**What Qualifies as a Probiotic?**

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.

**TARGET HOST**
- Humans
- Animals, e.g.: Companion: dogs, cats, horses
- Production: cows, chickens, honeybees, fish
- Plants, e.g.: trees, grass, crops

**TARGET SITE OF HOST**
- Any target site on any host that leads to a beneficial health effect, e.g.: digestive tract, urogenital tract, skin, heart, endocrine system, or oral cavity; roots or leaves

**SCIENTIFIC CREDENTIALS**
- Adequate evidence in target host demonstrating health benefit. The evidence must align with any claim made, including comparable study population, study outcomes and the study dose.
- Safe for intended use
- High quality genome sequence
- Assigned to current taxonomic group
- Deposited in international culture collection

**REGULATORY CATEGORY**
- Probiotics can range across diverse regulatory categories, e.g.: Foods, Dietary supplements, Infant formula, Medical foods

**ROUTE OF ADMINISTRATION**
- Oral, nasal
- Topical (skin) treatments
- Intravaginal instillations
- Rectal infusions

**TYPES OF MICROBES**
- Any live microbe, including many different genera, species and strains

**HEALTHCARE PROVIDERS AND CONSUMERS: WHAT TO LOOK FOR**
- Quality product [Bonus: Valid third party verification of product quality]
- Dose no less than that shown to provide health benefit
  - Dose indicated through end of shelf life (not at time of manufacture)
  - What microbial strain(s) is in the product.
  - For example: B. animalis subsp. lactis AB#1
- Genus: **Bifidobacterium**
- Species: **animalis**
- Subspecies*: **lactis**
- Strain: **AB#1**
  - *not all probiotics require a subspecies designation

**HEALTH BENEFIT**
- A wide array of preventive and therapeutic endpoints are possible health benefit targets for probiotics. However, although live microbes have many uses, not all are health benefits.
- For example, the following are not considered health benefits in the context of probiotics:
  - Environmental uses such as detoxification or pathogen removal/inhibition
  - Improving beauty or odor
  - Industrial use to produce endproducts
  - Improving nutritional properties of foods or feeds

**NOT PROBIOTIC**
- Postbiotics, dead microbes, prebiotics
- Undefined consortia of microbes, including those in some fermented foods or in fecal microbial transplant
- Any microbes not meeting stipulated criteria

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