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In this checklist, are included links to Amazon or directly to the manufacturer or Fullscript. I prefer to buy my supplements, when possible, from Fullscript because their prices are usually lower than elsewhere online and doctor's office plus, they have better quality control which is very important with probiotics.

Some probiotics are very sensitive to temperature... if they get too hot then they lose their potency... this will slow down the repopulation process which is why, when possible, I buy through Fullscript.

If you do not already have a Fullscript account with me, sign up for a free Fullscript account by clicking here. **us.fullscript.com/welcome/awetism**

For the probiotics available through Fullscript, we can send you the list of probiotics available so that you don't have to search through Fullscript. In this video I'll also point out which probiotics are available through Fullscript. If you're interested in getting this list in your Fullscript account,

please email us at **Icanlam@AWETISM.net**



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Single Strain Probiotics

Please go slow when starting any new probiotic. Spend at least 30 days on each single strain before moving to the next one.

Single Strain Probiotics	GREAT BRAND	PRODUCT IMAGE	START DATE	END DATE	OBSERVATIONS
Lactobacillus acidophilus	GI ProHealth - Scdophilus 10+				
Lactobacillus casei Lactobacillus plantarum Lactobacillus paracasei Lactobacillus rhamnosus Streptococcus thermophiles Bifidobacterium breve Bifidobacterium longum Bifidobacterium infantis Bifidobacterium bifidum ***Please note that Lactobacillus helveticus is not available as a single strain.	Custom Probiotics - single strain powder				

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Multi Strain Probiotics

Multi strains are not the probiotics to start with because it likely will be too strong at first and if there is any reaction it will be difficult determine the strain that caused the reaction. As the gut heals, these are wonderful to add. It is important to be also focusing on special diet and working with a Functional Medicine doctor at this time.

Multi Strain Probiotics	GREAT BRAND	PRODUCT IMAGE	START DATE	END DATE	OBSERVATIONS
Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium infantis, Bifidobacterium lactis, Bifidobacterium longum, Lactobacillus gasseri, Lactobacillus plantarum, Lactobacillus salivarius	Smidge Sensitive Probiotic Powder				
Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus bulgaricus, lactobacillus rhamnosus, lactobacillus brevis, lactobacillus casei, lactobacillus salivarius, lactobacillus plantarum, streptococcus thermophilus, bifidobacterium lactis.	Klaire Labs - Vital-10 Powder				
Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium breve	ProBiota Bifido				
Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus plantarum, Lactobacillus salivarius, Bifidobacterium longum, Streptococcus thermophiles, Lactobacillus bulgaricus, Lactobacillus paracasei, Bifidobacterium lactis, Bifidobacterium breve	ProBiota 12 Probiotic Powder				

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S. Boulardii

S. Boulardii is not to be used initially when there is an active candida infection.

GREAT BRAND	PRODUCT IMAGE	START DATE	END DATE	OBSERVATIONS
S boulardii		.....	.....	.....

Soil Based & Spore Organisms

These are great to add when the gut has healed significantly. Usually this means being on a special diet for about one year or so. It is also important at this time that infections of the gut have all been addressed. There should be no active infections at this time

GREAT BRAND	PRODUCT IMAGE	START DATE	END DATE	OBSERVATIONS
Prescript Assist		.....	.....	.....
MegaSpore		.....	.....	.....

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Clinical Trial Probiotics

These probiotics have been used in clinical trials. Please do not start with these.

GREAT BRAND	PRODUCT IMAGE	START DATE	END DATE	OBSERVATIONS
Vivomixx				
Usana Probiotic				
Visbiome				
Delpro				

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