



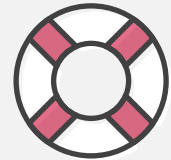
## 1. DEFINITION OF A PROBIOTIC

Probiotics are live micro-organisms that, when consumed in adequate amounts, provide a health benefit to the host.

*Viability and resistance to digestion must be demonstrated by a probiotic. The most common species of micro-organisms are Lactobacilli and Bifidobacteria, but others exist and are well-documented. The genus, species, and strain must be identified. The adequate dosage and health benefits must be documented and present until the end of the shelf life.*

## 2. SAFETY OF PROBIOTICS

Probiotics are usually safe in healthy populations. However, before choosing a strain and / or product, one should verify the history of Safe Use and/or ask for Safety data on the specific strain.



## 3. NOT ALL BACTERIA ARE PROBIOTICS

Some products which contain probiotic metabolites, non-live or fragmented probiotic cells even if they are efficient, do not comply with the definition above and cannot be qualified as probiotics; examples include some household cleaning agents, drain cleaners and even cosmetic products.

## 4. HEALTH EFFECTS OF PROBIOTICS

Various health benefits have been described for probiotics and although some health benefits appear to be fairly common, others have been shown to be very specific. Thus, no probiotic can be expected to provide all suggested health benefits; different probiotic strains may have diverse benefits.



ESSENTIALS CONTINUE ON BACK »»



## 5. LEVEL OF EVIDENCE

No probiotic will have all of these combined effects, though selected strains / combinations have shown their efficacy for specific health benefits.

HEALTH BENEFITS	LEVEL OF EVIDENCE	COMMENTS
Reducing risk for antibiotic associated diarrhea	Good	Numerous studies
Reducing risk for necrotising enterocolitis	Good	Numerous studies
Reducing risk for respiratory tract infections	Good	Numerous studies
<i>Clostridium difficile</i> associated diarrhea	Good	Many studies
Prevention of atopy	Good	Many studies
Irritable bowel syndrome (IBS)	Fair	Many studies not all positive
Inflammatory bowel disease (IBD)	Fair	Many studies not all positive
Slow intestinal transit	Fair	Moderate Effect
Serum cholesterol	Fair	Moderate Effect
Bacterial vaginosis (BV)	Fair	Heterogeneous studies
Control of type-2 diabetes	Weak	Few studies
Gestational diabetes	Weak	Few studies
Periodontitis management	Weak	Few studies
Improving psychological symptoms / depression	Weak	Few studies
Adjunct to <i>H. pylori</i> eradication therapy	Weak	Few studies
Infantile colic	Weak	Few studies
Allergic rhinitis	Weak	Few studies
Blood pressure	Poor	Few studies not all positive
Dental caries	Poor	Few studies not all positive
Ventilator associated pneumonia	Poor	Few studies not all positive
Weight management	Poor	Few studies of poor quality
Cystic fibrosis	Poor	Few studies of poor quality
Urinary tract infection (UTI)	Poor	Few studies of poor quality
Treatment of acute pancreatitis	No evidence	Few studies inconclusive results