# What health benefits can consumers get from probiotic food products?

<table>
<thead>
<tr>
<th>PRODUCT &amp; DOSAGE</th>
<th>All probiotics support gut health, but some offer additional health benefits...</th>
<th>DOSAGE NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFU* per serving</td>
<td></td>
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<tr>
<td>1 billion</td>
<td>- decreased flatulence, stomach rumbling, and improved stool consistency¹</td>
<td>8-25 servings per day</td>
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<td></td>
<td><strong>In patients with irritable bowel syndrome:</strong> decreased abdominal pain/discomfort, bloating, and symptom severity²</td>
<td></td>
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<tr>
<td>1 billion</td>
<td>- decreased incidence of fever, cough, runny nose, antibiotic use and sick days from school (in children)³</td>
<td>10 servings per day</td>
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<tr>
<td>10 billion</td>
<td>- decreased incidence and/or duration of colds/flus⁴⁻⁶</td>
<td>1-3 servings per day</td>
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<tr>
<td></td>
<td>- decreased incidence, severity, and/or duration of infectious and antibiotic-associated diarrhea⁷⁻¹⁰</td>
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<tr>
<td></td>
<td><strong>In asthmatic children:</strong> fewer asthma episodes and runny/stuffy nose¹¹</td>
<td></td>
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<tr>
<td>1 billion</td>
<td>- decreased cavity causing bacteria¹³</td>
<td>½ serving per day</td>
</tr>
<tr>
<td>1 billion</td>
<td>- decreased cavity causing bacteria¹⁴⁻¹⁵</td>
<td>&lt; ½ serving per day</td>
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<tr>
<td></td>
<td>- decreased antibiotic-associated diarrhea¹⁶</td>
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<tr>
<td></td>
<td><strong>In diabetics:</strong> improved glycemic control, cholesterol levels and antioxidant status¹⁷⁻²⁰</td>
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<td></td>
<td><strong>In patients with non-alcoholic fatty liver disease:</strong> decreased liver damage and improved cholesterol levels²¹</td>
<td></td>
</tr>
<tr>
<td>1-45 billion</td>
<td><strong>Kefir products</strong> (pictured left) had the greatest variety of probiotic strains and often the highest dosages. Studies suggest that strain mixtures are more effective than single strains,²²,²³ However, the mixtures in these products have not been studied; thus, health benefits cannot be deduced at this time.</td>
<td></td>
</tr>
</tbody>
</table>

Many probiotic products (below) did not disclose strain information. Therefore, specific health benefits could not be deduced:


www.labbelab.utoronto.ca


