

Probiotics, Dairy and You

What are Probiotics?

Probiotic literally means “for life.” The best way to think of probiotics is as live, microbial cultures consumed or applied for a health benefit.

Why Probiotics?

Scientists are learning more each day about the role of microbes in keeping people healthy and the multitude of health benefits associated with consuming the right type and levels of probiotic microbes.

Research has suggested that probiotic bacteria can:

- Maintaining digestive health
- Help reduce the risk of certain diarrheal illnesses
- Assist lactose intolerant people with lactose digestion
- Enhance the immune function

Some preliminary studies also report that certain probiotics can play a role in reducing the development of allergy in children, decreasing *Helicobacter pylori* colonization of the stomach, helping patients cope with side effects of antibiotic therapy, managing relapse of some inflammatory bowel conditions, decreasing the risk of certain cancers, decreasing dental-carries-causing microbes in the mouth, and keeping healthy people healthy.

How many and how often?

Most studies administer the probiotic daily, sometimes multiple times each day.

Where do I get probiotics?

In the United States, most probiotic products are either foods or dietary supplements. Probiotics are mostly added to:

- Fermented dairy products such as yogurt and cheese

And possibly also:

- Granola and candy bars
- Frozen yogurt
- Juice
- Cookies

Tip: Contact the manufacturer of product with probiotic claims to determine what studies have been conducted on their specific product as formulated and what health benefits should be expected.

For more information, go to: www.usprobiotics.org or www.innovatewithdairy.com.

