

# Probiotic prescriptions

To help you get the most out of this new area, I've developed a guide, in collaboration with colleagues Dr Dimidi and Dr Gill, describing the probiotic prescriptions you may like to consider for conditions where there is a body of evidence (i.e. there has been a supportive meta-analysis) suggesting at least some benefit. When considering taking a probiotic it's worth keeping in mind that even the area with the most convincing evidence (antibiotic-associated diarrhoea), following the prescription still doesn't guarantee it will work for you – it's up to you to weigh up the risk (typically financial cost) versus the benefit. If you are interested in giving it a try, remember to assess what you're looking to change, e.g. a symptom, before and then again after taking the specific probiotic for the duration outlined below. This way you can get a more objective idea of whether it is worth your time and money.

Condition	Prescription*
<b>Irritable bowel syndrome</b> (for overall symptoms, including tummy pain, bloating and flatulence)	<b>Strain:</b> <i>Lactobacillus plantarum</i> 299v <b>Dose:</b> 10 billion CFU per day <b>Form:</b> Capsule <b>Duration:</b> 4 weeks <b>Timing:**</b> Daily
<b>Antibiotic Associated Diarrhoea</b>	<b>Strain:</b> a) <i>Lactobacillus rhamnosus</i> GG or b) <i>Saccharomyces boulardii</i> <b>Dose:</b> a) 6 billion CFU, twice per day; b) 5 billion CFU, twice per day <b>Form:</b> Powder <b>Duration:</b> Whilst taking antibiotics, plus for an additional week after <b>Timing:</b> 2 hours after breakfast and dinner
<b>Constipation</b>	<b>Strain:</b> a) <i>Lactobacillus plantarum</i> LP01 and <i>Bifidobacterium breve</i> BR03; or b) <i>Bifidobacterium lactis</i> BS01 <b>Dose:</b> 5 billion CFU per day <b>Form:</b> Powder <b>Duration:</b> 4 weeks <b>Timing:</b> First thing in the morning
<b>Respiratory tract infections</b> eg. Common cold	<b>Strain:</b> <i>Lactobacillus rhamnosus</i> GG and <i>Bifidobacterium lactis</i> BB-12 <b>Dose:</b> 2 billion CFU per day <b>Form:</b> Powder <b>Duration:</b> 12 weeks <b>Timing:</b> Once daily

\*based on one placebo-controlled trial. Additional probiotic strains have also shown benefit, see [usprobioticguide.com](http://usprobioticguide.com).

\*\* Sometimes studies don't give the exact detail of when the probiotic was taken i.e. time and whether it's with food. In such case follow the instructions on the product label.

Condition	Prescription
<b>H.Pylori infection</b> (stomach infection) (alongside antibiotic therapy)	<b>Strain:</b> <i>Lactobacillus acidophilus</i> LA5 and <i>Bifidobacterium lactis</i> BB-12 <b>Dose:</b> 5 billion CFU, twice per day <b>Form:</b> 200 ml yoghurt <b>Duration:</b> 1 week (whilst taking antibiotics) and continued for 4 weeks post antibiotics <b>Timing:</b> 30min after antibiotic, twice per day
<b>Preventing eczema in babies with a parent who has eczema</b>	<b>Strain:</b> <i>Lactobacillus rhamnosus</i> HN001 <b>Dose:</b> 6 billion CFU per day <b>Form:</b> mother: capsule; baby: powder <b>Duration:</b> mother: from 35 weeks of pregnancy to 6 months postpartum (if breastfeeding); baby: from 6 days to age 2 years <b>Timing:</b> Once daily
<b>Ulcerative Colitis</b> (inducing remission in mild-moderately active, alongside standard medical therapy)	<b>Strains:</b> 8 strain combination trademarked as Vivomixx: 4 strains of Lactobacilli ( <i>L. paracasei</i> , <i>L. plantarum</i> , <i>L. acidophilus</i> and <i>L. delbrueckii subsp. bulgaricus</i> ); 3 strains of Bifidobacteria ( <i>B. longum</i> , <i>B. infantis</i> , <i>B. breve</i> ); 1 strain of <i>Streptococcus thermophilus</i> . <b>Dose:</b> 1.8 trillion CFU, twice per day*** <b>Form:</b> Powder, mixed with cold water or yoghurt. <b>Duration:</b> 12 weeks <b>Timing:</b> Morning and evening
<b>Hayfever (allergic rhinitis)</b> (alongside antihistamine)	<b>Strain:</b> <i>Lactobacillus paracasei</i> LP-33 <b>Dose:</b> 2 billion CFU per day <b>Form:</b> Capsule <b>Duration:</b> 5 weeks along with loratadine (antihistamine), plus an additional 2 weeks. <b>Timing:</b> With food

\*\*\* It's not a typo. This prescription is at a much higher dose than other conditions. There were no safety issues found in the study, other than 18 per cent of the probiotic group reporting some bloating in the first few days which resolved within a week.

Strain, the type of probiotic, i.e. microbe, shown to have a benefit.

CFU, colony forming units. This is the unit that bacteria are measured in, similar to how protein is measured in grams, bacteria are measured in CFU.