

## PROBIOTIC INFORMATION

If you have been prescribed antibiotics as part of your treatment in our office, we recommend you take a probiotic. While antibiotics are beneficial against bacterial infections, normal healthy bacteria can be affected as well. Taking probiotics help maintain proper levels of healthy bacteria in the gastrointestinal tract following antibiotic use. Please take probiotic 1 hour before antibiotic or 2 hours after antibiotic.

### Reasons We Recommend Probiotics:

We recommend **probiotics and fiber**. Fiber intake must be 30 grams a day to maintain a healthy digestive tract. Probiotics will help protect the gut when it is compromised. Dosages should exceed 5-10 billion organisms.

For your protection, we recommend you consider taking a probiotic containing *Saccharomyces boulardii* for 2-3 months after **any** round of antibiotics.

### Recommended probiotics for our patients:

- *Saccharomyces boulardii* (best for antibiotic prophylaxis)
- *Lactobacillus* and *bifidobacterium* (best for *Helicobacter* infection and GI protection)

### Brands that we recommend: (High quality probiotics)

- *Thorne - Sacro-B*. Must be purchased online from [thorne.com](http://thorne.com) or [amazon.com](http://amazon.com).
- *Metagenics - Ultra Flora Acute Care*. Must be purchased online from [metagenics.com](http://metagenics.com) or [amazon.com](http://amazon.com)
- *Designs for Health - Probiotic Supreme*. Must be purchased on line from [designsforhealth.com](http://designsforhealth.com) or [amazon.com](http://amazon.com)
- *Garden of Life – Primal Defense Ultra*. Sold locally at Richard’s and Vitamin Shoppe or online at [gardenoflife.com](http://gardenoflife.com) or [amazon.com](http://amazon.com). It is a high potency broad spectrum probiotic.