

IF YOU WANT TO CHECK TO MAKE SURE YOUR SPORE- BASED PROBIOTIC IS TOP QUALITY, HERE ARE SEVEN QUESTIONS TO ASK:



How clean is the product, both in sourcing and final formulation?

You want to avoid genetically modified or lab-created spores. You also want to avoid probiotics with unnecessary fillers like flour, magnesium silicate, magnesium stearate, silicon dioxide, vegetable gums, microcrystalline cellulose, or even dairy- and sugar-based ingredients.



Does the company have human clinical trials?

Ask to see published studies using the finalized formula for science- backed evidence of efficacy. A common misdirection in our industry is one where companies claim to have a "clinically studied" product because one or more of the strains has a clinical study as a stand-alone ingredient. These companies almost never have studies on the final, combined formulation they created. With biological entities like bacteria, you cannot simply combine strains and assume they have synergistic efficacy. It is also problematic to assume that a created formulation will be supportive to the resident microbiome. So, don't forget to ask the question, "Does this product have at least 1 published human clinical trial on the finished formulation?"



How long did the formulation process take?

Trust a company that took years to finalize and test the formula, rather than one that sped the process along and pushed the product out to market quickly using the typical "me too" approach of the supplement industry.



What strains are included?

Only two genera can form spores: Clostridium and Bacillus. Some companies will only have one or two spore-forming strains, but pad the rest with non-spore-forming probiotic



Is the product third -party tested?

You want to not only make sure the FU counts are accurate, but the strains on the label are present in the product. Third-party testing is the gold standard here, but DNA verification can also help you feel assured you're actually getting the exact product the company is advertising.



Are they soil-based or native to a healthy human gut?

Bacillus probiotic strains are found in healthy humans, rather than isolated from the soil or yogurt, which means they're designed specifically to support human health. These types of probiotics are adapted to the conditions of the human body and display a supportive relationship with host immune cells. Soil-based probiotics might not be as well-suited for human use, as they often prefer to live in soil.



Will they survive digestion?

100% spore-based probiotics have an endospore coat, meaning they're tough and can survive inhospitable conditions like extreme temperatures, harsh stomach acid, and bile salts-so they don't degrade like common probiotic species do in the digestive tract. That means you get to reap all the benefits! But not all "spore-based" probiotics are actually found in spore form. Spores are also found in vegetative form and some products can contain species that are isolated in vegetative form, thus they cannot survive through the harsh gastric environment. It is important to ask a "spore-based" probiotic supplier for data showing the survival of their product at a pH of 13 for 2 hours and then exposure to bile salts. This is the US standard for gastric survivability.