

Probiotic Combination Comparisons

Company	CATONZARO SUPPLEMENTS	Signature Supplements	Signature Supplements	Mercola	Genestra	Genestra	Genestra	Genestra	Genestra	Genestra	Pure Encapsulations	Pure Encapsulations	Douglas	Douglas	Udo's Choice	Udo's Choice	Udo's Choice	Udo's Choice	Udo's Choice	Klaire Labs	Klaire Labs	Klaire Labs	Klaire Labs	Klaire Labs	Nutren	
Name of Product	Multi Strain	Basic Formula	Advanced Formula	Complete	HMF Caps	HMF Forte	HMF Super Powder	HMF Intensive	HMF Replete	HMF Neuro Capsules	Probiotic 5 (dairy free)	Probiotic 123 (pediatric powder)	Multi-Probiotics 4000	DL Duo Dophilus	Infant's Blend (0-5)	Children's Blend (5-15)	Adult Blend (16-65)	Advanced Adult (65+ or adults with conditions)	Super 8 Hi-Potency	Pro-5	Vital-Dophilus Plus	K-ABX Support	Ther-Biotic® COMPLETE	Ther-Biotic™ Detoxification Support	Treven Trio	
<i>Lactobacillus acidophilus</i>	3	10	5	20	15	6	6	18	75	3	2	15	115	2	15%	20%	20%	10%	45%	6.3	2.5		3		5	
<i>Lactobacillus bulgaricus</i>	1		4	1											5%	3%	3%	3%	3%	15			1		5	
<i>Lactobacillus casei</i>	2.5		5												35%	25%	25%	20%					2.5	15		
<i>Lactobacillus helveticus</i>	1																									
<i>Lactobacillus paracasei</i>	0.5																						0.5			
<i>Lactobacillus plantarum</i>	2		5															10%	10%	10%	7%		2			
<i>Lactobacillus reuteri</i>	1.5																									
<i>Lactobacillus rhamnosus</i>	4										3.75	2	1925				25%	25%	20%	25%	9.4	2.5	2.5	6	15	
<i>Lactobacillus salivarius</i>	3.5			1					30										1%				2			
<i>Lactococcus lactis</i>	0.5												0.275													
<i>Lactobacillus gasseri</i>	4			5	0.25	1	1	3	12.5	0.5	2	15	0.275		5%	5%	5%	10%	6%	6.3		1.25	5	15	20	
<i>Bifidobacterium bifidum</i>	1														5%	5%	5%	10%				1.25	0.5			
<i>Bifidobacterium breve</i>	1.5														15%											
<i>Bifidobacterium infantis</i>				20	0.25	1	1	3	12.5	0.5	2	15												0.5		
<i>Bifidobacterium lactis</i>	3	10	5	6									0.275	2					10%	3%			1			
<i>Bifidobacterium longum</i>	1												0.85		20%	7%	7%	7%	10%	15			1			
<i>Streptococcus thermophilus</i>			3	1																						
<i>Bacillus coagulans</i>			3																							
<i>Saccharomyces boulardii</i>			3																							
<i>FOS</i>				100					800					215	109								5	inulin	inulin	inulin
TOTAL	30	20	20	65	may contain up to 3 billion	may contain up to 12 billion	may contain up to 12 billion	may contain up to 30 billion	may contain up to 170 billion	may contain up to 12 billion	10	4.5	4.05	4	2	4	12	24	30	25	5	10	25	45	30	
dose	1-2/d	1-2/d	1-2/d	1/d	1-2 2x/d	1-2 caps 2x/d	1/4-1/2 tsp 2x/d	1 cap 2x/d	1/d	1 cap 2x/d	1-2/d	1/2 4 scoops /d	1-2 caps 2-3x/d	1 cap 3x/d	1/2 tsp 1-3x/d	1-3/d	1-3/d	1-3/d	1-3/d	1 cap/d	1-2 caps/d	1 cap 2x/d	1 cap/d	1 cap/d	1 cap (or more)	
size	60 vcaps	60 vcaps	60 vcaps	30 vcaps	60 vcaps	60 vcaps	120 g	30 vcaps	7 sachets	60 vcaps	60 vcaps	80 g	100 vcaps	100 vcaps	75 g	60 vcaps	60 vcaps	30 vcaps	30 vcaps	60 vcaps	100 vcaps	28 vcaps	60 vcaps	60 vcaps	15, 30, 60, 90	
with or without food	with meals	with meals	with meals	with meals	with meals	with meals	with meals	with meals	with meals	with meals	with or between meals	with applesauce or yogurt	with meals	with meals	with formula or other liquid	with food	with food	with food	with food	no mention	no mention	with meals	with meals	with meals	with a small amount of food	

Company	Renew Life	Renew Life	Renew Life	Renew Life	Natural Factors	Natural Factors	Natural Factors	Natural Factors	Natural Factors	Natural Factors	Natural Factors	Kirkman	Kirkman	Kirkman	Kirkman	Protocol for Life	Allergy Research Group	NOW	New Roots	Vitazan	Vitazan	Cytomatrix	NHF	Blomed	AOR
Name of Product	Flora Smart	Flora Smart Extra Strength	Critical Care	Flora Bear	Super Cal'dophilus with FOS	Ultimate Multi Probiotic	Ultimate Probiotic 12/12	Children's Multi Probiotic	Double Strength A+B	Double Strength Ultimate	Women's Multi Probiotic	ProBio Defense	Super Bio-Pro	Multi-Flora Spectrum	Pro-Bio Gold ("signature")	Ortho Dophilus	Bifido Biotics	Gr-8 Dophilus	Ultra	Acidophilus Ultra	Optimum Probiotics	Multi Strain II Advanced	ProBio SAP-90	Probiotic 7 in 1	Advanced Biotics
<i>Lactobacillus acidophilus</i>	0.8	2.4	10	0.45	0.6	12	12		1	2.4	2.4	4	15	8	5	12	0.24	12	4.41	3.411	1.25	0.5	0.55	0.4	3.75
<i>Lactobacillus bulgaricus</i>			0.25			0.12	0.12			0.24	0.24								0.045	0.024	0.62	0.05	0.55		
<i>Lactobacillus casei</i>	0.1	0.3	2.5		1.8	3	3			6	2.4	0.79	15	15	1	0.6		0.6	0.27	0.348	0.62	0.4	0.44		2.5
<i>Lactobacillus helveticus</i>						0.12	0.1			0.24															
<i>Lactobacillus paracasei</i>																									
<i>Lactobacillus plantarum</i>			15			12	12			2.4	1.2	3.6	7	3	2				0.36	0.348		0.4	0.44		3.75
<i>Lactobacillus reuteri</i>																									
<i>Lactobacillus rhamnosus</i>	0.1	0.3	4.5		3	2.64	2.6	0.75	8	2.88	2.4	4	15	11.2	7.5	0.6	2.2	0.6			154	7.9	8.305	0.2	3.75
<i>Lactobacillus salivarius</i>	0.1	0.3	0.25			0.12	0.1			0.24						0.6		0.6			0.62	0.05			
<i>Lactococcus lactis</i>	0.1	0.3	1			0.6	0.3			12	0.6													0.6	
<i>Lactobacillus gasseri</i>																									0.625
<i>Bifidobacterium bifidum</i>	0.7	2.1	25	0.025		0.6	0.6	0.6	1	12	0.24	4	15	8	5	0.2		0.2	3.6	3.91	0.92			0.1	
<i>Bifidobacterium breve</i>			2.5			12	12	0.6		2.4	0.36						12			0.261	0.62	0.3	0.33	0.2	
<i>Bifidobacterium infantis</i>				0.025				0.3														0.3	0.33		
<i>Bifidobacterium lactis</i>													21												
<i>Bifidobacterium longum</i>	0.1	0.3	2.5		0.6	12	12			2.4	1.2						0.2	12	0.2	0.27	0.62	0.3	0.33	0.2	4
<i>Streptococcus thermophilus</i>											0.6	0.6	1.1	1.1	0.75	0.4		0.4	0.18	0.176	1.23	0.2	0.22	0.2	2.5
<i>Bacillus coagulans</i>																	0.36								
<i>Saccharomyces boulardii</i>												15													
<i>FOS</i>													inulin	inulin	inulin	inulin									
TOTAL	2	6	50	0.5	6	114	1192	3	10	216	11.64	18.49	75.6	32.8	2125	4	5.2	4	9.135	8.739	8.04	10.4	11.495	1.9	20.875
dose	1 tablet with water	1 tablet with water	1 cap/d	2 tablets/d	3 caps/d	1-3 caps/d	1 cap 3x/d	1/2 tsp-1 tsp 1-3x/d	1 cap 1-3x/d	1 cap/d	1 cap 2x/d	1 cap-2 caps/d	1 cap/d, for intensive use take 2/d	1 cap/d, for intensive use take 2/d	1 cap/d, for intensive use take 2/d	1 cap 2-3x/d	1 cap 2-3x/d	1 cap 1-3x/d	1-3 caps/d	1-3/d	1-3/d	1-2/d	1-3 caps/d	1-2 caps 2x/d	1-2 caps 3x/d
size	30 tablets	60 tablets	14 vcaps	60 tablets	90 vcaps	120 vcaps	60 vcaps	2 oz	30 min after meals	60 vcaps	60 vcaps	90 vcaps	60 vcaps	60 vcaps	60 vcaps	60 vcaps	60 vcaps	60 vcaps	120 vcaps	90 vcaps	60 vcaps	60 vcaps	90 vcaps	60 caps	90 vcaps
with or without food	empty stomach	empty stomach	2 hours after food	no mention	with meals	full stomach	full stomach	full stomach	30 min after meals	empty stomach	full stomach	no mention	no mention	no mention	no mention	no mention	with meals	with or before meals	no mention	no mention	after meals	no mention	with water or juice	no mention	without food