

Probiotic Strains and Where they can be Found – Australian Version

Probiotic Strain (alternate names)	Food Source	Supplement Source
<i>Bifidobacterium animalis</i> DN-173 010 (<i>B. animalis</i> ssp. <i>lactis</i> DN-173 010, Bifidus ActiRegularis)	Danone Activia yoghurt	nil
<i>Bifidobacterium infantis</i> 35624	nil	Align (USA)
<i>Bifidobacterium lactis</i> Bb12 (<i>B. animalis</i> ssp. <i>lactis</i> Bb12)	Jalna (drinking yoghurt only), Vaalia yoghurt, Yoplus yoghurt	Blackmores (Acidophilus Bifidus), Blackmores (Daycare Defence), Eagle (IntestoBalance), MediHerb (Probiotica)
<i>Bifidobacterium lactis</i> Bi07	nil	Ethical Nutrients (Inner Health range), Metagenics (Ultra Flora Restore +/- DF, Flora Care for Kids)
<i>Bifidobacterium lactis</i> HN019	nil	Metagenics (Ultra Flora Immune)
<i>Lactobacillus acidophilus</i> strains CUL-60 and CUL-21, <i>Bifidobacterium lactis</i> CUL- 34, & <i>Bifidobacterium bifidum</i> CUL-20 (Lab4 probiotics)	nil	Bioceuticals (UltraBiotic IBS)
<i>Lactobacillus acidophilus</i> DDS-1	nil	Natren (Natradophilus & DFA)
<i>Lactobacillus acidophilus</i> LA5	Jalna (drinking yoghurt only), Vaalia yoghurt, Yoplus yoghurt	Blackmores (Acidophilus Bifidus), Eagle (IntestoBalance), MediHerb (Probiotica)
<i>Lactobacillus acidophilus</i> NAS	nil	Natren (Trenev Trio)
<i>Lactobacillus acidophilus</i> NCFM	nil	Ethical Nutrients (Inner Health range), Metagenics (Ultra Flora Restore +/- DF, Flora Care for Kids & Ultra Flora Immune)
<i>Lactobacillus casei</i> Shirota (<i>L. paracasei</i> Shirota)	Yakult milk drink	nil
<i>Lactobacillus fermentum</i> CECT5716	nil	Puremedic (Qiara)
<i>Lactobacillus fermentum</i> PCC (<i>L.</i> <i>fermentum</i> VRI-003)	nil	Probiomics (Progastrim)
<i>Lactobacillus plantarum</i> 299V	nil	Metagenics (Probex), Ethical Nutrients (IBS Support)

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<i>Lactobacillus reuteri</i> MM53 (<i>L. reuteri</i> biogaia, <i>L. reuteri</i> ATCC 55730, <i>L. reuteri</i> Protectis)	nil	Blackmores (Digestive Bio Balance)
<i>Lactobacillus rhamnosus</i> HN001	nil	Metagenics (Ultra Flora Immune & Ultra Flora SB Dysbiosis)
<i>Lactobacillus rhamnosus</i> GG (<i>L. casei</i> GG)	Vaalia yoghurt	Ethical Nutrients (Eczema Shield), Metagenics (Ultra Flora LGG, Flora Care for Kids, Ultra Flora Plus/Restore), Blackmores (Daycare Defence)
<i>Lactobacillus rhamnosus</i> GR-1 & <i>Lactobacillus fermentum</i> RC-14	nil	Blackmores (Womens Bio Balance)
<i>Escherichia coli</i> Nissle 1917	nil	Mutaflor (New Zealand, Canada, & Europe)
<i>Saccharomyces cerevisiae</i> var <i>boulardii</i> Biocodex (<i>Saccharomyces cerevisiae</i> Hansen CBS 5926, <i>Saccharomyces boulardii</i> lyo)	nil	FloraStor (USA), Biolac-S (Asia), Perenterol forte (Germany); see Biocodex website (sboulardii.com) for full worldwide listings
VSL#3 – a multistrain product containing strains of <i>B. longum</i> , <i>B. infantis</i> , <i>B. breve</i> , <i>L. acidophilus</i> , <i>L. casei</i> , <i>L. plantarum</i> , <i>L. delbruekii</i> ssp <i>bulgaricus</i> & <i>Streptococcus thermophilus</i>	nil	Orphan Australia (VSL#3)

Table 2: Some of the well-researched probiotic strains currently available in Australia and the foods and supplements in which they can be found. Key overseas strains with a substantial research base not currently available on the Australian market are also included and bolded in order to more easily differentiate them.