

What, When, and Why to Choose a Probiotic





Plus Julie's Top 5 Favorites

Probiotics are not “good” or “bad” ... *They are context dependent.*

The right probiotic - at the right time - can support your gut, immune system, and overall health.
But the wrong one can leave you feeling worse.

Why Probiotics Work... or Don't

Probiotics Influence:

-  **Microbial balance** (good vs. harmful bacteria - this balance is key)
-  **Gut barrier integrity** (leaky gut support- improve your defenses)
-  **Immune signaling** (~70-80% of the immune system lives in the gut)
-  **Metabolite production** (short-chain fatty acids, neurotransmitters)

BUT...

→ If your gut is imbalanced (SIBO, inflammation, H. pylori, IBS, poor digestion, etc.), the wrong probiotic may:

- ✓ Increase bloating
- ✓ Trigger histamine responses
- ✓ Feed overgrowth
- ✓ Cause fatigue or brain fog
- ✓ Do nothing 😞

♥ This is why bio-individuality matters.

How to Choose a QUALITY Probiotic:

1. Strain Specificity

Look for full strain names (not just species)

→ Benefits are strain-specific

2. Clinically Studied

Choose probiotics backed by human research

3. Survivability

Must survive stomach acid

→ Spore-based + delayed-release = helpful

4. Right Dose

5-50 billion CFUs (depends on goal)

→ More is NOT always better

5. Targeted to YOU

Match the probiotic to your symptoms

→ Not Trends

6. Clean Ingredients

Avoid fillers, dyes, unnecessary additives

A probiotic should never be a guess. It should be intentional, targeted, and personalized.

Julie's Top 5 Probiotics (and When to Use Them)

1. Soil-Based / Spore-Based Probiotics

Why & What They Do:

Spore-based probiotics like MegaSporeBiotic survive stomach acid and reach the gut, where they rebalance the microbiome, support the gut lining, and reduce inflammation.

JULIE'S FAVORITE:

[MegaSporeBiotic by Microbiome Labs](#)

Best for:

- Dysbiosis (bloating, gas, irregular stools)
- SIBO support (often better tolerated)
- Gut barrier repair (leaky gut)
- Post-antibiotic or antimicrobial recovery
- Sensitive clients who don't tolerate other probiotics

2. Saccharomyces Boulardii (Beneficial Yeast)

Why & What They Do:

Saccharomyces boulardii is a beneficial yeast (not bacteria) that protects against harmful microbes, supports gut immune function, and is especially effective for reducing diarrhea and restoring balance—even during or after antibiotics.

JULIE'S FAVORITE:

[Saccharomyces boulardii by Metabolic Maintenance](#) • [RestorFlora by Microbiome Labs](#) (also include a little spore-based strains)

Best for:

- Acute or chronic diarrhea (incl. traveler's diarrhea)
- During and after antibiotics
- Candida / yeast overgrowth support
- H. pylori support
- Gut infections or post-infectious IBS
- Gut immune support

3. Lactobacillus + Bifidobacterium Blends

Why & What They Do:

Well-researched probiotic strains that support digestion, produce beneficial compounds (SCFAs), crowd out harmful bacteria, and support immune balance—foundational for overall gut health.

JULIE'S FAVORITE:

[Probiomed 50 by Designs for Health](#) • [Probiomed 100 by Designs for Health](#) • [Probiomed 250 by Designs for Health](#)

Best for:

- General gut support and maintenance
- Constipation or mild irregularity
- IBS (bloating, discomfort)
- After initial gut "reset"
- Foundational support for most clients

4. Lactobacillus Reuteri (Pylopass™)

Why & What They Do:

A targeted probiotic strain that binds to unwanted stomach bacteria—especially H. pylori—supporting their removal while promoting a healthy stomach environment and protecting the mucosal lining.

JULIE'S FAVORITE:

[Gastro-Ease by Life Extension](#)

Best for:

- H. pylori support (adjunct to protocols)
- Gastritis or stomach irritation
- Acid reflux / GERD
- Upper GI discomfort (burning, fullness, nausea)
- Support for stomach lining and microbiome

5. Akkermansia Muciniphila

Why & What They Do:

A next-generation probiotic that lives in the gut lining and feeds on mucin, helping strengthen the intestinal barrier while supporting metabolic health and reducing inflammation.

JULIE'S FAVORITE:

[Akkermansia Pro by Pendulum](#)

Best for:

- Gut barrier repair (leaky gut)
- Metabolic health (insulin resistance, weight)
- Inflammation and immune dysregulation
- Cardiometabolic support (cholesterol, blood sugar)

Want Personalized Guidance for Your Gut Health?

Take the [Gut Health Assessment](#) to understand your symptoms and get clarity on next steps! [START HERE](#)

Explore My Gut-Approved Favorites

Browse my [Insider Guide](#) for trusted, practitioner-vetted products and protocols. [VIEW HERE](#)