

HOW TO CHOOSE AND USE A PROBIOTIC

PROBIOTICS: GUT FRIENDLY BUGS

Good gut health depends on many kinds of bacteria living, and thriving, in your gut.¹ Probiotics are specific strains of good bacteria that provide a health benefit when consumed in adequate amounts² and research has shown that various probiotics may be effective for a range of health conditions, from gastrointestinal upsets, supporting the immune system and mental health concerns.^{2,3,4}

NOT ALL PROBIOTICS ARE EQUAL


Probiotics work in different ways; the health benefits depend on the strain. And when choosing a probiotic, there's a number of things to look for, such as *dose*, *timing*, *mode of delivery and more*. Here's a guide on how to choose and use a probiotic:

QUICK FACTS:

PROBIOTIC CHECKLIST

1 Start with required health benefit

Consume enough of the probiotic strain (*dose*) to provide the health benefit

5  **Timing:** consume probiotic either before or after or as part of a meal⁷

6 Consume probiotic daily

2 Choose a strain that has evidence for addressing the required health benefit or concern



3 Look at *mode of delivery*: choose food or product with desired strain. Dairy foods may optimise delivery⁵

7  Continue to nourish your gut health by focusing on plant-based foods

PROBIOTIC CHECKLIST:

- 1** First, it's important to understand the desired *health benefit* or health concern that needs addressing.
- 2** The next step is determining which *specific probiotic strain* is scientifically proven to be effective in improving that health outcome. Remember: strain is key – research has shown that different strains of bacteria from the same genus (e.g. Lactobacillus, Bifidobacterium) do not provide the same health outcomes.⁶
- 3** Look at *mode of delivery*: Probiotics in yoghurt and capsules/tablets/beads tend to survive transit through stomach acids better than other food, drink and delivery options.⁷ In fact, research suggests incorporating probiotics into dairy foods may optimise delivery due to the protective buffering action of milk and milk fat as the probiotics travel through the gastrointestinal system.⁵
- 4** Next up is *dose* – the research will outline how much of the probiotic strain (CFU#) needs to be consumed to deliver the health benefit. Match the dose used in research for best practice.
- 5** Consider *timing*: In-vivo research suggests that probiotics are best taken either 30 minutes before a meal, or as part of a meal, particularly one that contains some fat, as this seems to enhance the survival of probiotics – it is thought that the fat may provide some protection against gastric acid and bile salts.⁷
- 6** The most important thing is to *consume probiotics daily for ongoing health benefits*.⁸

AND Continue to nourish gut health and feed the good bacteria by eating at least 30 different plant foods per week; this includes: fruit, vegetables, wholegrains, nuts, legumes and seeds.



Probiotics (BB-12®) and prebiotics (GOS) in yogurt

- The probiotic BB-12® supports gut health by **increasing regularity in adults as part of a balanced diet**⁹. This is particularly important, given **constipation is one of the most common medical complaints in Australia**, affecting 25% of adults, and is even more common in older adults.^{9,10}
- Galacto-oligosaccharides (GOS) have been shown to **increase the number of good bugs** (Bifidobacterium and Lactobacillus spp) **in your gut** and therefore support your gut health.¹¹

⁹Based on 200g pourable yogurt serve or 160g tub. As part of a healthy balanced diet

INSIDE YOU'LL FIND:

- CALCIUM
- IODINE
- PREBIOTICS (GOS)
- PROBIOTICS (BB-12®)
- PHOSPHORUS
- POTASSIUM
- PROTEIN
- VITAMIN B2
- VITAMIN B12



QUICK FACT: Probiotic levels in Farmers Union PLUS yogurts are measured at end of shelf life so you can feel confident knowing every serve contains the required dose (probiotics are live organisms and will naturally decrease over the shelf life of a product).⁶

Probiotics in yogurt

Farmers Union PLUS yogurt combines probiotics, prebiotics and cow's milk to create a multi-benefit yogurt range:

- **Made with Australian milk in Victoria**
- Contains probiotics and prebiotics for double gut health benefits and is also a **natural source of 7 essential nutrients**
- Farmers Union PLUS pourable yogurt contains **no added sugar**, while single serve tubs are sweetened with fruit

Choosing a Probiotic

For some help with choosing a probiotic, refer to websites such as [Probiotic Advisor](#) or [US Probiotic Guide](#) and talk to your dietitian.



Optimising gut health

What else can be done to optimise gut health? Continue to nourish your gut health by focusing on plant-based foods. Research suggests aiming to consume **30 different plant foods each week** to optimise overall microbiome diversity (a marker of good gut health).¹²



Get plant-based recipe inspiration [here](#).

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Colony forming units – amount of bacteria

⁹As part of a balanced diet, B.Lactis (BB-12®) Probiotics, Prebiotics, and Vitamin B12, support gut health by improving regularity, help increase the good bugs in the gut, and supports healthy immune function.

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