

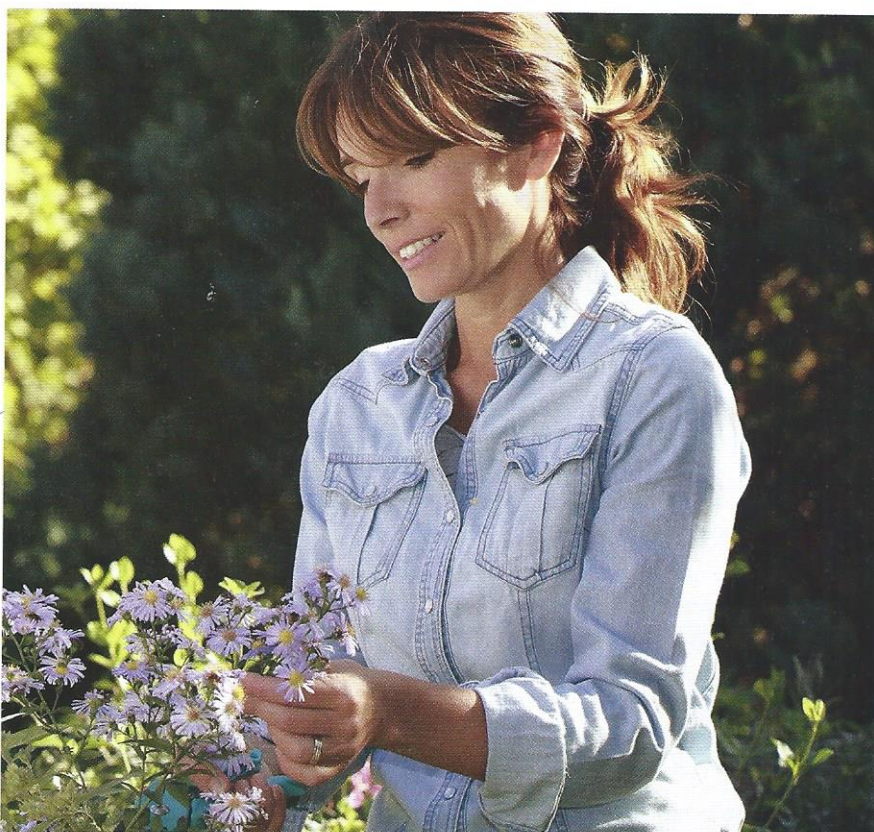
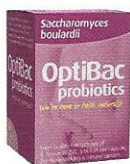
Good for:
**Antibiotic-associated
 tummy upsets**

THE STRAIN:
**SACCHAROMYCES
 BOULARDII**

A course of antibiotics can be wonderful at getting rid of troublesome infections, but it can also clear out your good bacteria, so it's good to rebalance them. *S. boulardii* is actually classed as a 'friendly' yeast, and has been shown to reduce instances of diarrhoea when taking antibiotics and after stopping them, according to a recent study in Fuzhou General Hospital China.

Try: Optibac's **Saccharomyces**

Boulardii (from £6.79, optibacprobiotics.co.uk). Make sure you take them several hours before or after your antibiotics to get the best effect.



Eat plenty of fibre, cut back on refined sugar and try a supplement

Good for: Cramps and gas

THE STRAIN: LACTOBACILLUS ACIDOPHILUS

The odd overindulgence could lead to a burbling tum every now and then, but if it's happening to you on a weekly or even daily basis you'll know it's no joke. Gas, cramps and unwanted noises are common symptoms of irritable bowel syndrome (IBS) and it's thought a probiotic supplement containing this strain can help.

'Lactobacillus acidophilus aids digestion by promoting the growth of particular bacteria in

the stomach and intestines,' says nutritionist Kate Llewellyn-Waters (thewhatifplan.co.uk). 'I often recommend it to my clients and have noticed great results, such as decreased bloating and reduction in gas and wind.'

Try: Symprove (from £79 for a four-week trial, symprove.com).



Good for:
**Blood pressure
 and cholesterol**

THE STRAIN:
**LACTOBACILLUS
 PLANTARUM**

The bacteria in your gut does more than settle your stomach. It's thought that *Lactobacillus plantarum* may be able to support cardiovascular health, reducing 'bad' LDL cholesterol by 13.9 per cent and blood pressure by 5.1 per cent, according to a recent study at the University of Reading.

Try: OptiBiotix LPLDL (optibiotix.com) a new supplement of *Lactobacillus plantarum* launched in April.