



Laboratoire
SUISSE

Probiotics : what there is to know!

Subject	Dosage	Number of active cultures	Number of doses per bottle	New consumers	Frequent consumers	Specific needs	Trial size / Travel	Age	Specific allegation
Daily	1 to 2 capsules / day	1 billion	90 doses 45 doses	✓				1 +	
Complete	1 capsule / day	12 billion	90 doses 40 doses	✓	✓		Trial size available	1 +	
Strong	1 capsule / day	20 billion	70 doses 30 doses		✓		Trial size available	1 +	
Extra Strength	1 to 2 capsules / day	50 billion	50 doses 25 doses		✓			1 +	
Extra Strength travel	1 to 2 capsules / day	50 billion	30 doses 15 doses	✓		✓	Travel size	1 +	Format for travellers
Senior	1 to 2 capsules / day	5 billion	50 doses 25 doses	✓	✓	✓		50 +	Formula adapted for the needs of people 50 years +
Women	2 capsules / day	1,5 billion	25 doses	✓	✓	✓		18 +	Stress and anxiety Helps to prevent urinary tract infections
Adult Antibiotic Support	1 capsule / day	20 billion	25 doses	✓		✓		6 +	Helps to manage acute infectious diarrhea and reduce the risk of developing antibiotic-associated diarrhea
Kids Antibiotic Support	2 chewable tablets / day	10 billion	25 doses	✓		✓		3 +	

For more information, reach out to our customer service team:



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1

WHEN SHOULD YOU TAKE LABORATOIRE SUISSE PROBIOTICS?

It is best to take probiotics with meals or just before eating. If being treated with antibiotics, take at least 2 hours after taking the antibiotic (1).

2

DOES THE BOTTLE NEED TO BE REFRIGERATED AFTER OPENING?

It is always recommended to follow the storage conditions indicated on the label of a product. In general, Laboratoire Suisse probiotics are composed of vegetable capsules and have been manufactured so that they can be stored at temperatures between 15°C and 30°C. Laboratoire Suisse probiotics can also be refrigerated without altering the quality of the product.

3

CAN LACTOSE INTOLERANT PEOPLE TAKE LABORATOIRE SUISSE PROBIOTICS?

Lactose is used as a cryoprotectant in the production of Laboratoire Suisse probiotics (1). Lactose intolerant individuals can theoretically consume these products. However, people allergic to lactose cannot consume the products.

4

CAN THE LABORATOIRE SUISSE CAPSULES BE OPENED AND MIXED WITH FOOD?

If necessary, for children under 6 years old, the vegetable capsules of Laboratoire Suisse probiotics can be opened and mixed with food. Do not mix with hot foods or hot drinks. Note that it is always recommended to follow the instructions for use indicated on the product label.

5

WHAT IS THE DIFFERENCE BETWEEN YOGURT AND PROBIOTICS?

The dosages of probiotics found in most current food products are insufficient to provide the benefits shown in clinical studies (2). Laboratoire Suisse probiotics have a large number of probiotic strains and are a preferable option for people with special dietary needs. Additionally, Laboratoire Suisse probiotics have a longer shelf life than yogurt (3).

LABORATOIRE SUISSE'S ECOLOGICAL INITIATIVE:

We are committed to reducing the amount of packaging, using more sustainable materials in their manufacture, and making it easier to recycle post-consumer packaging. In order to support our eco-responsible approach, we have decided, in 2022-2023, to take a further step towards our societal commitment by collaborating with Mission 1000 tonnes, an organization concerned about our environment and our planet.



(1) Passeport Santé. Probiotique.

(2) Scourboutakos MJ, Franco-Arellano B, Murphy SA, Norsen S, Comelli EM, L'Abbé MR. Mismatch between Probiotic Benefits in Trials versus Food Products. *Nutrients*. 2017; 9(4):400. <https://doi.org/10.3390/nu9040400>

(3) <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html>

