



Probiotics

Probiotics are live microorganisms that can stimulate the growth of naturally occurring beneficial bacteria in the gut.

Prebiotics are nondigestible compounds that act as food for the beneficial bacteria in our gut.

Synbiotics are products containing a combination of probiotics and prebiotics.

There are research studies that show disturbances in the bacterial composition of our gut may play a role in allergic disease. A healthy balance of these bacteria keeps the lining of the bowel strong, decreases inflammation, and may stimulate immune function. Some patients will benefit from taking a daily probiotic, prebiotic, or symbiotic, while others may not. If you decide to take one of these products, please ask your pharmacist for assistance in choosing which would be best for you or your child. It is beneficial to purchase a different brand each time to get exposed to different types of healthy bacteria.

The following are common brands of probiotics:

Activia

Align

Botanic Choice

Culturelle

Digestive Advantage

Florajen

Florastor

Nature Made

Nature's Bounty

Nature's Plus

Phillips

ReNew Life

Schiff

Spring Valley

TruBiotics