

What to look for in a probiotic for human use¹⁴⁶:

- Administered as live microorganism
 - Typically, oral consumption, but a few non-oral applications (for example, to skin or vaginal tract) are available
 - Dead microorganisms may have health benefits but they are NOT probiotics
- Studied in humans and shown to have a health benefit
- Safe for the intended use
- Delivered in a product that:
 - Is labeled with genus, species and strain
 - Is labeled with dose (CFU) through the end of shelf life (not at “time of manufacture”)
 - Provides a dose that is not less than the dose that demonstrated the health benefit