

GHC Probiotics Product List

Brand	Name	Strain	Amount per dose	Number of capsules or svgs	Approx. Cost	Store	Notes	Storage
Align*	Daily Probiotic	B infantis	1 billion	28 capsules 49 capsules	\$42.00 \$30.00	Bartells, Costco, Target	Lactose, soy & gluten-free	Shelf
Blue Bonnet	Acidophilus plus FOS	L acidophilus, L bulgaricus, B bifidum, B longum,	3 billion 10 billion	100 capsules 84 / ¼ tsp powder	\$17.50 \$18.00	PCC, Super Supplements	Vegan. Dairy, soy, corn & gluten-free,	Refrig
Culturelle*	w/ Lacto GG	Lactobacillus GG	10 billion	30 "pearls" in blister pack	\$22.00	Fred Meyer, Rite Aid, Safeway, Super Supplements, Target	Culture grown on whey. Refrigeration not required.	Shelf
Enzymatic Therapy	Acidophilus Pearls	Proprietary probiotic blend B longum, L acidophilus	1 billion	30 pearls 90 pearls	\$15.00 \$26.00	GNC, Super Supplements, Vitamin Shoppe	Sugar, salt, yeast, gluten & corn-free	Shelf
Good Belly*	Good Belly Plus - Probiotic Fruit Drink and Multivitamin	L plantarum 299v, B lactis	20 billion	4 pack - 2.7oz servings	\$4.00	PCC, Whole Foods	Vegan. Dairy, soy, wheat-free (not gluten-free), 9 g sugar /serving, 17 vitamins & minerals, 50 calories/serving	Refrig
Jarrow	Jarro-Dophilus EPS	B breve, B longum, L acidophilus, L casei, L plantarum, L rhamnosus, Lactococcus lactis ssp. Lactis R1058 Peiococcus acidilactici R1001	5 Billion	60 capsules blister pack	\$22.00	GNC, Super Supplements, Whole Foods	Contains dairy and soy. Gluten-free	Refrig preferred.
Metagenics	Ultra Flora Plus	L acidophilus, B lactis (50/50 Blend)	15 billion	60 capsules	\$35.50	GHC pharmacy, GHC mail order pharmacy	Contains milk & soy	Shelf
Nature's Way	Primadophilus Bifidus	L rhamnosus, L acidophilus, , B breve, B longus	5 billion	90 capsules 180 capsules	\$14.00-22.00 \$24.00	Fred Meyer, GNC, PCC, Super Supplements	Vegetarian, enteric coated.	Refrig
Nature's Way	Primadophilus Optima	L casei , B longum, L acidophilus, L plantarus, L rhamnosus (2 strains), B breve, B bifidum, L lactis, S thermophilus, B infantis, L bulgaricus, L salivarius,, L helveticus	35 billion	30 capsules	\$25.00-35.00	GNC, Fred Meyer, PCC, Super Supplements, Vitamin Shoppe	Enteric coated, vegetarian	Refrig
Nature's Way	Primadophilus Reuteri	L rhamnosus L acidophilus, L reuteri	5 billion 3 billion	30 capsules 90 capsules 47/ 1 tsp powder	\$7.00 -11.00 \$17.50 \$11.00	GNC, Fred Meyer, PCC, Super Supplements, Vitamin Shoppe	Includes vitamin C and FOS, vegetarian capsules are enteric coated	Refrig
Nutrition Now	PB8	B bifidum, B longum, L acidophilus,, L casei,, L paracasei,, L plantarum, L rhamnosus, L salivarius	14 billion	60 capsules 120 capsules	\$12.00-15.00 \$20.00	PCC, Super Supplements, Whole Foods CC	Contains: Inulin, rice, maltodextrin.	Shelf
Trader Joes	Super Acidophilus Complex	B longum,, B bifidum, L acidophilus,L rhamnosus	10 billion	60 tablets	\$15.00	Trader Joes		Refrig

* This product has been evaluated in human controlled studies.