

Live cultures in practice

How to choose them, how to take them and what to avoid. A short guide for anyone who wants to look after their gut microbiota.



BestLab information leaflet. A food supplement is not a medicine.

What is inside

- 1 Gut microbiota in a nutshell
- 2 How to read the label
- 3 When it is worth considering
- 4 How to take it properly
- 5 After a course of antibiotics
- 6 Seven most common mistakes
- 7 Questions we are asked most often
- 8 BestBiotic composition

„The greatest strength of BestBiotic is its strain passport, meaning numbered bacterial strains that work closely and synergistically together. Months of work culturing the bacteria and observing how they interact made it possible to compose an ideally balanced blend.“

Jakub Mauricz

Author of the BestBiotic formula

1 Gut microbiota in a nutshell

Trillions of microorganisms live in the digestive tract of an adult. We call them the gut microbiota. For years they were treated as lodgers of no consequence. Today we know that their composition, in numbers and in variety, is connected with how the digestive system works and how we feel day to day.

The balance of that community is not fixed for good. It is disturbed by a change of diet, travel, chronic stress, irregular meals and courses of antibiotics. Rebuilding does not happen over a weekend; we are talking about weeks and months.

A supplement of this kind is not a medicine and will not replace a diet. It is an addition that makes sense when the basics are in order: vegetables, fibre, sleep and movement. Treat it as support, not a shortcut.

Three terms worth telling apart

- **Live cultures** are the bacteria you supply from outside.
- **Prebiotics** are food for those bacteria, mainly fibre from vegetables, fruit and grains.
- **Postbiotics** are the substances produced by their work, for example short-chain fatty acids.

2 How to read the label

This is the most practical part of the guide. Most people choose by price or by the packaging. Below are five things that actually say something about quality.

1 Numbered strains, not just species names

"Lactobacillus rhamnosus" is a species, not a specific bacterium. Only a designation such as GG (ATCC 53103) identifies the particular strain that was studied. A label without numbers means you do not know exactly what you are buying.

2 The cell count and how it was counted

A declaration like "30 billion" means nothing without knowing when that figure applies: at production or at the end of shelf life. For microencapsulated bacteria, flow cytometry is used rather than classic plate counting, because only that will count cells inside a coating.

3 Protection from stomach acid

A bacterium that does not get through the stomach will do nothing in the gut. Acid-resistant capsules, for example hypromellose-based (DRcaps), delay the release of the contents. That is not a marketing device but a condition for anything to arrive where it should.

4 Number of strains versus their selection

More does not always mean better. What matters is whether the strains work together, not whether there are twenty of them. A well chosen blend of several researched strains beats a random set.

5 Batch testing and a clean composition

Reputable manufacturers test every batch in an independent laboratory and give the report number. The composition should contain no unnecessary fillers, colourings or preservatives.

3 When it is worth considering

This is not an everyday product for everyone. Below are the situations in which people reach for it most often and in which it makes sense.

- After finishing a course of antibiotics, when you want to support the rebuilding of the microbiota.
- After an intense period: travel, a change of diet, a run of business trips, holidays.
- When you want to support the normal working of the digestive system.
- When you want to look after a varied gut microbiota as part of a wider change of habits.

If you have been diagnosed with SIBO or IMO, discuss taking live cultures with your doctor. That is the one more common limitation with products of this type.

4 How to take it properly

Dose One capsule a day. More does not mean better.

When With the evening meal, with water.

Consistency Every day. Taken once every few days it will not work.

Storage Room temperature, dry, away from heat and light. A fridge is not needed.

Time Make your first assessment after a few weeks, not after three days.

The capsule can be opened and the powder poured out if someone does not swallow tablets. It does not reduce how well it works. It is best added to cool food, for example yoghurt, fruit puree or a smoothie.

What to avoid: hot food and drinks. High temperature destroys live cultures. If you add the powder to soup or tea, you may as well throw it away.

For children

- The capsule can be opened and the contents poured straight into the mouth or into a favourite cool food.
- Yoghurt, fruit puree and smoothies work best, as they mask the taste.

5 After a course of antibiotics

This is the most common reason people reach for live cultures and at the same time where most mistakes are made. An antibiotic does its job, but along the way it takes a large part of the bacteria we wanted to keep. That population does not come back in a week.

They can be taken during the course, though there is more sense in consistent use after it finishes, over a cycle of three to six months. Taking them for ten days "for cover" and stopping is doing the job by halves.

Pulse use

- After completing a six-month cycle you can move to a maintenance pattern.
- Ten days on, twenty days off, repeated for as long as you wish.
- It is a convenient way of keeping the effect without taking them daily all year.

6 Seven most common mistakes

1 Judging after three days

The microbiota is not a painkiller. Draw your first conclusions after a few weeks.

2 Choosing by the number of billions alone

Without strain numbers and acid protection that figure means little.

3 Adding the powder to hot food

Temperature kills live cultures. Cool food only.

4 Taking it irregularly

Taken whenever you remember, it will not build anything lasting.

5 Stopping right after the antibiotics

That is when the most important part begins, not ends.

6 Treating it as a replacement for a diet

Without fibre from vegetables and grains the bacteria have nothing to feed on.

7 Storing it next to the cooker or on a windowsill

Heat and light shorten the life of the bacteria.

7 Questions we are asked most often

Does BestBiotic need to be kept in the fridge?

No, as long as it is not in a heatwave and not standing next to a heat source: a stove, oven or fireplace. Room temperature in a dry place is enough.

Do I need tests before starting?

No. Products of this kind belong to a group regarded as safe. The exception is complaints linked to SIBO or IMO, when it is worth consulting a doctor.

Does the product contain gluten or lactose?

No. Every batch is tested for the presence of gluten and lactose, so the product can also be used by people with coeliac disease.

Does it contain traces of milk proteins?

No. All the ingredients are plant based and free from allergens.

Can it be used during pregnancy and breastfeeding?

Most BestLab supplements can be, but during this period we always recommend consulting a doctor first.

I eat a lot of fermented foods, is this still worth it?

Fermented foods are a very good foundation, but the content and variety of strains in them varies and depends on how they were made. A supplement gives a repeatable, known dose of specific strains.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory. Test report no. 1039167/25/GDY.

8 BestBiotic composition

Content per recommended daily portion, one capsule.

Bifidobacterium lactis BS01 (LMG P-21384)	9 billion
Lactobacillus rhamnosus GG (ATCC 53103)	6 billion
Lactobacillus rhamnosus LR05 (DSM 19739)	6 billion
Lactobacillus rhamnosus LR04 (DSM 16605)	3 billion
Lactobacillus plantarum LP01 (LMG P-21021)	3 billion
Lactobacillus plantarum LP02 (LMG P-21020)	1.5 billion
Lactobacillus salivarius LS01 (DSM 22775)	1.2 billion
Bifidobacterium lactis MB2409 (DSM 23733)	0.9 billion
Bifidobacterium bifidum MB109 (DSM 23731)	0.9 billion
Streptococcus thermophilus ST10 (DSM 25246)	0.12 billion

Total live cultures per capsule

30 billion

Cell counts declared for the end of shelf life, determined by flow cytometry. Capsules per pack: 30, meaning a month of use.

Why we give no health claims for this product

- Live bacterial cultures have no authorised health claims in Great Britain. None of the strains in this product may be linked to a specific health effect on a label.
- For the same reason we do not use the word "probiotic" as a promise of an effect. In food law that word is itself treated as a health claim.
- So we describe only which strains are inside, in what amounts and how to take them. We consider this more honest than promises that cannot be defended.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

BEST LAB SP. Z O.O.

ul. Grzybowska 87, 00-844 Warsaw, Poland
VAT PL5272991208 · KRS 0000956521
tel. +48 793 787 737 · EAN 5904917029114

UK distributor

13TH FLOOR LTD
Coventry, United Kingdom
VAT GB394920268 · Company no. 13715742

