Probiotic Supplements

Probiotics are living microorganisms that can be taken in a capsule or a powder form. There are more than 500 different species of this good bacteria living in our digestive tract.

This good bacteria aid in the proper digestion of food. They also enhance our immune response and compete with pathogenic bacteria. This means that probiotic living microorganisms kick out the bad bacteria in our gut and help support our immune system.

Some studies have even linked them to reducing allergy symptoms and reducing the risk of upper respiratory tract infection.

You will notice on the supplement packaging it will list how many billion cells are in each pill. Taking between 10-50 billion cells per capsule per day is fine. Clinical trials have found that probiotic bacterial survival was best when provided within 30 minutes before or simultaneously with a meal or beverage that contained some fat content.

There are some great food sources of probiotic microorganisms. These are fermented foods, such as kimchi fermented vegetables or kombucha fermented sparkling teas. Adding these to your diet is recommended. There are some live cultures in dairy products like yogurt, but these products also contain saturated fats and can contain high amounts of added sugars.

Third Party Tested ‘NSF Certified for Sports’ Probiotic Supplements:

Garden of Life – Once Daily, 30 billion cells

Garden of Life – Men’s or Women’s Daily care, 40 billion cells

Nordic Naturals – Nordic Probiotic Sports, 12 billion cells

Sound Sport – Sound Probiotic + Prebiotic, 25 billion cells

Thorne – FloraSport, 20 billion cells

Klean Athlete – Klean Probiotic, 15 billion cells