

Brand Name	Probiotic Strain(s)	CFU/dose	No. of doses/day	AAD	CID	CMPA	ID
Gerber® Baby Cereals	<i>B. lactis</i> BB-12	1B/serving [serving=5 tbs]	1 serving	I (188)	I (153,187)		
Gerber® Toddler Cereals		1B/serving [serving=5 tbs]	1 serving	I (188)	I (153,187)		
Good Grow® Nutritional Toddler Drink	<i>B. lactis</i> BB-12	1B/200mL serving	1 serving	I (188)	I (153,187)		
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			I (153,187)		
Good Start® Plus 2 Infant Formula (6 months+)		130M/100mL serving		I (188)	I (153,187)		
Nestlé® Nido® Nutritional Toddler Drink		1B/225mL serving	1 serving	I (188)	I (153,187)		
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 (189-192)	

❄️ - Product requires refrigeration

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