

# Deciphering a Probiotic Label

This is an example of a dietary supplement label for a product sold in the United States.

## RECOMMENDED USE

When a product claims to support or improve the structure or function of the body (such as 'supports digestive health'), it must include a disclaimer stating that these claims have not been evaluated by the FDA.

## DOSAGE/ USAGE/ SERVING SIZE

The amount that needs to be consumed to obtain the desired benefit

## CFU (Colony Forming Units)

listed on probiotic labels represent the number of live bacteria in the product, often referred to as "live cultures." Be cautious of labels stating CFU "at time of manufacture," as they don't account for the decline in bacteria during storage. Ideally, the CFU count should be broken down by strain and match the amounts shown to be beneficial in clinical studies, ensuring the product delivers effective probiotic doses.

## STORAGE INFORMATION

How to store the product to ensure product quality and safety.

### Digestive System Support\*

This supplement provides 4 different strains of living probiotics (friendly bacteria). Proper amounts of friendly bacteria may result in improved immune function and overall intestinal health.\*

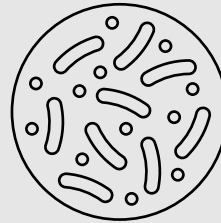
### SUGGESTED USE

Take one capsule daily with a meal

KEEP DRY TO MAINTAIN POTENCY

Use by 12 / 12 / 2018

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## PROBIOTIC NAME

Supports digestive and immune health

Supplement Facts	
Serving Size 2 Capsules	
Servings Per Container 30	
Amount per serving	%DV**
Proprietary Blend	12 billion CFU **
<i>Lactiplantibacillus plantarum</i> subsp. <i>plantarum</i> AB2	
<i>Lactiacaseibacillus rhamnosus</i> CD3	
<i>Ligilactobacillus salivarius</i> EF6	
<i>Bifi dobacterium longum</i> GH8	

\*\* Daily value not established  
Other ingredients; Capsules (cellulose, water), cellulose, vegetable stearin and silica.

Manufactured by Probiotic Company  
www.foodresearchlab.com .

## USE BY/EXPIRATION DATE

This tells you how long the probiotic will contain adequate levels of live probiotic to deliver claimed benefits. Probiotic bacteria are living microorganisms and their numbers can drop during storage. Products are formulated to have indicated CFU through the "use-by" date.

## COMPANY NAME AND CONTACT INFORMATION:

Consumers can contact the company with questions, to get more information or to report any adverse effects

## GENUS, SPECIES, AND STRAIN OF THE BACTERIA

You need all 3 to know what probiotic you are getting. For the probiotic, *Lactobacillus acidophilus* MN5, *Lactobacillus* is the genus, *acidophilus* is the species, and MN5 is the strain designation. A strain designation identifies the specific strain in the product. Strain specificity is important as different strains within the same species can have different health benefits. Choose products that identify the strains of bacteria contained in their product



**Food Research Lab**  
Your Innovation Starts Here!

source IASPP  
[www.foodresearchlab.com](http://www.foodresearchlab.com)

CONFIDENTIAL

REPRODUCTION, DISCLOSURE OR UNAUTHORIZED USE OF ANY PART OF THIS DOCUMENT IS STRICTLY PROHIBITED

©2024 FOOD RESEARCH LAB, A UNIT OF GUIRES SOLUTIONS PRIVATE LIMITED, INDIA. ALL RIGHTS RESERVED.