ACTIVATED PROBIOTICS®

Strain Action Comparison Chart

FOR PROFESSIONAL REFERENCE ONLY

PRACTITIONER ONLY PRODUCT

Applications in clinical research

	L. rhamnosus GG	*B. breve* BR03	*B. breve* B632	*L. salivarius* LS03	*L.casei* LC03	*B. breve* BR03	*L. plantarum* LP01	*B. breve* BR03	*L. plantarum* 6595	*L. plantarum* HEAL9	*L. paracasei* 8700:2	*L. rhamnosus* GG	*L. acidophilus* LA02	*B. lactis* BS01	*L. plantarum* 6595	*L. rhamnosus* GG	*B. lactis* BS01	*L.casei* LC03	*B. breve* BR03	*L. helveticus* Rosell®-52	*L. rhamnosus* Rosell®-11	*B. longum* Rosell®-175	*S. boulardii* (CNCM I-1079)	*L. plantarum* LP01	*L. rhamnosus* LR06	*B. longum* BL04	*L. fermentum* LF16	*L. crispatus* strains	*L. fermentum* LF10	*L. acidophilus* LA02	*L. plantarum* 299V	*L. rhamnosus* GG	*B. breve* BR03	*L. salivarius* LS01	*B. breve* B632	*L. salivarius* LS01
Abdominal bloating	•	•				•	•	•				•	•	•		•	•		•					•						•	•	•	•			
Abdominal pain	•	•				•	•	•				•	•	•		•	•		•	•				•						•	•	•	•			
Bowel movement regularity	•	•	•			•	•	•				•		•		•	•		•	•				•							•	•	•		•	
Colic		•	•			•		•											•														•		•	
Constipation		•				•	•	•						•			•		•					•							•		•			
Diarrhoea	•	•				•	•	•				•	•			•			•	•			•	•						•		•	•			
Dyspepsia		•				•	•	•					•						•					•						•			•			
IBS-A	•	•				•	•	•				•	•			•			•	•	•		•	•						•	•	•	•			
IBS-C																															•					
IBS-D	•											•				•															•	•				
Ulcerative colitis symptoms	•											•				•																•				
Ulcerative colitis remission																						•									•					
Antibiotic recovery	•	•	•			•		•				•				•			•	•	•											•		•	
Antibiotic-associated nausea																															•					
Antibiotic-associated diarrhoea	•											•				•				•	•		•									•				
Allergic asthma			•																														•	•	•	
Infection resistance	•								•	•	•	•		•	•	•	•			•		•	•									•				
Eczema prevention	•											•		•		•																•				
Eczema treatment		•				•		•											•	•	•												•	•		•	
Acne		•		•	•	•		•										•	•				•										•			
Anger							•																	•	•	•	•									
Cognitive fatigue							•																	•	•	•	•									
Depressive mood							•													•		•		•	•	•	•									
Sleep quality							•																	•	•	•	•									
Dental plaque																				•	•	•	•													
Gingivitis																				•	•	•	•													
Bacterial vaginosis							•														•			•			•	•								
Iron absorption																															•					
Vaginal microbiome support							•													•	•			•			•	•	•	•						
Vulvovaginal candidiasis	•											•	•			•											•	•	•	•		•				
Osteopenia/osteoporosis										•	•																									
Exercise recovery		•				•		•											•														•			
Muscle inflammation		•				•		•											•														•			
Cholesterol management																										•					•					
Coronary artery disease	•											•				•															•	•				
Insulin resistance		•	•			•		•											•														•		•	
Vascular endothelial function																															•					
Weight management		•	•			•		•											•														•		•	

Actions

	B. lactis BS01	*B. breve* B632	*B. breve* BR03	*B. longum* 04	*B. longum* Rosell®-175	*L. acidophilus* LA02	*L.casei* LC03	*L. crispatus* strains	*L. fermentum* LF10	*L. fermentum* LF16	*L. helveticus* Rosell®-52	*L. paracasei* 8700:2	*L. plantarum* 299V	*L. plantarum* 6595	*L. plantarum* HEAL9	*L. plantarum* LP01	*L. rhamnosus* GG	*L. rhamnosus* LR06	*L. rhamnosus* Rosell®-11	*L. salivarius* LS01	*L. salivarius* LS03	*S. boulardii* CNCM I-1079
Anti-inflammatory	•		•		•	•					•	•	•		•	•	•	•	•	•	•	•
Autoimmune immunomodulation												•	•		•		•					
Bile salt hydrolase production																						
Bone resorption inhibition												•			•							
Cardiovascular support													•				•					
Cholesterol assimilation				•									•									
Endothelial vascular support													•									
E. coli inhibition		•	•		•						•					•		•	•			•
Ferrireductase (DCYTB) induction													•									
Folate production											•											
GABA production							•										•					
Gut-brain axis support																						
Hydrogen peroxide production											•											
Inactivate microbial toxins																						•
Increase infection resistance	•				•						•	•		•	•		•					•
Inhibition of *Candida spp.*						•		•	•	•	•						•		•			
Inhibition of *Cutibacterium acnes*			•				•														•	
Inhibition of *Gardnerella vaginalis*								•		•	•											
Inhibition of pathogenic overgrowth		•	•		•						•		•	•			•		•		•	•
Inhibition of *Streptococcus mutans*					•						•								•			•
Insulin sensitisation		•	•																			
Intestinal epithelial barrier health			•				•				•		•	•			•		•	•		•
Mucous membrane health														•			•		•			•
Normalisation of bloating	•		•			•							•			•	•					
Normalisation of bowel movements	•		•			•					•		•			•	•					
Normalisation of Firmicutes:Bacteroidetes ratio		•	•																			
Normalisation of peristalsis	•		•			•							•			•	•					•
Oxalate degradation						•										•	•					
Staphylococci inhibition			•																	•		
Th1/Th2 immune cell modulation		•	•								•						•		•	•		
Vaginal epithelium health								•														

The health benefits of probiotics are strain specific

Clinical research performed on individual probiotic strains repeatedly demonstrates strain-specific effects, and different levels of efficacy in various health concerns.

This is because different probiotic strains, even within the same species, can have very different actions in the human gastrointestinal tract and, as a result, offer vastly different health benefits.

Therefore, when prescribing a probiotic for any given patient, it is important to select strains that are known to target their specific health concerns. Without the identification of specific strains in a probiotic product, it is difficult to ascertain the benefits it will offer.

Understanding a strain's actions can also assist clinicians understand their broader applications, and inform appropriate strain selection when treating complex clinical presentations that have not been studied in clinical trials.