



Probiotics	
Description	A probiotic is a live microbial food supplement that contains microbial substances normally found in the gut.
Function & Use	Probiotics such as acidophilus and bifidus are consumed to improve digestion by multiplying and restoring the balance of the normal bacterial population of the intestine. May also help to support the health of the immune system.
Commercial Availability & Dosage	As bio-yoghurts or milk based drinks. Capsules. To be effective, they should be consumed daily. Keep capsules refrigerated. There is no established dose for these products.
Precautions / Contra-Indications	None known.
Pregnancy & Breastfeeding	No known problems.
Adverse Effects	None known.
Interactions¹	None reported.
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.