

Myth #2

ALL PROBIOTICS ARE THE SAME



ALL PROBIOTICS ARE NOT CREATED EQUAL



Probiotics are strain-specific and different strains can result in different effects on the microbial balance, which in consequence affects the host's health in distinct ways.

EACH PERSON'S MICROBIOME IS UNIQUE




A probiotic strain that benefits consumer A isn't guaranteed to improve the digestive problems of consumer B, making it difficult to pinpoint which probiotics are truly effective.

RESEARCH IS ADVANCING QUICKLY




The development of symptom-specific probiotics, has allowed consumers to purchase products targeted to their unique needs. For example, there are products that target gas, bloating, immune health, skin health, vaginal health, etc.

STICK WITH EXAMINED PROBIOTIC STRAINS



Researchers have only studied a handful of probiotic strains such as Bifidobacterium, Lactobacillus, and F. prausnitzii. The physiology and metabolic capabilities of the majority of the “healthy” microbial organisms of our gut have yet to be studied.

CONSULT A HEALTHCARE PROFESSIONAL



If you have a specific health issue that you are attempting to address with probiotics, you may want to consult a healthcare professional. They can help you find a strain that has been shown to address the issue in well-controlled research.