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Probiotics

Probiotics are beneficial microorganisms that are naturally found in the intestines. The human digestive tract normally contains hundreds of types of bacteria that reduce the growth of harmful bacteria and promote a healthy immune system. Illnesses and treatment with antibiotics can alter this healthy balance. There are a wide variety of foods and over-the-counter supplements that can help restore the beneficial flora in the gut. Probiotic supplements can be found at most pharmacies and natural or health-food stores, although you may need to ask the pharmacist. Some products need to be refrigerated. Specific brands that can help with different medical issues are listed below.

Colic:

Gerber Soothe Colic Drops (formerly known as BioGaia)

Antibiotic-associated diarrhea:

Florastor/Florastor Kids

Common Diarrhea/Intestinal Health:

**Culturelle/Culturelle Kids
VSL#3
FloraQ
Jarrow Yum-Yum Dophilus
Lactinex Granules**

Female Urinary Tract Health/ UTI prevention:

Jarrow Fem-Dophilus