PROBIOTICS

What are probiotics?
Probiotics are live, health-benefiting organisms that occur naturally in fermented foods such as yogurt, kefir, sauerkraut, cabbage, kimchee and miso. They can also be purchased as powders, tablets and liquid drinks. Probiotic is a broad term applied to many different species of beneficial bacteria including Lactobacillus acidophilus, Bifidobacterium Infantis and Lactobacillus Rhamnosus.

How do they work?
It was previously thought that probiotics worked only by increasing the number of “good bacteria” in our intestines, but more recent research indicates that probiotics may also produce substances that inhibit disease-causing bacteria by competing with them for nutrients. They may also influence how our immune cells communicate with various organs and systems throughout the body. Their use has been associated with improvements in:

- Irritable bowel
- Travellers' diarrhoea
- Upper respiratory tract infection (URI’s) duration and frequency

Potential performance benefits
It is not yet clear if probiotics directly influence athletic performance. They may however indirectly affect training due to improved health status, allowing athletes to train to their full potential.

How do I take probiotics?
There is no daily recommendation for probiotic intake as consuming probiotics is not considered essential for human health. However, based on the proposed health benefits of taking probiotics

- Eat naturally probiotic rich foods every day
- Consider a high-quality probiotic supplement taken in capsule form for
  - General health: Take daily for at least 4 weeks or longer.
  - Travel: Take daily for at least 14 days prior to travel.
  - When taking antibiotics: It is important to replace “good bacteria” in the gut as quickly as possible as antibiotics eliminate all bacteria in the gut. Take 1 - 2 hours after taking the antibiotic and continue taking daily for 2-3 weeks after finishing the antibiotics.

Recommended brands include:

Klean Athlete*: 15 billion CFU, 8 different probiotic strains. 1 tablet per day.
Jamieson Probiotic**: 30 Billion CFU, 8 different probiotic strains. 1 tablet per day.
BIO K+ 40 Billion CFU per bottle, 3 different probiotic strains. ½ - 1 bottle per day.

*NSF tested probiotic supplement. **Jamieson is considered a low risk manufacturer of specific vitamins and minerals but is not NSF tested

A recent study has shown that one month after stopping probiotic supplementation, the effects of the supplement were no longer present. Probiotic supplements may therefore only be effective during and/or shortly after taking the antibiotic.

Are there any side effects or health risks?
No adverse side effects have been reported.

**Please speak with your Sports Dietitian for further information**


