

Probiotic	Years Expired	Species	Initial CFU	Current CFU ^a	Packaging	Stored Correctly	Identification
A	4	<i>Streptococcus salivarius</i>	2.5×10^9	3.63×10^7	Plastic and metal sachet	No	<i>S. salivarius</i>
B	7	<i>Lactobacillus paracasei</i> ST11	1.0×10^9	3.37×10^9	Hydroxypropyl methyl cellulose capsules in “ultra-protective” packaging (metal blister pack)	No	<i>L. paracasei</i>
C	16	<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i>	2.4×10^{10}	8.86×10^7	Hydroxypropyl methyl cellulose capsules in metal bottle with plastic lid	Yes	<i>L. acidophilus</i>
D	13	<i>Lactobacillus casei</i> , <i>Streptococcus faecalis</i>	<i>L. casei</i> : $1.0 \times 10^{8-10}$ <i>S. faecalis</i> : $1.0 \times 10^{6-8}$	<i>L. casei</i> : 6.94×10^8 <i>S. faecalis</i> : 1.07×10^8	Plastic sachet	Yes	<i>L. casei</i> , <i>Enterococcus faecalis</i>
E	17	<i>Lactobacillus rhamnosus</i> GG	1.0×10^{10}	No viable cells	Gelatin capsules in metal blister pack	Yes	NA
F	15	<i>L. acidophilus</i> NAS super strain	2.0×10^9	No viable cells	Capsules of unknown composition in glass bottle with plastic lid	No	NA
G	6	<i>L. casei</i> HA-108, <i>L. rhamnosus</i> HA-111, <i>Bifidobacterium breve</i> HA-129, <i>Bifidobacterium longum</i> subsp. <i>longum</i> HA-135, <i>L. acidophilus</i> HA-122, <i>Lactobacillus plantarum</i> HA-119, <i>L. rhamnosus</i> (bifidus) HA-114, <i>Bifidobacterium bifidum</i> HA-132, <i>Lactobacillus fermentum</i> HA-179, <i>Lactobacillus salivarius</i> HA-118, <i>L. paracasei</i> HA-196, <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> HA-194	1.2×10^{10}	7.11×10^8	Cellulose capsules in plastic bottle with plastic lid	Yes	<i>L. casei</i> , <i>L. fermentum</i> , <i>L. salivarius</i>

H	22	<i>L. acidophilus</i>	2.0×10^7	No viable cells	Cellulose capsules in glass bottle with plastic lid	No	NA
I	16	<i>L. rhamnosus</i>	1.0×10^9	5.28×10^5	Gelatin capsules in glass bottle with plastic lid	Yes	<i>L. rhamnosus</i>
J	6	<i>L. rhamnosus</i> HA-111, <i>L. casei</i> HA-108, <i>L. plantarum</i> HA-119, <i>L. acidophilus</i> HA-122, <i>B. bifidum</i> HA-132, <i>Bifidobacterium longum</i> HA-135, <i>L. fermentum</i> HA-179, <i>L. salivarius</i> HA-118, <i>Lactobacillus bulgaricus</i> HA-137	5.0×10^{10}	8.77×10^9	Hypromellose capsules in plastic bottle with plastic lid	Yes	<i>L. rhamnosus</i> , <i>L. fermentum</i>
K	20	<i>L. plantarum</i>	2.0×10^9	No viable cells	Cellulose capsules in plastic bottle with plastic lid	No	NA
L	10	<i>L. rhamnosus</i> , <i>Streptococcus thermophilus</i> , <i>Lactobacillus delbrueckii</i>	2.0×10^9	No viable cells	Gelatin capsules in sealed plastic container with plastic lid	Yes	NA
M	6	<i>L. acidophilus</i> , <i>L. casei</i> , <i>L. rhamnosus</i> , <i>B. longum</i> , <i>L. plantarum</i> , <i>L. fermentum</i> , <i>L. lactis</i> , <i>S. thermophilus</i> , <i>B. breve</i> , <i>B. bifidum</i>	<i>S. thermophilus</i> : 6×10^8 Other bacteria: 1.14×10^{10}	<i>S. thermophilus</i> : 1.24×10^8 Other bacteria: 6.19×10^9	Cellulose capsules in plastic bottle with plastic lid	Yes	<i>L. rhamnosus</i> , <i>L. lactis</i>
N	15	<i>L. reuteri</i> ATCC55730	Not labeled	No viable cells	Compressed powder in plastic bottle with plastic lid	Yes	NA
O	10	<i>L. paracasei</i> (F-19), <i>L. rhamnosus</i> (HN001), <i>L. acidophilus</i> (LA-1), <i>B. lactis</i> (HN019), <i>B. bifidum</i> (TB-12)	2.0×10^{10}	No viable cells	Cellulose capsules in sealed glass bottle with plastic lid	No	NA
P	18	<i>L. acidophilus</i> , <i>B. lactis</i> , <i>L. bulgaricus</i> , <i>S. thermophilus</i>	$1.0 \times 10^{9-10}$	1.3×10^8	Capsules of unknown composition in metal bottle with plastic lid	Yes	<i>L. acidophilus</i> , <i>S. thermophilus</i>
Q	15	<i>L. rhamnosus</i> Rosell-11, <i>L. acidophilus</i> Rosell-52	2.0×10^9	No viable cells	Gelatin capsules in plastic bottle with plastic lid	No	N/A

R	1	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	1.0×10^9	6.3×10^7	Capsules of unknown composition in metal bottle with plastic lid	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
S	11	<i>Saccharomyces boulardii</i>	5.0×10^9	7.28×10^7	Hydroxypropyl methyl cellulose capsules in glass bottle with plastic lid	Yes	<i>S. boulardii</i>
T	13	<i>S. boulardii</i> 17	4.0×10^9	No viable cells	Plastic sachet	Yes	<i>S. boulardii</i>
U	13	<i>S. boulardii</i> 17	1.0×10^9	7.05×10^8	Gelatin capsules in sealed glass bottle with plastic lid	Yes	<i>S. boulardii</i>
V1	14	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. rhamnosus</i> : 2.5×10^9 <i>L. reuteri</i> : 2.5×10^9	No viable cells	Gelatin capsule in a plastic bottle with a plastic lid	Yes	NA
V2	11	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9	<i>L. reuteri</i> : 1.04×10^9 <i>L. rhamnosus</i> : 7.50×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
V3	6	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9	<i>L. reuteri</i> : 1.78×10^9 <i>L. rhamnosus</i> : 2.88×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
V4	11	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9	<i>L. reuteri</i> : 4.31×10^8 <i>L. rhamnosus</i> : 3.84×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
V5	8	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9	<i>L. reuteri</i> : 3.25×10^8 <i>L. rhamnosus</i> : 5.50×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
W	8	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9	<i>L. reuteri</i> : 8.88×10^7 <i>L. rhamnosus</i> : 1.09×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>

						potency (with plastic pop lid)		
X	13	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	2.5×10^9		3.10×10^9	Cellulose capsules in glass bottle with plastic lid containing desiccant pouch	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
Y1	12	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9		<i>L. reuteri</i> : 2.05×10^9 <i>L. rhamnosus</i> : 7.75×10^8	Gelatin capsules in glass bottle with plastic lid containing desiccant pouch	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
Y2	12	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9		No viable cells	Gelatin capsules in glass bottle with plastic lid containing desiccant pouch	Yes	NA
Z1	13	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	1.0×10^9		2.19×10^8	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
Z2	13	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	1.0×10^9		1.17×10^9	Gelatin capsule in specially designed metal container with inner liner to ensure maximum potency (with plastic pop lid)	Yes	<i>L. reuteri</i> , <i>L. rhamnosus</i>
AA	11	<i>L. reuteri</i> RC-14, <i>L. rhamnosus</i> GR-1	<i>L. reuteri</i> : 2.5×10^9 <i>L. rhamnosus</i> : 2.5×10^9		No viable cells	Gelatin capsules in metal blister pack	Yes	NA

Table 1. Comparison of all probiotics.

A - Dr. Milk Probiotic Milk, Blis Technologies Ltd., Otago, New Zealand; **B** - DS, Innēov France, France; **C** - Bio-Tura, Pharma Nord, Marlton, New Jersey, United States; **D** - Yakult RI, Yakult Honsha Co., Tokyo, Japan; **E** - Culturelle, CAG Functional Foods, Omaha, Nebraska, United States; **F** - GY-NA-TREN FLORA, Natren, Westlake Village, California, United States; **G** - Ultimate Multi Probiotic, Natural Factors, Canada; **H** - Milk-Free Acidophilus, Schiff Vitamins, Salt Lake City, Utah, United States; **I** - Florgynal vaginal capsule, Laboratories IPRAD, Paris, France; **J** - Ultimate Flora, Renew Life, Oakville, Ontario, Canada; **K** - Plantadophilus, Transformation Enzyme Corp., Houston, Texas, USA; **L** - Yogurt, Instuit Rosell, Montreal, Quebec, Canada; **M** - Womens' Multi Probiotic, Natural Factors, Canada; **N** - Reuterin, BioGaia AB, Stockholm, Sweden; **O** - Theralac, Therabiotics, INC., Victoria, Minnesota, United States; **P** - Trevis, Chr. Hansen Biosystems A/S, Hørsholm, Tanska, Denmark; **Q** - Entero-Dophilus Globetrotter, Instuit Rosell, Montreal, Quebec, Canada; **R** - Investigational drug, Chr. Hansen Biosystems A/S, Hørsholm, Tanska, Denmark; **S** - Florastor, MFI Pharma, Richmond Hill, Ontario, Canada; **T** - Lactipan, EMS Sigma Pharma, Hortolândia, São Paulo, Brazil; **U** - Floratil 200, Merck, Kenilworth, New Jersey, United States; **V1-5** - UREX-cap-5, manufactured by Chr. Hansen, Hoersholm, Denmark, received for clinical studies; **W** - RepHresh Pro-B, manufactured by Chr. Hansen, Hoersholm, Denmark, distributed by Lil' Drug Store Products, Inc., Cedar Rapids, IA; **X** - BiO-LiFE PRO-UTiX, manufactured by FA Herbs Sdn Bhd, Kuala Selangor, distributed by BiO-LiFE Marketing Sdn Bhd, Kuala Lumpur, Malaysia; **Y1-2** - femdophilus, manufactured by Chr. Hansen, Hoersholm, Denmark, distributed by Jarrow Formulas, Los Angeles, CA; **Z1-2** - Ecoflora, manufactured by Tablets (India) Ltd., Pondicherry, India; **AA** - LaciBios femina, manufactured by Exeltis, Poland.

^a Average CFU calculated from 6 pills. NA — Not available
All bottles previously opened unless otherwise stated