

Species	Acid Stable	Features	MG Ultra-Floro DF	Theralac	Klaire Ther-Biotic Complete Caps	Natren Healthy Trinity	Kirkman Multi-Floro Spectrum	Kirkman Pro-Bio Gold	Kirkman Super-Pro Gold
			60	30	60	60	60	60	60
			\$39.95	\$44.95	\$42.90	\$109.95	\$39.50	\$29.50	\$65.50
			15B	20B	25B	30B	32B	20B	75B
Potency @ expiration			Y			Y			
<i>L. rhamnosus</i>				2.0 (LR-44)	6.0		11.2	7.5	15.0
<i>L. acidophilus</i>			7.5 (NCFM)	5.0 (LA-1)	3.0	5.0 NAS	8.0	5.0	15.0
<i>L. casei</i>					2.5		1.5	1.0	1.5
<i>L. plantarum</i>					2.0		3	2.0	7.0
<i>L. salivarius</i>					2.0				
<i>L. bulgaricus</i>					1.0	5.0 LB-51			
<i>L. paracasei</i>					0.5				
<i>B. bifidum</i>				3.0 (TB-12)	5.0	20.0 Mayloth	8	5.0	15.0
<i>B. lactis</i>			7.5 (Bi-07)	5.0 (BL-34)	0.5			x	21.0
<i>B. longus</i>					1.0				
<i>B. breve</i>					0.5				
<i>St. thermophilus</i>					1.0		1.1	0.750	1.1
Inulin					yes				
Lactoferrin									
LactoStim									
<i>Sa. boulardii</i>									

L. = Lactobacillus, a lactic-acid producing bacteria, mostly inhabiting the small intestines

B. = Bifidobacteria, while inhabits the large intestine/colon

St. = Streptococcus, a bacteria

Sa. = Saccharomyces, a yeast

Yogurt is made from a mixture of *L. acidophilus*, *St. thermophilus*, and others