1. **Who should use Probiotic-8?** Probiotic-8 is indicated for anyone who wants to enhance their overall health and well-being. Probiotic-8 supports digestive and immune health, and is particularly beneficial for those suffering from gastrointestinal problems like constipation, diarrhea, bloating, cramping, and gas. Probiotic-8 is ideal for patients who have recently taken antibiotics and for those who are lactose intolerant.

2. **Who should not use Probiotic-8?** Nutritional supplements have an excellent safety track record. However, certain individuals should seek the advice of their doctor before beginning any nutritional supplement program, particularly diabetics, pregnant or lactating women.

3. **What are the benefits of using Probiotic-8?** Probiotic-8 helps replenish the beneficial bacteria in the digestive tract – also known as the gut microbiome – which can improve intestinal health and immune system function. Regular use of probiotics promotes regularity, and helps alleviate diarrhea caused by bacteria or viral infection, or as a side effect from antibiotics. Over 70% of body’s immune system is in the digestive tract where specialized cells play an important role as first line of defense against invading bacteria. Beneficial bacteria occupy the lining of the intestinal tract and create a physical barrier to pathogens, so taking a high-quality probiotic supplement like VitaMedica’s Probiotic-8 to strengthen this lining with a regular source of good bacteria makes sense.

4. **What makes Probiotic-8 unique?** Probiotic-8 is unique in that its formulation includes a broad spectrum of beneficial microorganisms: 4 strains of Lactobacilli, 3 strains of Bifidobacteria, plus Streptococcus thermophilus. Just two capsules a day provide 8 billion colony forming units (CFUs) to replenish the gut microbiome through enteric coated capsules that ensure the good bacteria survive the harsh journey through the stomach. The addition of the prebiotic fructooligosaccharides (FOS) provides the friendly bacteria with a ready source of nutrients to thrive and repopulate the GI tract for an ideal synbiotic formulation. The cellulose capsule means Probiotic-8 is well suited for vegetarians and vegans.

5. **Probiotic-8 provides 8 billion CFUs per serving. What are CFUs?** CFUs, or Colony Forming Units, is the measure of how many live bacteria are able to divide and form colonies. At the time of manufacture, each Probiotic-8 capsule contains 11 billion CFUs to ensure delivery of at least 8 billion CFUs per serving through the duration of the product shelf life. It is important to note that CFU count is only one factor to consider when choosing a probiotic supplement, as the number of live bacteria that actually survive the stomach to make it to the intestines where they reside is dependent upon the presence of protective mechanisms. Probiotic-8 addresses this problem by selecting the most robust probiotic species to include in the formulation, and encapsulating them in an enteric-coated vegetarian capsule that shields them from the harsh stomach acid.

6. **Probiotic-8 is formulated with 4 strains of Lactobacillus. Why are Lactobacillus important for digestive & immune health?** The Lactobacillus group is one of the two most common groups of beneficial bacteria found in the human digestive tract, and resides primarily in the small intestine where nutrients are absorbed. Lactobacilli have the potential to reduce intestinal infections by lowering the pH in the gut, making an inhospitable environment for pathogens. Many Lactobacilli species also excrete natural antibiotics, which can have a broad spectrum of immunity-promoting activity, including improved immune stimulation, competition for nutrients and blocking of pathogens to adhere to the intestinal mucosa. And by “pre-digesting” the sugar lactose naturally found in dairy products, supplementing with Lactobacilli can help reduce the bloating, gas, and other discomfort associated with lactose-intolerance.

7. **Probiotic-8 is formulated with Lactobacillus acidophilus (La-14). What role does this beneficial bacteria play in digestive & immune health?** Lactobacillus acidophilus or L. acidophilus is probably the best-known member of the Lactobacillus family. Yogurt, miso, tempeh, kefir, pickles, and other fermented foods are made with this lactic-acid producing bacterium. L. acidophilus occurs naturally in the GI tract, mouth and vagina. The acid produced by L. acidophilus in the vagina may help to control the growth of the fungus Candida albicans thus helping to prevent vaginal yeast infections. L. acidophilus also promotes the synthesis of vitamin K, produces lactase, and anti-microbial substances such as acidolin, acidophilin, lactocidin and bacteriocin.
8. **Probiotic-8 is formulated with Lactobacillus casei (Lc-11).** What role does this beneficial bacteria play in digestive & immune health? *Lactobacillus casei* or *L. casei* is one of the most widely studied probiotics. Naturally found in the mouth and intestines, *L. casei* helps protect the body from disease and illness by limiting the growth of various types of harmful bacteria. *L. casei* is resistant to gastric acid and bile, which makes it robust enough to survive the journey through the GI tract. *L. casei*'s advantageous effects include modulation of the immune system and an anti-inflammatory effect on the gut. Like other strains of *Lactobacillus*, *L. casei* helps lower gut pH levels, eases lactose intolerance, constipation, and diarrhea.

9. **Probiotic-8 is formulated with Lactobacillus rhamnosus (Lr-32).** What role does this beneficial bacteria play in digestive & immune health? *Lactobacillus rhamnosus* or *L. rhamnosus* is remarkably tolerant of the harsh acids found in the stomach and digestive tract. *L. rhamnosus* is particularly beneficial to the immune system by combating intestinal and urinary tract pathogens. *L. rhamnosus* stimulates the production of antibodies and assists in the process of phagocytosis, a means by which the body removes dangerous invasive bacteria.

10. **Probiotic-8 is formulated with Lactobacillus salivarius (Ls-33).** What role does this beneficial bacteria play in digestive & immune health? *Lactobacillus salivarius* or *L. salivarius* resides in the mouth and small intestine. This microflora produces enzymes that kill harmful microbes. A low supplementation dose only is required to obtain the benefits of this strain.

11. **Probiotic-8 is formulated with 3 strains of Bifidobacteria.** Why are Bifidobacteria important for digestive & immune health? The *Bifidobacteria* group is one of the two major groups of beneficial bacteria found in the gut microbiome. *Bifidobacteria* reside mostly in the large intestine (colon) where water is primarily absorbed, and play an important role in promoting gut health by increasing vitamin and protein synthesis, inhibiting the development of bad bacteria, stimulating the immune response and aiding in the digestion and absorption of foods. *Bifidobacteria* aid in digestion because they help to break down partially-digested food in the form of sugars (polysaccharides) in the colon. As a byproduct of their metabolism, this beneficial microbiota creates an acid versus alkali balance or pH factor in the GI tract. Many pathogens prefer an alkaline environment and a lower pH makes it more difficult for these harmful bacteria to replicate.

12. **Probiotic-8 is formulated with Bifidobacterium bifidum (Bb-02) and Bifidobacterium longum (Bl-05).** What role do these two beneficial bacteria strains play in digestive & immune health? *Bifidobacterium bifidum*, or *B. bifidum*, and *Bifidobacterium longum*, or *B. longum*, naturally inhabit the colon and vagina. Both species control the bad bacteria from replicating, bolster the immune system and aid in the digestive process. One of the most well-known members of the *Bifidobacterium* family, *B. longum* ferments sugars into lactic acid thereby lowering the gut pH level. In addition to increasing the acidity of the GI tract, this beneficial microbiota produces organic compounds (hydrogen peroxide, acetic acid) that make it difficult for harmful bacteria to replicate, and is beneficial in preventing diarrhea associated with antibiotic use. *B. longum* also helps in the production and absorption of the B-complex family of vitamins.

13. **Probiotic-8 is formulated with Bifidobacterium lactis (Bl-04).** What role does this beneficial bacteria play in digestive & immune health? *Bifidobacterium lactis*, or *B. lactis*, and *Bifidobacterium animalis*, or *B. animalis*, are so closely related that they are now put into one family. *B. lactis* is most commonly found in the intestines and is one of the most beneficial bacteria that is most commonly added to dairy products such as yogurt. A study published in the *Journal of Nutrition* found that *B. lactis* reduced the risk of individuals contracting diarrhea from a change in water sources and environmental changes due to traveling. *B. lactis* may also help relief constipation when consumed over a period of a few weeks.

14. **Probiotic-8 is formulated with Streptococcus thermophilus (St-21).** What role does this beneficial bacteria play in digestive & immune health? Due to its structure, *Streptococcus thermophilus* or *S. thermophilus* can withstand elevated temperatures, making it important in the use of dairy fermentation which requires high temperatures. For this reason, *S. thermophilus* is used as a starter strain for dairy foods including yogurt and mozzarella cheese. Because the cell structure of *S. thermophilus* lacks surface proteins that harmful bacteria use to attach to mucosal tissues and hide from the body’s defense mechanisms, *S. thermophilus* inhibits the growth of pathogens.
15. **Probiotic-8 is formulated with fructooligosaccharides (FOS). What is FOS?** FOS is a type of prebiotic, a group of complex carbohydrates that are indigestible for humans, but are the perfect energy source for beneficial bacteria. While probiotics directly repopulate the gut microbiome with live beneficial bacteria, the inclusion of prebiotics provides a readily available food source so the probiotics can more easily replicate and proliferate throughout gut microbiome. Not surprisingly, prebiotics complement probiotic functions. Like probiotics, certain prebiotics, when used in adequate amounts, have been shown to provide additional health benefits including improved digestive function and intestinal environment, positive modulation of immunity and metabolism, improved lipid metabolism and improved absorption of dietary minerals. Inulin, a type of FOS derived from chicory, is one of the most widely used prebiotics as studies indicate its ingestion directly increases levels of *Bifidobacteria* in the colon.

16. **What is the recommended dosing for Probiotic-8?** For everyday use, take one to two capsules daily between meals or on an empty stomach. After an antibiotic regimen, take two to three capsules daily between meals or on an empty stomach, at least 2 hours apart from taking the antibiotics.

17. **I've heard that you can get bloating when probiotics are first taken. Why does this occur?** When first taking this supplement, you may experience slight GI upset. Taking this supplement on an empty stomach helps to alleviate this problem due to the increased pH of the empty stomach. Initial gas and bloating upon taking high-potency probiotics may also be due to other bacterial die off. It happens when large quantities of toxins are dumped into the body as bacteria die and commonly occurs in the early stages of taking a probiotic supplement. It’s also possible the effect of beneficial bacteria feeding on carbohydrates and other food particles in the intestines may cause an increase of discharged gas. This is normal and should disappear within a few days.

18. **Does Probiotic-8 need to be refrigerated?** No. Each Probiotic-8 capsule has an enteric coating which helps to protect the beneficial bacteria until they reach the digestive tract and does not require refrigeration. However, heat, water and air can reduce the potency of any probiotic supplement. To maintain the shelf-life of the product, we recommend storing the supplement in the refrigerator. You should also keep the supplement dry as water activates the beneficial bacteria.

19. **What other VitaMedica products may be beneficial for health?** Maintaining overall health and wellness starts with a health-promoting diet rich in fruits, vegetables and high-quality protein and fat sources. VitaMedica’s nutraceuticals are designed to help cover any nutrient gaps that may remain, and target specific health objectives. *Healthy Skin Formula* and *Clear Skin Formula* provide nutrients to banish blemishes from the inside out and promote a clear complexion. *Anti-Aging Formula*, our most popular product, includes our high-quality *Multi-Vitamin & Mineral* plus our *Phyto-5 Phytonutrient Complex* and organic flax seed oil in 30 convenient daily packs. For more information, refer to the [Shop Products](#) section of our website.