

## Some suitable probiotic supplements on the internet

The following products are a sample of potential options available that should be free from common allergens.

### 1. Biogaia Protectis Products:

- i) *Probiotic Drops 5ml* (5 drops = 100 million *Lactobacillus reuteri*)
- ii) *Probiotic oral rehydration solution*
- iii) *Chewable tablets (lemon or strawberry flavour)- NB/ contains citric acid and xylitol*  
(1 tablet = 100 million *Lactobacillus reuteri*)

<http://www.biogaia.com/consumer>

### 2. Biocare products:

- i) *Baby Infantis Probiotic powder (60g)* [1g (1/4tsp)= 4 billion *Bifidobacterium*]
- ii) *Baby Bioflora 33g* (1 heaped scoop (1g) = 10 billion micro-organisms)
- iii) *Childrens Strawberry/ Banana BioAcidophilus powder* (½tsp/d = 2 billion microorganisms). Suggest giving 1tsp daily
- iv) *Childrens Biostraws* (1 straw = 500 million micro-organisms)

<http://www.biocare.co.uk/default.aspx?GroupGuid=1062>

### 3. Udo's Choice Microbiotic range:

- i) *Infant's blend powder (75g)* [1g (1/4tsp) = 3 billion micro-organisms (*Lactobacillus* + *Bifidobacterium*)]
- ii) *Junior Blend* (1 capsule = 5 billion micro-organisms (*Lactobacillus* + *Bifidobacterium*))

<http://www.udoschoice.co.uk/products/udos-choice-microbiotic-range#infants>

### 4. Optibac probiotic products:

- i) *For babies and children* (1 sachet = 3 billion micro-organisms)
- ii) *Capsules for everyday* (2 capsules gives 5 billion micro-organisms)
- iii) *For those on antibiotics* (1 capsule = 4 billion micro-organisms)

<http://www.optibacprobiotics.co.uk/shop>

**Currently withdrawn due to risk of fungal contamination:**

**Solgar ABC Dophilus powder 49.6g (1/2 tsp 1.5g = 1 billion micro-organisms)**

[http://www.solgarhealthstore.co.uk/solgar-abc-dophilus-powder-\(children-and-infant-formula\)-49.6g~1638](http://www.solgarhealthstore.co.uk/solgar-abc-dophilus-powder-(children-and-infant-formula)-49.6g~1638)

**References:**

<http://www.cdc.gov/fungal/rhizopus-investigation.html>

<http://www.forbes.com/sites/davidkroll/2014/11/18/childrens-probiotic-supplement-contaminated-with-disease-causing-fungus/>

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