



PROBIOTIC GUIDE

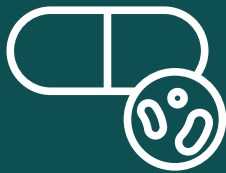
A SUPPLEMENT
TO FIBER FUELED

**DR. WILL BULSIEWICZ
THE PLANT FED GUT**

DR. B'S PROBIOTIC GUIDE

A SUPPLEMENT TO FIBER FUELED

If you've read my book *Fiber Fueled*, then you already know how I feel about probiotics and where they fit in with our approach to digestive health and are here to get that extra level of information that I promised you in the book. If you haven't checked out *Fiber Fueled* yet, I'd strongly encourage you to give it a look in addition to reading this guide. I've prepared this guide as a supplement to the information that you'll already find in the book. In other words, this is not meant to be a stand-alone, comprehensive tool. Instead, it's meant to take you beyond the book and allow me to deliver up to date information.



WHAT ARE PROBIOTICS?

Probiotics are live microorganisms that, when administered in adequate amounts, may confer a health benefit for the person taking them. They can help support the bacteria that already live inside of us. This is particularly relevant when our bacteria need additional support, such as in the setting of digestive disease, poor diet, or while traveling.

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READING THE PROBIOTIC LABEL

SERVING SIZE:

The amount that should be consumed to obtain the benefit.

COLONY FORMING UNITS (CFUS):

The number of live microbes in the product. Ideally presented with a count for each strain.

PREBIOTIC:

Some probiotic supplements will also include a small dose of prebiotic. It's generally not enough alone.

NAMES OF INCLUDED MICROBES:

Should include genus, species AND strain. For example, in *Lactobacillus plantarum* AB2: *Lactobacillus* is the genus, *plantarum* is the species, and AB2 is the strain. Strain is important because different strains within the same species can have different health benefits..

MANUFACTURER:

Worth noting as a place to gain additional information on the product, ask questions and report any adverse effects.



SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule
Servings Per Container: 60

Amount Per Serving	%DV
Proprietary Probiotic Blend, 20 Billion Live Cells†	**
(<i>Lactobacillus acidophilus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium lactis</i>)	**
Inulin	250mg

** % Daily Value (DV) not established

Other Ingredients: Vegetable Capsule (from Cellulose), Magnesium stearate, and Silica.

†Potency at time of manufacture. This product may be kept refrigerated to maximize shelf-life and potency.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PROBIOTIC GUIDE DISCLAIMER

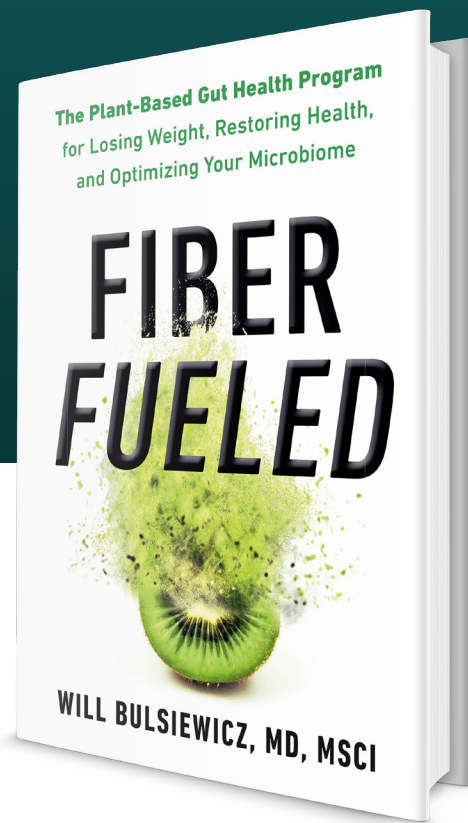
Probiotic strains were included if there was a study conferring strong evidence to support the health benefits of the probiotic. We considered a positive outcome from a systematic review and meta-analysis, randomized trial or an observational study with a dramatic effect to be considered strong evidence. Only adult studies were reviewed and included. Specific brands are not provided as they may change and this table is not meant to be a direct endorsement of any particular brand. This table is for educational purposes only and should not be considered medical advice of any variety. The decision to use probiotics should only be made after a conversation with a qualified health provider. This document will be updated as new information becomes available. Please contact me and share the relevant supporting study if you are aware of a probiotic that should be included in this table and is not.

INDICATION	PROBIOTIC STRAIN	RECOMMENDED DOSE	REFERENCE
Constipation	<i>Lactobacillus reuteri</i> DSM 17938	100 million CFU twice daily	J Gastrointest Liver Dis JGLD. 2014 Dec;23(4):387–91.
Irritable Bowel Syndrome with Constipation (IBS-C)	<i>Bacillus coagulans</i> and fructo-oligosaccharides	150 million CFU, three times daily	Gastroenterol Hepatol Bed Bench. 2014;7(3):156–63.
	<i>Bifidobacterium animalis</i> DN-173 010	10 billion CFU, twice daily	Aliment Pharmacol Ther. 2007 Aug 1;26(3):475–86. Aliment Pharmacol Ther. 2009 Jan;29(1):104–14.

INDICATION	PROBIOTIC STRAIN	RECOMMENDED DOSE	REFERENCE
Diarrhea: Treatment of acute diarrhea in adults	<i>Saccharomyces boulardii</i> CNCM I-745	5 million CFU/capsule or 250mg twice daily	Cochrane Database Syst Rev. 2010; (11):CD003048
Diarrhea: Prevention of Antibiotic- Associated Diarrhea	<i>Lactobacillus acidophilus</i> CL1285 and <i>L. casei</i>	> 10 billion CFU daily	JAMA. 2012 May 9;307(18):1959–69
	<i>Lactobacillus rhamnosus</i> GG	10 billion CFU/capsule twice daily	JAMA. 2012 May 9;307(18):1959–69
	<i>Saccharomyces boulardii</i> CNCM I-745	5x10 ⁶ CFU/capsule or 250mg twice daily	JAMA. 2012 May 9;307(18):1959–69 Aliment Pharmacol Ther. 2015 Oct;42(7):793–801
Diarrhea: Prevention of <i>C. difficile</i> - Associated Diarrhea (or prevention of recurrence)	<i>Lactobacillus acidophilus</i> CL1285 and <i>L. casei</i> LBC80R	50 billion CFU daily and 40 trillion CFU daily	Int J Infect Dis IJID Off Publ Int Soc Infect Dis. 2012 Nov; 16(11):e786-792.
Symptomatic Diverticular Disease	<i>Lactobacillus casei</i> subsp. DG	24 billion lyophilized bacteria daily	Aliment Pharmacol Ther. 2013 Oct;38(7):741–51.
Hepatic Encephalopathy	<i>Lactobacillus plantarum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus delbrueckii</i> subsp. <i>Bulgaricus</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> , and <i>Streptococcus salivarius</i> subsp. <i>thermophilus</i>	100 million CFU three times daily	Clin Gastroenterol Hepatol. 2014 Jun;12(6):1003– 1008.e1. Am J Gastroenterol. 2012 Jul;107(7):1043– 50. Clin Res Hepatol Gastroenterol. 2015 Dec;39(6):674–82.

INDICATION	PROBIOTIC STRAIN	RECOMMENDED DOSE	REFERENCE
NASH (Non-Alcoholic Steatohepatitis)	<i>Bifidobacterium longum</i> W11 + FOS	5 billion live bacteria once daily	Dig Dis Sci. 2012 Feb;57(2):545–53.
Irritable Bowel Syndrome	<i>Lactobacillus plantarum</i> 299v (DSM 9843)	10 billion CFU once daily	World J Gastroenterol. 2012 Aug 14;18(30):4012–8. Am J Gastroenterol. 2014 Oct;109(10):1547-1561
	<i>Lactobacillus rhamnosus</i> NCIMB 30174, <i>L. plantarum</i> NCIMB 30173, <i>L. acidophilus</i> NCIMB 30175, and <i>Enterococcus faecium</i> NCIMB 30176	10 billion bacteria	Aliment Pharmacol Ther. 2014 Jul;40(1):51–62.
	<i>Saccharomyces boulardii</i> CNCM I-745	5 million CFU/capsule or 250mg twice daily	J Clin Gastroenterol. 2011 Sep;45(8):679–83
	<i>Bifidobacterium infantis</i> 35624	100 million CFU, once daily	Am J Gastroenterol. 2006 Jul;101(7):1581–90. Gut. 2010 Mar;59(3):325–32.

INDICATION	PROBIOTIC STRAIN	RECOMMENDED DOSE	REFERENCE
Postoperative Sepsis in elective gastrointestinal surgery patients	<i>Lactobacillus acidophilus</i> , <i>L. plantarum</i> , and <i>Bifidobacterium longum BB</i>	2.6 x 10 ¹⁴ CFU daily	J Gastrointest Surg Off J Soc Surg Aliment Tract. 2016 Jun;20(6):1123–31.
Pouchitis – treatment of active disease	<i>Lactobacillus plantarum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus delbrueckii</i> subsp. <i>Bulgaricus</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> and <i>Streptococcus salivarius</i> subsp. <i>Thermophilus</i>	900 billion bacteria daily	Dis Colon Rectum. 2007 Dec;50(12):2075-2082; discussion 2082-2084.
Pouchitis – maintenance of remission	<i>Lactobacillus plantarum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus delbrueckii</i> subsp. <i>Bulgaricus</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> and <i>Streptococcus salivarius</i> subsp. <i>Thermophilus</i>	1.8 trillion bacteria daily	Cochrane Database Syst Rev. 2015;11:CD001176.
Ulcerative Colitis – maintenance of remission	<i>Escherichia coli</i> Nissle 1917	50 billion bacteria twice daily	Gut. 2004 Nov;53(11):1617–23. Lancet Lond Engl. 1999 Aug 21;354(9179):635–9.



DISCOVER *FIBER FUELED*

Fiber Fueled is so much more than a health book. It's a step-by-step methodology to stop the misinformation madness caused by the diet industry, and show you the simple, science-backed process for a lifestyle that is effortless, sustainable, and above all else it transforms your health by optimizing your gut microbiome.

With a 28-day program that has menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

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