

Probiotics List

Strains Generic Name	Potency(CFU/g)
Lactobacillus plantarum	5.0* 10 ¹¹
Lactobacillus rhamnosus	5.0* 10 ¹¹
Lactobacillus casei	4.0* 10 ¹¹
Lactobacillus paracasei	4.0* 10 ¹¹
Lactobacillus reuteri	2.0* 10 ¹¹
Lactobacillus delbrueckii subsp. bulgaricus	5.0* 10 ¹⁰
Lactobacillus delbrueckii subsp. lactis	5.0* 10 ¹⁰
Lactobacillus salivarius	1.0* 10 ¹¹
Lactobacillus helveticus	1.0* 10 ¹¹
Lactobacillus fermentum	2.0* 10 ¹¹
Lactobacillus gasseri	2.0* 10 ¹¹
Lactobacillus johnsonii	1.0* 10 ¹¹
Lactobacillus crispatus	1.0* 10 ¹¹
Bifidobacterium bifidum	2.0* 10 ¹¹
.Bifidobacterium lactis subsp (B.lactis)	5.0* 10 ¹¹
Bifidobacterium longum subsp. longum (B.longum)	1.0* 10 ¹¹
Bifidobacterium longum subsp. infantis (B.infantis)	1.0* 10 ¹¹
Bifidobacterium breve	3.0* 10 ¹¹
Bifidobacterium adolescentis	1.0* 10 ¹¹
Bifidobacterium animalis subsp	5.0* 10 ¹¹
Streptococcus thermophilus	4.0* 10 ¹¹
Lactococcus lactis subsp. lactis	2.0* 10 ¹¹
Lactococcus lactis subsp. cremoris	2.0* 10 ¹¹
Pediococcus acidilactici	2.0* 10 ¹¹
Leuconostoc mesenteroides subsp. mesenteroides	1.0* 10 ¹¹
Bacillus coagulans	1.0* 10 ¹¹
Bacillus clausii	1.0* 10 ¹¹
Clostridium butyricum	1.0* 10 ⁶
Enterococcus faecalis	2.0* 10 ¹¹
Enterococcus faecium	2.0* 10 ¹¹
Lactobacillus buchneri	1.0* 10 ¹¹
Saccharomyces boulardii	2.0* 10 ¹⁰
Bacillus subtilis	8.0* 10 ¹¹
Bacillus licheniformis	5.0* 10 ¹¹
Bacillus megaterium	1.0* 10 ¹⁰
Pediococcus pentosaceus	1.0* 10 ¹⁰