







# What health benefits can consumers get from probiotic food products?

PRODUCT & DOSAGE (CFU* per serving)		All probiotics support gut health, but some offer additional health benefits...	DOSAGE NEEDED
	1 billion	- decreased flatulence, stomach rumbling, and improved stool consistency <sup>1</sup> <b>In patients with irritable bowel syndrome:</b> decreased abdominal pain/discomfort, bloating, and symptom severity <sup>2</sup>	<b>8-25</b> servings per day
	1 billion	-decreased incidence of fever, cough, runny nose, antibiotic use and sick days from school (in children) <sup>3</sup>	<b>10</b> servings per day
	10 billion	-decreased incidence and/or duration of colds/flu <sup>4-6</sup> -decreased incidence, severity, and/or duration of infectious and antibiotic-associated diarrhea <sup>7-10</sup> <b>In asthmatic children:</b> fewer asthma episodes and runny/stuffy nose <sup>11</sup>	<b>1-3</b> servings per day
		<b>In infants of breastfeeding mothers:</b> decreased upset stomach and less medication use <sup>12</sup>	<b>3</b> servings per day
	1 billion	-decreased cavity causing bacteria <sup>13</sup>	<b>½</b> serving per day
	1 billion	-decreased cavity causing bacteria <sup>14, 15</sup> -decreased antibiotic-associated diarrhea <sup>16</sup>	<b>&lt; ½</b> serving per day
		<b>In diabetics:</b> improved glycemic control, cholesterol levels and antioxidant status <sup>17-20</sup>	<b>½-2</b> servings per day
		<b>In patients with non-alcoholic fatty liver disease:</b> decreased liver damage and improved cholesterol levels <sup>21</sup>	
	1-45 billion	<b>Kefir products</b> (pictured left) had the greatest variety of probiotic strains and often the highest dosages. Studies suggest that strain mixtures are more effective than single strains. <sup>22, 23</sup> However, the mixtures in these products have not been studied; thus, health benefits cannot be deduced at this time.	

Many probiotic products (below) did not disclose strain information. Therefore, specific health benefits could not be deduced:



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Findings are from: Scourboutakos et al, Mismatch between probiotic benefits in trials versus foods products, *Nutrients*, 2017.

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