

or 2 to 4 DS or ES sachets/day. **Antibiotic-associated diarrhea** (effective): *S. boulardii* 500 mg PO two times per day (Florastor 2 caps PO two times per day) for adults; 250 mg PO two times per day (Floraster 1 cap/packet PO two times per day) for peds. For peds: *Lactobacillus rhamnosus* GG (Culturelle) 10 to 20 billion cells/day PO given 2 h before/after antibiotic. IDSA found insufficient evidence to recommend probiotics for primary prevention of *C. difficile* infection.

**Peds, acute gastroenteritis**, adjunct to rehydration (effective): *L. rhamnosus* GG at least 10 billion cells per day PO for 5 to 7 days or *S. boulardii* 250 to 750 mg per day PO for 5 to 7 days. **Infant colic** (efficacy unclear; conflicting study results): 5 drops of *L. reuteri* DSM 17938 (Gerber Soothe Colic drops) PO once daily for 21 days. **Irritable bowel syndrome**: Probiotics may have benefit, but efficacy unclear for specific formulations. [Mostly not by prescription.]

**Align** contains *Bifidobacterium infantis* 35624, 1 billion CFU/cap. **BioGaia ProTectis** contains *Lactobacillus reuteri* DSM 17938, 100 million cells per chewable tab/straw. **Culturelle** contains *L. rhamnosus* GG 5 billion CFU per powder packet/chewable tab of Culturelle Kids, 10 billion CFU per cap/chewable tab of Culturelle Digestive Health, 15 billion CFU per cap of Culturelle Health & Wellness, 20 billion CFU per cap of Culturelle Extra Strength Digestive Health.

**Florastor** and Florastor Kids contain *S. boulardii* 250 mg per cap/powder packet (contains lactose). **Gerber Soothe Colic** drops contains *L. reuteri* DSM 17938, 100 million cells per 5 drops. **Visbiome** (medical food) contains 450 billion CFU/packet, 112 billion CFU/cap, 900 billion CFU/Extra Strength packet (Rx only). **VSL#3** (medical food) contains 450 billion CFU/packet, 112 billion CFU/cap, 900 billion CFU/DS sachet (Rx only). Visbiome and VSL#3 contain *B. breve*, *B. longum*, *B. infantis*, *L. acidophilus*, *L. plantarum*, *L. casei*, *L. bulgaricus*, *Streptococcus thermophilus*.] ▶? ♀0/0/0 ▶+ \$

**PYGEUM AFRICANUM** (*African plum tree*) **BPH** (may have modest efficacy): 50 to 100 mg PO two times per day or 100 mg PO daily of standardized extract containing 14% triterpenes. [Not by prescription.] ▶? ♀— \$

**RED CLOVER** (*red clover isoflavone extract*, *Trifolium pratense*, *Promensil*) **Postmenopausal vasomotor symptoms** (conflicting evidence; does not appear effective overall, but may have modest benefit for severe symptoms): Promensil 1 tab PO daily to two times per day with meals. [Not by prescription. Isoflavone content (genistein, daidzein, biochanin, formononetin) is 40 mg/tab in Promensil.] ▶Gut, L, K ♀?/?/? ▶— \$\$

**RED YEAST RICE** (*Monascus purpureus*, *Xuezhikang*, *Zhibituo*, *Hypocol*) **Hyperlipidemia**: Usual dose is 1200 mg PO two times per day. Efficacy depends on whether formulation contains lovastatin or other statins. In the US, red yeast rice should only contain trace amounts of statins, but some products contain up to 10 mg lovastatin per cap. Some clinicians consider red yeast rice an alternative for patients with myalgia from prescription statins. Can cause myopathy and other statin adverse effects. Some products may contain citrinin, a potential nephrotoxin. [Not by prescription. Xuezhikang marketed in Asia, Norway (HypoCol).] ▶L ♀X/X/X ▶— \$\$

**S-ADENOSYLMETHIONINE** (*SAM-e*) **Mild to moderate depression** (possibly effective): 800 to 1600 mg/day PO in divided doses with meals. Efficacy unclear for OA (any benefit appears modest). [Not by prescription.] ▶L ♀?/?/? ▶? \$\$\$