



Probiotic Decision Guide™

Choose a probiotic with a clear purpose, a readable label and realistic expectations.

Begin with the reason you are considering one. Probiotic benefits are strain-specific, not one-size-fits-all.

1 Define Your Goal

Are you considering support for digestion, bowel regularity, antibiotic recovery, vaginal health or another specific concern?

A clear goal makes the label easier to evaluate.

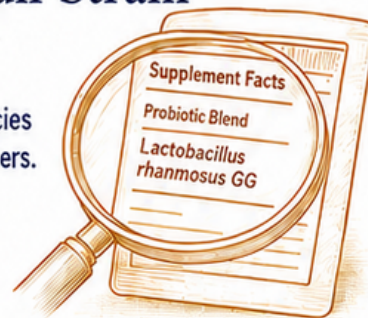


2 Read the Full Strain

Look beyond *Lactobacillus* or *Bifidobacterium*. A complete strain includes the genus, species and identifying letters or numbers.

Example format:

Lactobacillus rhamnosus GG



3 Check the Label

- ✓ Strains listed clearly
- ✓ CFU amount and when it is guaranteed
- ✓ Expiration date
- ✓ Storage directions
- ✓ Other ingredients and allergens



4 Consider Practical Fit

- ✓ Capsule, powder or food-based option
- ✓ Refrigerated or shelf-stable
- ✓ Serving schedule you can follow
- ✓ Cost that fits your budget

More strains or a higher CFU count is not automatically better.



5 Try One Change at a Time

Follow the product directions and track your original concern, comfort and any new symptoms. Review whether it is helping rather than taking it indefinitely without a reason.



Questions Worth Asking

- ✓ Is this strain studied for my goal?
- ✓ Could it interact with my health conditions or treatment?
- ✓ How long is a reasonable trial?
- ✓ What would tell me to stop?

Use Extra Caution

Ask your healthcare provider before using probiotics if you are severely ill, immunocompromised, have a central venous catheter or are receiving intensive medical treatment.

Martine's Midlife Wellness Tip

A probiotic is not automatically the first or only answer. Food, fiber, sleep, stress and the underlying cause still matter.



*Stop and seek guidance if symptoms significantly worsen.
Probiotics are not a substitute for medical evaluation of persistent digestive symptoms.*