

3 THINGS TO LOOK FOR IN A PROBIOTIC

We've all heard of the many benefits of probiotics, they keep harmful bacteria in check, secrete beneficial vitamins, helping us absorb nutrients from our food, promote digestive health and the list goes on.

Are you confused by the wide array of different probiotics in your local Health Food store? Would you like an easier way to decide which probiotic may be best for you? If so, here are three things you should look for in a good probiotic.

1.

OF LIVE ORGANISMS PER DOSE

There should be at least 10 billion live organism per dose.

Better-quality probiotics will have the same number of living organisms throughout the life of the product (from the time it is manufactured until the time you buy it).

This means the number of living organisms should be written on the box and the same levels should be present when you buy the probiotic from your local health food store.

2.

OF BACTERIAL STRAINS

Pick a probiotic that contains many different beneficial organisms.

We know that people with diverse bacteria in their gut are healthier than their counterparts who have less diverse bacteria in their gut.

This is why it is important to pick a probiotic that has a wide variety of beneficial organisms in it. Some probiotics on the market have up to 14 different strains of beneficial bacteria.

3.

QUALITY OF BACTERIAL STRAINS

This is important because we know how tested strains work by looking at the numerous studies that have been performed.

For example, some strains are good for managing anxiety, while others can help prevent constipation and diarrhea.

It is difficult to know how untested strains will work in the body. The most tested strain are Lactobacillus and Bifidobacterium.

Picking a good probiotic supplement is just one of many tools to have in your digestive health tool box. Remember to eat fiber rich prebiotic foods to help feed the probiotics or you are just throwing money away.