

Table 1. Some Probiotic Products

Brand name	Bacterial Species
Foods	
<i>Activia</i> yogurt (Dannon)	<i>Bifidobacterium lactis</i> DN-173010 (plus <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus lactis</i> , <i>Streptococcus thermophilus</i>)
<i>DanActive</i> yogurt (Dannon)	<i>L. bulgaricus</i> , <i>S. thermophilus</i> , <i>Lactobacillus casei</i> DN-114001
<i>Original Kefir</i> cultured milk (Lifeway)	<i>L. lactis</i> , <i>Lactobacillus rhamnosus</i> , <i>Streptococcus diacetylactis</i> , <i>Lactobacillus plantarum</i> , <i>L. casei</i> , <i>Streptococcus florentinus</i> , <i>Leuconostoc cremoris</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus acidophilus</i> , <i>B. lactis</i> , <i>Lactobacillus reuteri</i>
Dietary Supplements	
<i>Phillips' Colon Health Probiotic Caps</i> (Bayer)	<i>Lactobacillus gaseeri</i> , <i>Bifidobacterium bifidum</i> , <i>B. longum</i>
<i>Align</i> capsules (P&G)	<i>Bifidobacterium infantis</i> 35624
<i>Culturelle Digestive Health</i> tablet or capsule (i-Health)	<i>Lactobacillus GG</i>
<i>Florastor</i> capsules (Biocodex)	<i>Saccharomyces boulardii</i> Iyo
VSL #3 capsules (Sigma-Tau/VSL)	<i>B. breve</i> , <i>B. longum</i> , <i>B. infantis</i> , <i>L. acidophilus</i> , <i>L. plantarum</i> , <i>Lactobacillus paracasei</i> , <i>L. bulgaricus</i> , <i>S. thermophilus</i>
<i>Florajen</i> capsules (American Lifeline)	<i>L. acidophilus</i>