



Choosing a Probiotic and the Importance of Selecting Evidence-Based Strain-Specific Probiotics

Probiotic comes from the Greek word meaning “for life”

Probiotics are defined as live microorganisms which when administered in adequate amounts confer a health benefit on the host.¹ They can be found in both foods and food supplements and must meet certain criteria, such as:²

- Have a studied health benefit
- Must be named according to a valid scientific naming system
- Microbe classification is defined to the genus, species, and strain level
- Microbes are alive at the time of consumption
- Microbes must be at levels or amounts established through research that provide a benefit
- Safe for its intended use

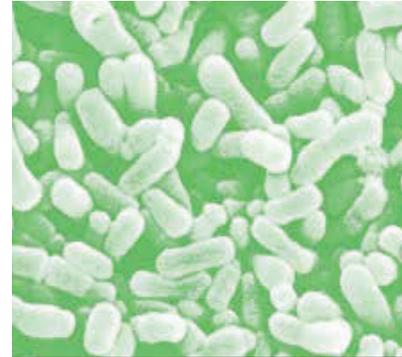
Be sure to read product labels

It is important to check product labels carefully, as not all products on the market that are labeled as ‘probiotic’ have documented health benefits.^{3,4}

1. Confirm the probiotic strain is backed by science. Some research on your part may be required, but [The International Scientific Association for Probiotics and Prebiotics \(ISAPP\)](#) has several resources.
2. Look for the name of the microbe. Probiotics are known by genus, species, and strain.

Genus	Species	Strain
<i>Bifidobacterium</i>	<i>animalis</i>	DN-173 010

3. Note that different strains of the same species may not offer health benefits. Be sure to choose a probiotic product backed by scientific studies showing it can provide the desired benefit.
4. The suggested serving size or dose should be listed on the label. Be sure to follow the instructions and follow any advice from your healthcare professional.
5. Storage conditions are important. Many probiotic products require refrigeration, but for some, it may not be necessary.



REFERENCES
 1. Probiotics in Food Health and Nutritional Properties and Guidelines for Evaluation. FAO. Available at: <https://www.fao.org/3/a0512e/a0512e.pdf>. Accessed December 13, 2021. 2. ISAPP. ISAPP position statement on minimum criteria for harmonizing global regulatory approaches for probiotics in foods and supplements. Available at: <https://4cau4jsaler1zqlkq3wnmje1-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/summary-document-probiotics-criteria-ISAPP.pdf>. Accessed February 16, 2022. 3. National Institutes of Health (NIH) Probiotics Fact Sheet for Health Professionals. Available at: <https://ods.od.nih.gov/factsheets/Probiotics-HealthProfessional/>. Accessed February 20, 2022. 4. Probiotic Checklist: making a smart selection. International Scientific Association for Probiotics and Prebiotics (ISAPP). Published 2019. Available at: <https://4cau4jsaler1zqlkq3wnmje1-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/Probiotic-Checklist-Infographic.pdf>. Accessed February 16, 2022.