

Lifetrients™ Frequently Asked Questions – FAQ

What is the difference between the Complete and the Chewable and why would a parent want to choose one over the other?

Lifetrients™ Child ProBio 25 contains 4 additional strains of probiotics that were not suitable for a chewable wafer. If a child doesn't mind swallowing capsules or having the contents blended with food, the Lifetrients™ Child ProBio 25 capsule should be chosen. However, if a child prefers a chewable and will not swallow a capsule, then the chewable should be chosen. The chewable also offers oral benefits.

The suggested use includes a statement about when taking antibiotics to take Lifetrients™ Child ProBio 25 several hours before or after. Why is this?

Antibiotics kill the probiotic species, so they should be taken separately.

When is the best time to take probiotics?

Health professionals and probiotic suppliers are often divided on this topic. Advocates of ingesting probiotics with meals reason that food buffers stomach acid, thereby providing protection and nutrients for the microorganisms. Those who recommend taking probiotics without food usually suggest consuming them with lots of water. Water dilutes the stomach acid and moves the organisms quickly into the intestines without subjecting them to high concentrations of digestive juices and bile. Few studies provide specific support for either approach. However, studies have administered probiotics with meals and have documented benefits. The most prudent approach is to consume probiotics with moderate amounts of food.

How will I know if probiotics are working?

If symptoms are present, a reduction or resolution of symptoms is the best indication probiotics have helped. Symptoms may take days or even weeks to improve and may even temporarily worsen depending on the individual's response to the probiotics.

Are there any side effects from taking probiotic supplements?

Probiotics help promote a more favorable balance of intestinal microorganisms by reducing populations of harmful, pathogenic bacteria. When pathogenic bacteria die, release of cellular debris and by-products may produce a "die-off" effect. Although rare, this effect may cause individuals to temporarily experience a worsening of symptoms which may include gas, abdominal discomfort, and even diarrhea. Persistence in taking probiotics is usually rewarded by an improvement in symptoms.

Do I need to keep probiotics cold when traveling or away from home?

If refrigeration is not available during traveling or in the workplace, it is usually fine to keep them outside the refrigerator for a week or two at a time. A supply of probiotics can be removed from the refrigerated stock bottle and put into a smaller container and carried in a purse or briefcase. Generally, if an individual is personally comfortable at room temperature then the probiotics should maintain their full potency at these same temperatures during this time out of the refrigerator.

Why are Lifetrients probiotics shipped with cold packs?

Although Lifetrients probiotics will maintain their full potency for several weeks at room temperature without refrigeration, we include cold packs during shipment to keep the probiotics cold and protected for most of their journey. This helps prevent excessive exposure to high heat during their travels so that they arrive at maximum potency.

What if the cold packs are not cold upon arrival of shipment?

In most cases, the cold packs will not stay frozen or remain cold during the full time in transit. Even if the cold packs are completely thawed and the product is no longer cold, the probiotics have excellent stability during the short time that they are exposed to ambient temperatures. The cold packs and foil-lined bags do their job of keeping the probiotics cool during the majority of the time in shipment. Thus, the chance of prolonged exposure to high temperatures that might affect potency is avoided.

Have Lifetrients probiotics been tested for potency after shipment?

Yes, tests verify that our packaging and shipping methods are appropriate for maintaining product potency. All Lifetrients probiotics are tested upon completion of manufacturing to verify full potency and then kept under refrigeration until ready for shipment. Tests on our probiotics that have arrived at their destination warm with thawed ice packs have verified that potency is not adversely affected.

What other steps are taken to ensure probiotic potency?

All Lifetrients probiotics are formulated with “overages” as extra insurance that they maintain the full potency stated on our labels throughout the expiration date under the typical shipping, storage, and handling conditions encountered. By including higher potencies of microorganisms than stated on the label at time of manufacture, small losses of activity that may occur over time are insignificant.

How much activity might be lost when probiotics are not kept refrigerated?

Probiotics have greater stability at room temperature than generally realized and can be maintained for several weeks with minimal loss of 5% or less. However, loss in potency would be accelerated over time. That is why it is best to maintain probiotic supplements under refrigeration, as this offers the optimal conditions favoring long-term potency and viability.