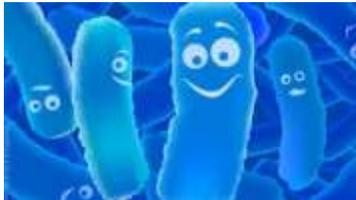




## Probiotics

Probiotics are the “good” bacteria that live in the intestinal tract. There are hundreds of different kinds. When your pet has plenty of the good ones, it helps to keep down the number of “bad” ones that can cause disease. They also help to keep the immune system healthy and help with many health problems.



### Benefits

Some benefits and conditions treated include:

- Improved stool quality
- Diarrhea
- Inflammatory Bowel Disease
- Allergies
- Arthritis
- High blood pressure
- Infections
- Kidney disease
- Improved immune system

Research has shown positive results from using probiotics in pets. Although the research is limited, there have been no safety concerns.



### What to Choose

Be careful when choosing a probiotic supplement to make sure it will work for your pet. Since these are live organisms, keeping them alive is important.

Read labels regarding whether the product needs to be refrigerated or not. You can refrigerate them to avoid temperature fluctuations during warm weather.

We have a product we have used for years. It has been effective and most pets (including most cats) will readily eat it. That’s the main reason we haven’t switched brands.

### Prebiotics

You may see the word “prebiotic”. This is not the same as probiotic. Prebiotics are carbohydrates (fiber) that acts as food for the probiotic bacteria. They keep the good guys healthy. Prebiotics include inulin and FOS (fructooligosaccharides) and may be included in your probiotic product. This is another way to improve the bacteria in your pet’s body.

### Antibiotics

Antibiotics kill bacteria. This includes the good ones. Every pet who receives antibiotics should get probiotics. Unfortunately, the antibiotics will also kill some of the probiotics. To reduce this, give the probiotics at a separate time from the antibiotics. Give them at least a couple of hours apart. Also, continue probiotics for a week after your pet has finished antibiotics. This will help your pet to recover faster.

### Summary

Probiotics are an excellent supplement for all pets. They will help with certain diseases as well as improve health for a long life.

