The following probiotic products have published data on their safety and efficacy. These probiotics are listed to allow key comparisons. Note that if you have chosen 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.

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 subsp infantis EVC001. It is available as both a, single-serve powder (sachet) and liquid (vial) format. One vial or sachet given once a day provide 8 Billion CFU to an infant. The liquid form in MCT oil is formulated for ease of use in a hospital setting for both oral and enteral feeding. The liquid product is produced within the US in a Grade A/ISO 5-qualified facility. The powder form is readily dispersed in 3-5 mls of human milk or other liquid and drawn up into a feeding syringe. The powder sachet is also produced in the US using current Good Manufacturing Practices. Dose: one vial or sachet per day.

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 with oversight through Health Canada that is greater than dietary supplements in the U.S. Dose: one gram of powder per day mixed with milk.(7)

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

