

ULTIMATE GUIDE TO PROBIOTICS

BY DENA NORTON, MS, RD, LD

TYPE 1: TRADITIONAL

MAY HELP WITH:

Dysbiosis
IBS
SIBO
Crohn's/Colitis
Overweight
Depression/Anxiety
UTI's/Yeast infections
Skin rashes
Infant colic
and more!

DOSE:

25-150 billion CFUs

REFRIGERATE?:

Yes

BRANDS: *(Click to buy)*



TYPE 2: BENEFICIAL YEAST

MAY HELP WITH:

Diarrhea
IBS
Candida/yeast overgrowth
Gut inflammation
High lipopolysaccharide (LPS)
Yeast Infections

DOSE:

3-6 billion CFUs

REFRIGERATE?:

No

BRANDS: *(Click to buy)*



TYPE 3: SPORE FORMERS

MAY HELP WITH:

Leaky gut
SIBO
Poor immune function
High lipopolysaccharide (LPS)
Type 2 Diabetes
Autoimmune conditions

DOSE:

3-4 billion spore cells

REFRIGERATE?:

No

BRANDS: *(Click to buy)*



FOODS + OTHER SOURCES OF PROBIOTICS:

- Fermented veggies
- Cultured dairy
- Kombucha
- Beet Kvass
- Natto
- Tempeh
- Gardening
- Walking Barefoot

Disclaimers: Information in all of Back To The Book Nutrition's print and online materials is intended only for informational purposes and is not a substitute for personal nutritional or medical advice. Always consult with a trusted healthcare provider before taking supplements. This document contains affiliate links.

BACK TO THE BOOK
NUTRITION