



## Florajen3 Q&A with Dr. Berish Rubin

### **Q) Are there any other probiotics that mirror Florajen3 that are safe for those with FD to take?**

A) It took us a very long time to identify a safe probiotic for those with FD. We genetically characterized dozens of different commercially available probiotics and found that many are mislabeled in that they either contain organisms not listed on the label or have far fewer organisms than is indicated. Our analysis also included a screening of the ability of the organism contained in the probiotic to produce tyramine. Many probiotics contain organisms capable of producing tyramine. The only product that we found that meets the standards that we set is the Florajen3 product.

I should point out that we are not the first to observe a lack of correspondence between the organisms listed on the product label and those present in the product. For more information, please see the text below from an article entitled: "Culture-dependent and culture-independent qualitative analysis of probiotic products claimed to contain bifidobacteria" which reports the incorrect labeling of Bifidobacterium-claiming probiotic products:

"In conclusion, this is one of the first studies combining the aspects of isolation, molecular identification and typing to characterize the taxonomic contents of a worldwide collection of Bifidobacterium-claiming probiotic products. In agreement with previous product quality studies ( Hamilton-Miller et al., 1999 and Temmerman et al., 2003a), our data indicate that a large number of dried probiotic products inadmissibly lack the presence of any viable microorganisms and that a rather high percentage of probiotic products is incorrectly labeled with respect to the identity of the incorporated strains."

Additional information on this topic can be found, for example, in the following PubMed link:

<https://www.ncbi.nlm.nih.gov/pubmed/10447251>

### **Q) The Florajen3 website says this product works because the gelcap prevents stomach acid from killing the probiotic, but what if my child can't swallow pills? How many capsules per day do you recommend?**

A) One capsule per day will do the trick and it is fine to open the capsules. The complete delivery of the bacteria may be somewhat compromised, which may mean that it might take a little longer for the bacteria to establish themselves in the digestive system, but that is fine.

### **Q) What is the best time of day to take Florajen3?**

A) Any time is really fine.

### **Q) Should my child take Florajen3 with or without food?**

A) The Florajen3 product can be taken either with or without food.

### **Q) Can the Florajen3 product be mixed with liquid or semi-solids and delivered through the g-tube?**

A) Yes