Probiotic Product References

The following probiotic products have published data on their safety and efficacy. These probiotics are listed based on evidence of efficacy, safety and purity of the products, and to allow key comparisons. Note that if you choose to use a different probiotic product, we still welcome your participation in the project and encourage you to submit your data noting which probiotic product you provided. We will include other products in the final study if a sufficient number of babies receive a given probiotic product.

1. Protectis (Biogaia) and Soothe (Gerber) each contain a single strain of Lacobacillus reuteri DSM 17938 in an oil formulation. The Biogaia product is available with or without added Vitamin D. The five drop dose contains 100 million organisms (+/- 400 IU of Vit D). Biogaia products are manufactured and packaged at six different facilities in Europe and the USA. Dose: 5 drops per day.(1, 2)

2. Evivo (Evolve Biosystems) contains a single strain of Bifidobacterium longum subspp infantis. It is currently available as a powder in single dose sachets. Each sachet contains 8 billion organisms in a powder. It is mixed by adding 3 - 5ml of breast milk to the sachet, mixing and then drawing the mixture into a syringe. Dose: one sachet per day. A single dose formulation in MCT oil is anticipated to be released in the future.(3-5)

3. Ultimate Flora Baby Probiotic (Renew Life) contains four strains of bifidobacteria (breve, infantis, bifidum and longum) plus Lactobacillus rhamnosus. One gram of the powder contains 4 billion organisms. The product is manufactured in a Good Manufacturing Process facility in Canada which means it has a level of oversight through Health Canada that is greater than dietary supplements in the U.S. Dose: one gram of powder per day mixed with milk.(6)

The NEC Society and its scientific review board have no conflicts of interest related to probiotic products and do not endorse any specific probiotic product.
References


