



Thank you for your interest in the iHaveUC Probiotics Survey Results.

This pdf file is yours to save and store on your computer. Use it whenever you want to read more about what other ulcerative colitis patients think regarding probiotics for treating UC.

Warm regards,  
**Adam Scheuer** founder of **iHaveUC.com**  
- colitis patient since 2008

Below are the 2 most popular Probiotics based on the responses from the UC'ers who took the survey. Over 50 were mentioned, these two were the top two by far.



VSL 3 High Potency Probiotic Capsules  
for Ulcerative Colitis - 60 ea  
(to order on Amazon - [click here](#) )



Ultimate Flora Probiotic  
10 Probiotic Strains  
(to order on Amazon [click here](#) )

*(the links above allow you to order directly from Amazon.com via the iHaveUC.com affiliate links, so the iHaveUC.com site will receive a small percentage of your order)*

What advice would you offer to someone with UC who is considering using Probiotics to treat his/her disease?

*(below are the comments that the Probiotics Survey Participants left for everyone to read)*

- My doctor recommends a probiotic with Lactobacillus.
- It was recommended to me by my Dr. and it sure has not hurt me
- It couldn't hurt taking a probiotic.
- Give them a try - they will probably help. It's important to get good bacteria into your gut, especially after antibiotic treatment.
- Give it a try!
- Give it a try, everyone is different
- Yes!!! It is absolutely imperative!
- Don't solely depend on probiotics to heal. Use them in combination with other treatments. Look for probiotics with 50 million cultures or more
- Don't expect a miracle, however, probiotics have dramatically helped improve my gas and bloating.
- Definitely worth a shot
- hope you can find a good probiotic right away..they're expensive and its frustrating when you cant
- You can try but everyone is different so best to wait until we have more information on our microbiome. Best thing in the future will be fecal pills or fecal transplant but we are still a few years from having this as an option treatment. But don't waste your money on brands off the self which have never been tested in studies. And you also need very high doses if you try one so consider how much it will cost you!!!! And at best it might either help or keep you in remission but chances are very small that it will put you in remission if you have a flare.
- At least give them a try and use them daily.
- It's trial and error with some. When using medical food grade probiotics (such as VSL#3) start slow with a lower dose and increase slowly. They can upset the system if you consume too much, too fast.
- Try them! What have you to lose? They do not have any side effects. The VSL#3 powder form works really well for me, but it is pricey for sure! I eat it every morning with a cup of greek yogurt. You can't taste it at all. Worth the money and I'm even able to lower my azathioprine dosage as a result of taking probiotics! As a disclaimer, I do want you to know that I've only been taking probiotics since the Spring of 2014, but I

was in a bad flare at the time, and now I'm not. I was still bleeding when I finished my round of prednisone, and the probiotics is the only other change I made.

- Stick with probiotics, maybe choosing a particular time like before going to bed so you remember. I sometimes take more than 1 depending on symptoms or if on antibiotics.
- it helps condition i think, by introducing good bacteria to help digestion.  
Anything that aids your digestion is worth a try.
- try it and see if it helps; it probably won't hurt to give it a try.
- helped me with cramping and the amount of times running to the bath room aday
- It doesn't hurt and it makes sense to try it
- Couldn't hurt!!!
- Find one that is covered by insurance. My Anthem Blue Cross plan covers VSL #3 DS.
- It does not hurt and if it works that is good
- Try them and see if they help.

I started taking them to counteract the effect of a course of antibiotics, and stayed on them.

Anything that may help...

- I don't think it can hurt you, so why not? Lots of people have weaned themselves off of prescription medication, but generally only after adjusting their diets AND taking a good pro-biotic. I still take the prescription medication (my symptoms come back if I don't take them for just a couple of days), but one of the side-effects is a supressed immune system, so I think a pro-biotic is necessary to prevent other illnesses. Even though my kids have caught multiple common colds in the last 2 years since I was diagnosed, I have not gotten sick, despite the medication that makes me more susceptible. I chalk that up to the pro-biotic and being fanatical about frequent hand washing and wiping down doorknobs and light switch plates with a bleach solution whenever my kids get sick. I happen to have really good insurance, so my prescription medication actually costs less than my pro-biotic, but I think it is worth the expense. Walgreen's often has it offered for "buy one get one half off," so I stock up when it is on sale.
- It can not hurt to try probiotics. Might be helpful to the cause.
- I strongly recommend this as a stand alone treatment as well as a supplement to pharmaceuticals if you have to take them.

I recently went into remission after being very ill for months and months, I feel that my naturopath helped me to get there after a long course of prednisone (which I HATE).

I recently started to get sick with UC again on my 2nd day of a vacation so I went to the pharmacy and bought fish oil (also part of the treatment given me by the naturopath) and Probiotics and I managed to get my colitis under control in a few days.

- Try them, I haven't had any negative results. My Doctor recommended to offset the effects of Prednisone.
- Try it, if it works..great. It is all about trial and error.
- I've had UC for 17 years and I have had great success at maintaining long remissions with probiotics. Give them some time to build up a healthy gut flora, don't expect them to work overnight.
- Try it and see if it works for you. Everyone is different and different things will work for different people.

- It made me worse as I had severe diareeh but been told if you have constipation it may help
- I don't know if I have any advice. I'm still learning myself. I do know I've gone through flares and infections without probiotics, and I've gone through flares and infections with probiotics. The times with probiotics, I seem to recover my energy and stamina quicker, and my body just seems to bounce back better after antibiotics and steroids.
- TAKE AT LEAST 50 BILLION  
ONCE OR TWICE A DAY,BEFORE MEALS
- I've heard a lot that multi-strain probiotics are the way to go and that HSO's help people too. (Homeostatic soil organisms). I tried HSO supplement, but at the time I was still learning a lot and not eating to optimize my GI health. I'm planning to try it again, but I believe it's around \$50 for a month or less supply, and that's a lot to pay regularly.
- Try them even if they only help a bit. Keep trying different types as well sometimes different brands or strengths work differently
- try and see if you notice a difference
- Do it! It's not expensive and it's natural.
- yes do it!
- Anything is worth a try
- Talk to your doctor about trying them and give them time to help. It takes about a month for the bacteria in your gut to change and you can feel worse before it helps you feel better.
- Buy the best one that you can afford. I use the ones that are live and kept under refridgeration
- At first when I started these, I had no symptoms. This lasted a year or so. A few ulcers came back and I can't get them to go away. So now they are putting me on Humira shots.  
Hope this works.
- Speak with nutritionist who specializes in UC. If they are good they will recommend a probiotic for you.
- The Colon requires healthy bacteria and the probiotic helps deliver a substantial dose of these quickly and efficiently.
- Try it..... Try anything!
- Probiotics are ok. I found nicotine patches to be more helpful. But still take shitloads of medication.( immunosuppressants and olsalazine)
- Take them!
- Try them- its one of those can't hurt might help propositions. After 8 years of severe UC, I have learned that every flare is different. SCD worked the first flare but has had little effect since then- try anything within your means to get yourself under control.
- Depends on your goal,My goal is a formed loose stoole as I get more pain and discomfort with larger stools I am not that keen to use them .I have been in flare for 6 months but on a good day may only need to go once or twice. I found the softer the stool the happier I am.
- Do it...I believe it helped me.
- Do your research. My understanding is that many brands contain bacteria similar to, but not exactly the species found in the human gut. Also many brands have less active

bacteria than they say on the label. Some brands say on the label that it is required that they stay refrigerated from manufacture to use - others do not have this warning. I do not understand the difference, but if the label says refrigeration, make sure the store you buy it from has kept them cold.

- I would speak to a doctor or nutritionist before taking a probiotic.
- Take a small amount a day and amend the quantity depending on how you feel. With UC it's clear everyone has different food tolerances impacting a illness.
- Talk to your doctor/specialist first
- They are worth a try if they are a high strain 8-10 and at least 50 billion.
- I honestly cannot say if they are helping me or not. My attacks are sporadic and I take the probiotics daily. They say you loose enzymes as you age so I just keep taking them
- Try it....it doesn't hurt you.

If nothing you will know if it helps or not...within a month or so

- I would advise them to first consult their gastro doc for his/her advise. If this isn't possible I would advise going to a site such as this one to see how others are managing and what probiotics they take. I would also go on the internet and research different brands to see what brand might have the best strains of bacteria for their age group, Lastly I would ask others to see what brands they use. It can be a trial and error situation until they find they right brand and dose, but the Ultimate FLora brand seems to work well for many patients.
- Take this one!
- Use probiotics as a supplement, not a cure. I hear VSL#3 can be effective for pouchitis but it didn't help me at all during a bad flare of UC.
- I would highly recommend them taking probiotics. I am just disappointed that VSL#3 is not covered under my medical insurance..even though it helps keep me in remission.
- don't give up, try several
- Try it And see how it works for You...Im glad i Did
- Don't convince your self of alternative medicine
- Keep with it, the difference may be alittle but to it is well worth it.
- It can't hurt so go for it in case it helps, however I have no idea how to tell or if it makes a difference. Hopefully one day drs will embrace it and can prescribe the right dose and it will be covered by insurance !
- Give it a try!
- Try it, if does not help,want harm you!
- You have to experiment different brands and they most likely work if you have a mild colitis.
- you think you've got a brand that works for you and then you read somethign liek this!!  
<http://www.telegraph.co.uk/science/11090392/Why-claims-for-good-bacteria-drinks-may-be-difficult-to-stomach.html>
- Research the different strains positives and negatives and also review the additives from each manufacturer, then give them a try. Give it at least 2 weeks to a month to see if you notice a difference.

- I really think it helped me, and I am certain it didn't hurt me. I was so desperate that I would have tried anything, and I really think taking probiotics keeps my GI tract on a routine that seems to be working. All in all, I think it is about diet, probiotics, and reducing stress.
- use vsl 3
- Only have a mild left sided UC with 5-6 BM day + blood but mostly constant urgency and fear to travel or do anything without a restroom nearby. I started a regimen of this probiotic along with 1 tspn of glutamine powder daily about 2 months ago and almost immediately had a complete turnaround of symptoms. No more urgency, BM once per day, no blood. I was floored by these results.
- Florastor was useless for me. I think my doc just recommended it because it's been around forever and is safe (probably because it does nothing...) I would like to try different, stronger probiotics, but my liver transplant doctors won't even talk about it with me because I am on a strong immunosuppressant to keep my liver from being rejected, and consuming large amounts of bacteria isn't recommended. :/
- For me I could not tell a difference between when on them and off them. You would think once you've populated your gut flora with "good" micro-organisms that they would be able to sustain themselves on their own. Why do you need to keep adding the good stuff, yet the bad stuff does just fine without constant upkeep?
- Read Breaking the Viscous Cycle and use the SCD legal probiotics or you may be making your UC worse.
- Probiotics definetly make a difference! Help me eliminate some presription drugs
- I like the CVS brand Probiotic (Senior 15 Billion with prebiotic fibers) because it contains the Streptococcus Thermophilus Strain which I had read some time ago was beneficial for people who suffer from IBS. Not all probiotics have this strain. It is also Gluten, Dairy and Soy Free which is important to me. CVS brand probiotic is also affordable and that always helps!
- I would give it a try.
- It is worth a try, but not everyone can tolerate them. They caused me to have terrible gas and it never subsided, even after 4 weeks.
- They can't hurt - only help! do it.
- try it for 1 to 2 months... take it in the am with food or a shake. make sure what you take is dairy free. take it every day, that to me very important. to me we need to balance the flora in our bodies and this is the perfect way to do it.from the website : I feel what is stated below is very important.  
At MegaFood, we value our customers' concerns to avoid common allergens. Each probiotic strain in MegaFlora is gently filtered from the food growth medium and is tested to be free of gluten, dairy and soy.
- everything is worth a try and nothing is off the table until you find the right combination of diet, lifestyle changes, meds &/or supplements that is going to work for you.
- Take on an empty stomach.
- Why not take something that's good for you. It might help you take fewer meds.
- If the probiotic needs refrigeration it is a top knotch one with active bacteria. Start out low like 20 billion and work up. Recommended dose for active UC or Crohns is 100 to 600 billion. I take 100 to 150 to mai tain, depending on my day and foods I eat. I foind it is best to take thru out the day instead of once. It helped with stool consistency, gas,

and bloating. I was diagnosed first with UC, 3rd opinion did more tests and said it was Crohns all along.

- I just don't know.
- Try them
- a waste of money
- Give them a go! But don't expect immediate results
- I'm not using them now, not sure if they changed anything.
- Take one on the morning on a empty stomach...
- Everybody is different. Probiotics may or may not help.
- Give them a try. They certainly don't hurt!
- If it can't harm you, then why not try it?
- It is good option. The doctor says that it does not have any side effect. One can start and stop it at any point of time unlike the steroids which needs tapering dosage etc
- Find one that works for you. I still have not. There are a lot out there and it can be confusing and expensive.
- You should take a good quality probiotic twice a day; for me it is a lifesaver. Without probiotics, I could not stay in remission.
- Can't harm
- Try different probiotics, don't exceed the dosage
- Absolutely give it a try. It will certainly not hurt and has the potential to help a great deal!
- Go for it
- I would advise them to try them. They have helped me more than I expected.
- I think the base for being healthy begins with a balance of good gut and intestinal flora and Probiotics help me to achieve this.
- I used to use Natren healthy trinity which contain 5 billion bacteria of the correct strain but VSL3 contains a whopping 450 per sachet. & they really helped me and a lot of other people I know. Also they are clinically tried and this brand was recommended to me by my gastro.
- The off the shelf Probiotics are a waste of money there is not enough bacteria count to replenish ones Flora go with a prescription strength option. I have my doctor prescribe me a Max dose of VSL #3 D's which is 4 packets per day for a month which equates to 120 packs per fill/mnth and use 1 per day which stretches out to 3 months of use plus I haven't gotten to how well it helps to regulate my bowels and symptoms in conjunction with my conventional meds. 1 pkg contains 900 billion active cultures from all significant strains
- Definitely give it a try. More beneficial bacteria in your intestines will not hurt. I have never heard of any bad side effects from taking probiotics.
- I began serious probiotics with the Specific Carbohydrate Diet at the same time so don't know for sure if one or the other (or both together) immediately stopped persistent symptoms which had become steroid resistant with heavy doses of Prednisone. Considerable research seems to support the "good bacteria" concept, although your doc may not agree. I mix the powdered freeze-dried bacteria with water, drink on an empty stomach and try to space the 4 doses evenly throughout the day/evening.
- It's good to help protect against cdiff!
- Probiotics make sense. I was willing to try them and see if they helped. I believe that they do help me.
- Probiotics is not an alternative for treating UC. But therapeutically probiotics play major role in treatment of UC.

- I know that everybody is different but I think that anyone who is living the nightmare of this "autoimmune condition" should try Probiotics. I wasn't sure about them until I found this website (Ihaveuc.com) and saw all the reviews regarding probiotics. Back then (march 2014) I was on Remicade and I spoke with my Dr. and refused to continue the treatment. Today, taking probiotics has been the best choice I've made
- Go for it. It sure helps.
- Do it. A non-chemical way to treat this condition. Really helped me.
- Try a lot of different foods and probiotic pills until you find one that doesn't give you problems.
- Try them it cant hurt it did help mwe
- I have been using the current probiotic for approximately 1.5 years. Since using it along with working hard to keep my stress levels controlled, I have been in remission. Quality probiotics cannot hurt!
- Because our immune system is mainly in our colon, it is important that we colonize it with beneficial microbes. Whether we take probiotics or use fermented foods, they benefit by improving or maintaining a healthy gut micro biome and thus strengthening our immune system. It can't be a coincidence, that fermented foods have been used for millennia.
- I've read they need at least 10 strains and over 50 Billion CFU's.
- Give it a go it helped me
- start as soon as possible
- Try anything new slowly and in moderation.
- When you have UC you are willing to try anything..So I tried it among other things and nothing worked. But Probiotics have worked for some so I'd say try it and see.
- At first I tried caplets and I always felt sick to my stomach, so I stopped them completely back in 2009. During my flare this past Jan.-June I started the gummies! I have no issues & feel they really make a difference!
- Give it a try. I want to be clear that my GI doctor did not suggest probiotics. My functional doctor, to whom I owe my recovery, recommended it. You have nothing to lose.
- i don't think it can cure UC, but I do believe that it's a good drink for preventing another flame again
- Try fermented foods as a complement/alternative :)
- I would tell them to use it only as a supplement to other treatments.
- I have only used it for three days but the discomfort level has decreased. Its too early to say its the Probiotics, but I'm going to give it a one month try.
- It helps just a little, doesn't come close to pharmaceuticals for sure. Not sure if it's worth the cost but it does help in the end.
- Be sure that you know if it will counteract the effects of any steroids you're on (Prednisone or Cortifoam) as Probiotics are meant to stimulate immune system and Prednisone is an immunosuppresant. I stopped for this reason.
- If your GI doc recommends probiotics, give them a try. Mine at Cleveland Clinic did.
- Take very small amounts to start with and ease into it gently. If you are in a flare taking probiotics can make things worse. Take it very slowly and build up your dosage gradually.
- Get the best quality you can afford and try out a few different strains. Reduce sugar intake as it works against the probiotics.
- Definitely...YES! Take a good quality probiotic.
- Really helped my UC a lot. Since using them, I have been in remission for over 2 years.



- To try it out, as it is only beneficial and most likely will do something even if your symptoms do not show it immediately.
- As it's been explained to me by my GI Dr., once the initial onset of Crohn's or Colitis occurs, there is very little that can be done to reset the system of the sub-mucosal lining in the colon/bowel. Probiotics can help to supplement and support that system though it will never fix the issues.
- Give it a try...not likely to hurt and just might help.
- Can't hurt as an added treatment.
- Keep using it...
- I don't think there are any side effects of taking probiotics. So one should definitely take it.
- It makes all the difference along with L-glutamine and fermented foods
- Try it!  
Buy refrigerated with more than 22 strands Of probiotics.  
Don't go cheap in the beginning.
- Do it! Even though it doesn't have an immediate effect, I feel long term it prevents/reduces severity of flairs.
- They work for me I am now 5 mos  
In remission
- Give them ago, other benefits too.
- Our digestive system needs a little help so if it doesn't make things worse it's probably not a bad idea. Otherwise stick to making 24 hour SCD yoghurt for beneficial bacteria to save money on not buying probiotics. I live in the UK and it costs me £15 for 360 tablets of acidophilus in 500 unit tablets.
- I strongly believe that probiotics have had a huge effect on reducing my ulcerative colitis symptoms. In addition to taking probiotics, I follow the SCD diet which has allowed me to stop taking remicade and ucerisis. While I'm still not back to normal, I can live a somewhat normal life.
- Try these samples and give it a week. However, I would like to say that although it has helped to give some form to my stools, they are still loose. My trips the bathroom have gone to about 3-5/7 from 5-8/10. But, I am in a little more pain on the days I go less. Not sure which is better.
- I have had UC for decades and this is the best treatment! When I have eaten the wrong things going off the SCD diet , I take an extra ultimate flora and feel better.
- Do your research first as there are many to choose from and this is important in terms of quality and content of the probiotic.
- I fear that it's difficult to know whether the probiotics help. One cannot really set up a scientific experiment without giving up ones other meds.
- everyone should use a probiotic even if you don't have U C.
- Combined with the SCD/Paleo diet the Probiotics treatment is a fine alternative to prescription medicine - which did nothing to improve my UC.  
They are expensive, but well worth trying - I may even assist getting your UC into remission...  
All the best - UC is no fun, but we must remain hopeful and positive.
- Nothing to lose
- You should at least try--for yourself--I think it helps with the pain.
- As a naturopathic doctor I would recommend that everyone take a high potency probiotic .  
Ensure that it is in a time released capsule to bypasses your stomach acids and allow for survival .

- we have more bad than good bacteria, by adding Probiotics we are assisting the fight of good vs. bad in our gut. almost 90% of our happiness(Serotonin) and Immune lie in our gut. Go slowly, and stick with it. in the beginning the herxheimer effect may occur, where a small dip(detox) happens before you get better. Probiotics are essential for ALL of us, especially for those with compromised guts
- Get a good one (liquid or powder or pills) that need refrigeration, not just pills off a shelf.
- Great at helping achieve remission
- Be careful. I tried Vsl and ended up in hospital. It's just too strong for some people. Others are worth a try and seem to help occasionally.
- Start slowly with a low dose and build up over time. Many probiotics are quite strong and may make your symptoms worse.
- I didn't have much luck during this time with my UC so I don't have any advice.
- It is worth a try. I just started taking them a month ago. I have seen a little improvement and will keep taking them for a while.
- I think they are helpful. I take them however I'm not sure how beneficial they are. I know taking them doesn't make me feel any worse. So I guess they work. They were recommended to me by my doctor and other people who I know have uc.
- I believe taking probiotics are essential to maintain healthy gut flora & should be taken even if you do not have UC.
- Don't bother eat dirt instead
- Try it it can't hurt. It gave me alot of gas and gurgling stomach but I would suggest that you try it anyway.
- Try different ways to take eg in powder, pill or chocholate balls. I find the capsule irritating also try with a prebiotic or enzymes.
- This is for supplemental use, to help digest the nutrients in food.
- They're definitely worth a try and will work for some, but don't get discouraged if they don't work for you. They can take months to work, or they might not work at all. Also, consider consuming high probiotic foods like kefir or saurkraut in lieu of taking a pill.
- Probiotics do help.
- I recommend them even if little to no improvement on the uc symptoms. They can enhance your immune system and help combat secondary illnesses.
- I lost over 35 pounds from having UC, I was so thin my partner told me she could feel my bones when she hugged me. I thought my life was over. After taking probiotics I gained it all back. I can now go out and not be afraid of pooping in my pants, and I had many times I did before. I also take L-Glutamine which stopped my bleeding. Thank the lord for taking these wonderful life savers.
- Don't hesitate, it's the only thing that has held my symptoms at bay. It's better than being on those terrible drugs. I use it in conjunction with other natural remedies
- I would say yes, my Gastro Doctor suggested Align and I felt a difference in 2 days.
- I am on Lialda which controls my symptoms but I was taking Probiotics during a flare-up because it was recommended on this website. I really can't tell if they helped out or not. Why not try them? It certainly doesn't hurt.
- I WOULD ENCOURAGE THEM.
- Don't bother

- I would say to try probiotics, but to make sure that they are doctor-approved. So far, Align seems to be the only one although there are many others available. The lowest cost for Align that I found is at Costco (approx. \$48 for 90 days).
- Go for it but also looks for other things too like turmeric and boswelvia or lovely larch tea
- TRY IT, IT WONT MAKE IT ANY WORSE
- I don't think it's my place to offer advice. I can only share my own experience with probiotics; and the only time they have helped me is when I developed thrush from Flagyl (c-diff antibiotic). I used "Pearls" -- triple dose -- and it was more effective than Nystatin. Did nothing for my UC flare. Nothing. In fact, the Ultimate Flora made my symptoms worse.
- I take mine twice a day. Evening and then again in the morning. It helped with the frequency of bm's and also decrease loose stool. It generally made me feel better (or makes me feel better cause I still take them. I used to take Ultimate Flora which is great, but pretty costly. My GI recommended the Algin brand...actually the generic that cost me \$16 - \$24 depending on the amount you want. She was adamant about, forgive me if i get it wrong, an ingredient that ended with the words "infantus or infantis" which when I looked at other brands did not have it. I dont know if it makes much of a difference, but either way probiotics works for me. I thought only the refrigerated ones were "authentic" but the ones from Walmart dont need to be refridgerated and work great.
- It can't hurt!
- Anything is worth a go and though I'm not sure it helped my colitis I'm convinced it was beneficial to my general health.
- It seems to help "settle" my stomach in the morning. I have an hour long commute and I feel safer to travel after I have had them. Then I eat / drink coffee once I arrive at work.
- consult your doctor first....
- Give it a try. It certainly is no more harmful than Prednisone or Lialda or Asacol or any of the other meds that may be prescribed.
- Seems like a good idea. It appears to help some people quite a bit. For me I think it helps keep me in remission rather than stopping a flare.
- try it. you will never know. it might make you feel beter
- Give it a try and ease into it if you are taking a strong probiotic
- VSL #3 has been the best this far and less expensive going through Costco!
- It works for me. I haven't had major symptoms in years. I've been taking probiotics for over 2 years now. You have to find the right brand for you or it can cause some digestive unpleasantly. Phillips works for me. I make my husband take them too. Neither of us get the common cold or flu like before we took them.
- get a good strain, one for uc
- I would definitely advise someone with UC to start taking probiotics on a regular basis. They need to try the different strains to see which one would be suitable for them.
- Keeping everything in balance with proper gut flora gives a fighting chance.
- Try using a probiotic. If it does not help try a different one. They may help a lot or not at all. Everyone is different.
- I take them when I feel I need to. My advice would be to try them in moderation, Ive found my brain give out signals that im lacking something in my diet.then I take one first thing in the morning for several days then leave them until that feeling comes back.it works for me.im on a course of Mercaptopurine 25mg per day for the last two years and apart from the occasional bouts of tiredness im very well.

- Take them consistently. Probiotics help my UC.
  - try it and see, start slow, use dairy free and a high quality brand L.acidophilus only to start with and go from there
  - Probiotics with both strains of Acidophilus and Bifidus. The more strains the better! It is important to have the bifidus as I found that really helps most.
  - They only seemed to help maintain remission
  - Start out in the mid dosage range... Also look for caplets... The heat to make the actual pills kill some of the bacteria...
  - Start on low doses
  - Use probiotics that are individually packaged for potency.
  - You have to experiment and see what type of probiotic works for you best.
  - Definitely try it--it can't hurt.
  - From personal experience - i use probiotic yoghurt most days with good healthy diet.
- I also take Zinc supplement at least 3 times week. Zinc helps to improve your immune system. It certainly made difference to my UC. Not had flare for last 3 yrs.

I only take 2mg Pentasa and 75mg Azathioprine for last 3 yrs.

- Definitely give it a go
  - Definitely, try them!
  - The sooner you start taking probiotics the better! It will repopulate healthy your distressed colon with healthy life-saving bacteria. We all need it whether sick or healthy but particularly if your digestive tract is not normal.
  - Go for it - I say always try something once and in my experience probiotics definitely helps more than other supplements. It's all about good gut bacteria, so if you're taking lots of other meds, or being forced to take antibiotics, then get into some high-quality probiotics too. Yakult, Inner Health Plus or other cheapo brands don't cut it. Go for the best.
- (My photo - me and hubby sitting on a cow in Switzerland!)

- Try it, it rarely causes harm.
- Try anything to help yourself you never know what will work for you.
- It's a life saver! Try it!
- Everyone is different . So just try it for yourself.
- Might as well try it. Just for total immune health.
- It is a good thing but not a cure all also look at your list of antibiotics and your lifestyle and see if you can reduce the need for probiotics.
- Start at a low dose.  
They made my symptoms worse :(
- I started them when I was beginning several other supplements plus on prednisolone at the time, so not sure if they have helped or not. Start them when you're not trying anything else new.  
Also, I'm never sure when the best time is to take them... before food, how many hours pre or post hot food/drinks etc?
- I have found that Probiotics only work when the rest of my body and life are balanced (clean diet, exercise, low stress in life). If you just try to take probiotics by themselves like a wonder-

drug, they may work for awhile but then will stop working, just like any medication. Probiotics are not a cure-all, but they definitely help balance the body and ease UC symptoms!

- I would highly recommend probiotics for someone with UC because they have helped me tremendously in the past. People diagnosed with UC sometimes have weaker immune systems than someone who does not have the condition which can cause other harmful bacteria to grow in our intestines. Probiotics help keep a proper balance of good bacterial growth.
- Just take them no matter what - like I said, can't hurt, might help. And keep up with the research as to what strains are good for what conditions. And tell your gastroenterologist to keep up with research also. If you depend on yogurt and/or esp. frozen yogurt, note the live culture info.
- Definitely give it a try. I felt relief within 24hrs during a 6 month severe flare
- I would say to try them. If you see that it doesn't help then you can always stop taking them.
- I have been taking them for so long I honestly don't know how much they help. I seem to be going into back to back re-occurring flares and so I am hopeful that taking a higher dose will help. I don't think it can hurt!
- Use it and keep at it, the results will soon show
- Absolutely! There is no down side and I am completely convinced that they helped me to turn the corner with my UC; I am now in complete remission!
- DO IT DO IT DO IT. I have basically stopped taking my UC meds. Been on probiotics for about 1 year, and it has CHANGED MY LIFE. Within a couple of weeks, I felt 100% better and almost normal (almost...I'll never be quite normal).  
I can go on long car rides now, and I can eat more things than I used to. The probiotics quite literally changed my life. No way you shouldn't be trying VSL. Best thing that ever happened to my UC. I've had UC since I was 12 (I'm 33 now) and have NEVER experienced such a normal life (knock wood).
- give it a try and you'll find out if it helps / works for you
- Use a good quality probiotic
- Get the live cultures and remember to take them regularly.
- Definitely use them!!! Very helpful and has changed my life!
- There are other means to add probiotics to your diet as opposed to a capsule. See kefir, SCD Yogurt, kimchee
- It is certainly worth a try. Good luck
- Even if probiotics don't seem to make a difference with colitis, I believe they help me stay healthier overall (fewer colds, more energy, clearer skin). Even if my colitis was magically "Cured" I would still continue with probiotics for the other benefits that help with overall health.
- Look for the bifido bacterium, this bacteria lives in the colon and if you are anything like me, probably severely lacking in it.
- I don't have good advice. I think it is worth trying. I am just slacking taking care of me.
- Try it there is nothing to loose.
- Give them a chance. Try them for 6 to 12 months, then decide whether to continue.
- I really can't offer much advice on the use of probiotics as my disease hit me very hard in the beginning and I started with remicade right off the bat. I really don't know how probiotics are effecting my disease until I get off the remicade which will happen after I am in remission. Stay tuned!
- Give them at least 30-60 days to evaluate.

- It can't hurt, might as well try it! I thought my vsl was not really making a difference until I stopped. After about the 4th day I could already notice a difference.
- Best thing one could do
- get a good probiotic and I think that switching to a powder has helped my stomach
- do your research about the different strains in each type and be willing to try different types till you find what works for you.
- Try them its worth a try
- Try them I have heard they work for some but not other I was one of the latter ? But you never know unless you try
- try it. It can't hurt.
- It makes just makes sense to take them.
- I found the probiotic helped with the constant pain I had in my side.
- If you can afford it, give it a try.
- Please try it! It really does seem to make a difference.
- Probiotics has really been key for maintaining remission. Can't speak highly enough about them. Try them and use them everyday. I take them at night and they do the job by the morning :)
- Well i did something that I feel put my UC in remission for over a year, I used 3-4 different Probiotics in enema's and over the course of a week 2x a day my UC completely went into remission
- Go into it with an open mind, there is so much research supporting good gut bacteria and it's benefits, not just for UC but for other inflammatory diseases, so all we can do is try and hope for a positive result!
- If you want to use the VSL #3 you can get a prescription from your Dr. and your insurance company should cover part of the cost.
- Start with a low dose like 10 or 25 million per day for the first month.
- Try it and see!!
- Talk to your GI specialist to see what probiotic they would recommend for you and what dose to take
- One of the best things you can take to improve how you feel and reduce symptoms.
- take it as long as you fill that it helps you.
- Take it. Everyone should take one.
- Consult you doctor
- Try probiotics without Bifidus 1st to see how you do(SCD doesn't advise Bifidus but similar GAPS diet say ok)-get tested to monitor colony population and effectiveness of brand.
- Give it a try it may help.
- Not all probiotics are made equal or are right for you.
- VSL#3 is the best if you can afford it. Probiotics have helped me with bloating I can tell when I do not take it.
- Still not sure if these work or not but seam like they shouldn't due to the texture, taste and what's actually in it but if you don't try you'll never know.
- Unless a profile of the perfect gut bacteria is sold - this is as good as it gets. Also tweak your diet to yours needs not the latest fad or craze. Be intelligent and pull the good info from various diets and make your own. Peace and be well.
- Don't expect probiotics to be a cure-all. I've found that they work best in conjunction with prescription meds. However, I do feel they've helped significantly and are certainly a

worthwhile option. I used probiotics consistently for the past 12 months, and for the first time in 17 years I've been able to stop taking prednisone. I feel better than I've ever felt since my diagnosis. My annual colonoscopy is in a couple of days, so I'll get a firsthand report on how things look.

- My opinion is that probiotics is not the silver bullet, there are other variables in controlling my UC. When starting probiotic regimen, it takes time, results are not immediate. My experience was about a month or two (and that was 2 pills a day). Probiotics assisted my gut to heal and I now use it as a maintenance mechanism in conjunction with my prescribed meds (balsalazide disodium).
- Do it. No less than 30 billion
- Try them it may help
- I make my own yogurt per SCD diet with probiotic starter and think that level of probiotics is high. The yogurt does not always seem to come together properly or I don't always have it so use the pill form to supplement.

The OTC probiotics starting to appear at drug stores have very little in them. Read the labels.

- Try them and see how it goes.
- Be careful to read the ingredients. Some probiotics contain dairy and may worsen your UC symptoms.
- Try them, it's all good.
- Try them especially VSL3
- Try it. Rant time... Also, the probiotic S Boulardi helps with C Diff. The symptoms of C Diff and UC are similar. I almost took another round of Prednisone before we realized I had C Diff this time and wasn't in a UC flare. Prednisone makes C Diff worse so if it isn't helping your flare make sure to have your doc check your stool for C Diff.
- Keep on trying until you find the right type for you
- Try different brands as different brands work differently on different people
- My GI said there wasn't evidence to prove whether probiotics were good or bad, but didn't think they could hurt me. The dr did say it would take a while to see results.
- I think using Probiotics is something you have to decide on depending on the benefits to your body. While I am blessed enough to afford it, I'm going to use them as a "better safe than sorry" part of my treatment regimen. My doctor DID advise it was an important part of my treatment and I've been flare-free for over a year now and am very healthy considering where I started at UC diagnosis.
- Get a good one. My doc also gives me free samples of a better one that works better.
- Try different brands and types, and give them each a month or two before making up your mind.
- Go for it you can only but try . If you don't you will never know if they can help x
- It seems to help.
- Try everything and anything before moving onto biologics or immunosuppressants..if you can. Anything is worth a shot, but not everyone's disease will respond to what someone else's will respond to. If you have to take the stronger drugs to get better, then do it! It's easy to feel like you have failed in some way if you do but remember there is not one magical solution for remission for everyone! Stay positive and do what is right for you!
- Even if you don't know if they help, I believe that they won't hurt you. I think we all could use more good bacteria.

- I don't see how it can hurt but find out how much to take and buy from a good source. Most need refrigeration but Dr. Mercola says his are freeze dried so they need no refrigeration. Don't look for the cheapest. Do your research.
  - They're not a cure by any means. But I do notice a negative difference when I'm off them.
  - Find a way to create and nurture the colony of good bacteria in the gut. Probiotics are one way but there are others.
  - Stick with the quality stuff. Must be refrigerated or it's junk. Vsl3 has scientific proof through studies.
  - Reserch it and Try it
  - Give it a try, I was reluctant, but these really helped me.
  - Can't hurt to try.
  - Go slow to see how your body reacts. Try different brands, expensive aren't always the best. probiotics that are "best if refrigerated" are better then other room temperature probiotics.
  - Try them and see if they work - maybe use a dairy free form and also with a prebiotic
  - Not sure as I am just starting out. Be patient I would assume and give them a chance before you write them off.
  - Give it a try for at least one month. If you don't experience improvement, finish teh bottle and quit. I really didn't think I would feel any change but was surprised that one pill a day really did improve my symptoms.
  - A probiotic plan is long term so you need to stay with it. Consider your diet at the same time you're healing your intestinal tract by taking probiotics. I've come to realize that once the gut has begun the healing process, previously irritating foods can be reintroduced to the diet without creating problems. That's been my experience. I'm aware now of the unhealthy oils being used in the fast food and quick restaurant food industry. I use quality olive oil, coconut oil and avocado oil at home, and I try to avoid restaurants I suspect use cheap oils. There are many of them - this isn't easy - but you can be certain all fast food restaurants use them.
  - Try one for a month. If you see no improvement, try a different one for a month, until you hit on the one that works best for you.
  - swallow a daily dose of the "good" bacteria that help balance out the bad bugs in your gut. The downside is that most brands contain millions of bacteria from a few different strains, whereas your body contains trillions from hundreds of strains so find a probiotics that help you.
  - It's worth trying it!
  - I wouldn't recommend you use probiotics whilst in a flare. I think they only made things worse and I didn't focus on them again until I was feeling better.
- I did reintroduce them when I was feeling better as felt that I needed to but not sure why - maybe just marketing. Since I now have everything under control and I'm so feeling good, I'm a little nervous to drop anything.
- I discovered that using probiotics wasn't enough or there aren't enough cultures in them to help 100% I answered that they helped in the question above but during a flare one time when I was really bad, I took probiotics and like food, they made me feel worse, just a matter of everything I put in my mouth stomach, made me run to the bathroom. I now make my own kefir and the results are amazing. I still take acidophilus and a powdered probiotic in my morning smoothie and eat yogurt. I try to get probiotics from many sources including fermented foods.
  - Use it it can only help .



- There will be an adjustment period.....I trialed several different brands before I came to this one.....give them a really fair trial before you give up on them!
- I brew my own kombucha. Really easy and inexpensive. I'm 51 years old and I've had ulcerative colitis for 27 years. I had no luck with medications. Smoking cigarettes kept me in remission. Lung infections and generally feeling bad made me look for an alternative. **KOMBUCHA WORKS!!!** 16 ozs a day is all I drink. Maybe once or twice a week I'll drink a bottle of kifer. Ulcerative Colitis has been in remission drinking kombucha for about 3 years now.
- It will be trial and error until you find a brand/kind that you like. I tried a top notch, expensive one that I read is supposed to be so good, but my body didn't like it. I felt worse after I started taking it. I switched to another one, a cheaper brand, and my stomach felt much better and I am still taking it with no issues.
- definitely give it a go. health of the gut is so important and bacteria plays a big part in this. See if you get results after a month. A clean diet works in tandem with Probiotics very well.
- Find out if they work.
- I think no matter if you have UC or not, probiotics benefit the digestive system. We all know a healthy digestive system = good overall health.
- Give it a few weeks to change the good bacteria in your gut. It made a huge difference for me and I have suffered from UC for 22 years. It stopped the bloating, the pain and the bleeding.
- Try different brands. Some I had taken before made no difference. The vsl has research to support it helping treat the symptoms of colitis.
- It's worth a try. I was in a flare when I started using it, and have never been so quickly gone into remission and have been in remission ever since. I live/work with sick children in the Middle East and being in remission helps me to continue doing that!
- In the uk vsl3 is available free on the nhs.
- It's always worth a try. Your results may vary.
- Definitely give it a try and stick with it for a while. It worked wonders for me!!!
- Instead of trying Capsules, try different fermented vegetables. All you need is Sea Salt, Distilled Water and vegetables.
- it excellent pduct for controlling uc
- That you get one that does not dissolve until it reaches the colon and that you take on a completely empty stomach and then no eating or drinking anything other than water for at least a half an hour afterward.
- After reading about the use of probiotics I thought it wouldn't hurt to try them. After try them for two months and saw no improvement I decided to stop using them. Can't hurt to try, it has worked for some and not for others. Fortunately my doctors regiment of Asacol, prednisone, and puranethol has put me in remission. Now just tahnig the puranethol and doing some food matching. I'll eat a protien and veggies of which some are raw and no starches. This what I eat mostly, occasionally I'll eat a start with veggies such as spaghetti with a salad, no meatballs though. I've found this works for me, not sure if it the different enzymes required to break down food but as long as I don't mix protien sand starches together my gut feels great. Hope this may help some of you and good luck. Although it may seem impossible at times, there can be a good life with UC.
- I would not take the probiotic if my doctor had not recommended I do so since I cannot say for sure it is helping any. But I dont think it is hurting me so I continue to take it. Overall, the

Crohn's is under control, while not in remission, so I am wary of changing any of the medications I take or the diet I try to stick to.

- Eat healthy
- I use them everyday but that can get expensive. If cost is a factor then at least take them while having diarrhea and for a week after it stops. Also, start taking them immediately anytime you take antibiotics. I've been able to prevent flares by doing that. One bottle of prebiotic costs less than one day of missed work.
- Try the *Saccharomyces Boulardii*. There are Italian studies on it used on people with UC that look very promising. Check into it on Wiki. Also the Caprylic Acid for leaky gut.
- Give it a try. It can only help.
- Hey, if it's all about promoting good bacteria in your gut then adding a good Probiotic every day only makes sense to me.
- It may or may not be working but it sure isn't doing any harm and makes me feel as if I am doing something positive.
- They never made a difference for me
- I believe Probiotics helps but there are different brands with different strains. Sometimes it is hard to choose.

I also make home made Yougort and take one cup per day. My doctor said it is good to take Yougort every day but choose the ones that have no suger. I would say it is good to start taking authentic yougort (Greek ones) for start since it does not cost you much.

- It's worth trying!
- It is supposed to be a natural way to rebuild the good bacteria in your intestine so it couldn't hurt to try.
- Certain strains of probiotics are supposed to be better for UC; after researching which ones seemed to help UC more, I chose the Mercola brand.
- I highly recommend VSL #3, which put me into remission. I've had no side effects at all and from all accounts, is completely safe to use over a long period of time. I'd suggest starting with the strongest dosage, which requires a prescription. It took longer to work than advertised - in my case about 6 weeks. And it's expensive. But it put me into remission and I've been able to stay in remission (it's been almost 2 years thus far) using a lesser dosage.
- Be careful. It brought me into my worst flare ever. Bleeding, cramping and I lived in the bathroom for weeks. My doctor advised I stay on it for at least a month and it was horrible. Got worse every day during that time.
- Try them
- I use probiotics daily along with all fresh fruit, vegetables and meat, but only Organic produce. I am now free of medication and hope it stays that way !!
- Consult a physician. While in the hospital during a flare, the doctor told me to stop taking them.
- PLEASE try it before taking all the harsh drugs that your doctor will probably recommend. I found out about probiotics from ihaveuc.com and when I asked my doctor about them, he had never heard of them. I asked him if he could prescribe me VSL#3/VSL#3DS and he had to look it up because he didn't even know what it was. I'm SO glad I read about it on this site because it's the only thing that has kept me in remission.
- Try different brands. Use refrigerated ones.
- I think it's a great idea to have probiotics daily, regardless if you have UC or not.

- Try it to determine if it helps
- I would try probiotics. I have tried several. VSL#3 shows the most promise. However, it is also the most expensive. There is an Rx strength, but unfortunately, my insurance will not cover it.
- Go for it, you have nothing to lose and everything to gain. I don't see how they can hurt you.
- There is no harm in taking them and they can act as a good way to keep a high level of 'good bacteria' in the gut but I would not use them in place of medication. Also they are quite expensive.
- Definitely worth trying. Probiotics has helped my UC, no doubt.
- Please try, it may be of great benefit.
- My doctor have no tips what to eat.
- Definitely try it & see if it helps you!
- I am now off prescription medication, 12 months ago I was struggling to control my colitis and continually escalating my dose rates and the strength of the medication I was taking.
- I personally didn't see any benefit with them. I think they made me worse and I wouldn't be willing to recommend them just in-case they made someone else sicker also .
- It's worth trying. It can't do any harm
- Must take probiotics.Helps a lot