Saccharomyces boulardii: products, dosage, cost and references

Manufacturers use differing units of measurement. Florastor no longer indicates the "CFU" on their website; product literature shows "mg" only. The "5 billion CFU" designator was obtained from an earlier version of their website. Swanson uses "viable units" - a more correct designation as yeast doesn't actually colonize in the gut but must be taken on a regular basis to maintain a useful level. Jarrow uses "organisms" and Platinum uses CFU.

Products

Florastor *S. boulardii* lyo - 250 mg per capsule
http://florastor.com/
Per the web site www.probiotic.org, each 250mg capsule provides 5 Billion CFU

Swanson Probiotics Saccharomyces Boulardii
S. boulardii 5 billion viable units per capsule
with Bio-Mos 200 mg
http://www.swansonvitamins.com/swanson-probiotics-saccharomyces-boulardii-30-veg-drcaps

Jarrow Formulas Saccharomyces Boulardii + MOS
S. boulardii 5 billion organisms per capsule
with Bio-Mos 200 mg
http://www.swansonvitamins.com/jarrow-formulas-inc-saccharomyces-boulardii-mos-90-veg-caps

Platinum Balance
Saccharomyces c. boulardii 1079 10 billion CFU per 6 gram serving
(plus Aspergillus oryzae, L-glutamine, MOS, S. cerevisiae 1077)
http://www.platinumperformance.com/Platinum-Balance0153/productinfo/EBALP10/

Platinum Gastric Support
Saccharomyces c. boulardii 1079 20 billion CFU per 30 grams (2 servings)
(plus Lactobacillus delbrueckii)
http://www.platinumperformance.com/Platinum-Gastric-Support/productinfo/EPGAP1/

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Dosages

At a rate of 20 Billion viable organisms per day for an effective equine dosage, this would require:

- 4 - 250 mg Florastor capsules
- 4 - Swanson Saccharomyces boulardii capsules
- 2 - 6 gram servings of Platinum Balance
- 2 -15 gram servings of Platinum Gastric Support.

[Desrochers study used 25 grams q 12 hours - equivalent to 10 Florastor capsules (providing 50 Billion CFU)]

Cost (this is only comparing the *S. boulardii* component)

Florastor - at www.Drugstore.com (search on Florastor) 50-250 mg capsules
$37.99 + shipping
= 25-500 mg servings (10 Billion CFU) 12.5 days at 20 billion units/day
$1.52 per serving
$3.04/day for 20 billion units

Swanson- 30 -5 billion viable units capsules $4.99 + shipping
= 15 servings (10 Billion viable units each) 7 days at 20 billion units/day
$0.33 per serving
$0.66/day for 20 billion units

Jarrow 90 -5 billion viable units capsules $16.57 + shipping
= 45 servings (10 Billion viable units) 22.5 days at 20 billion units/day
$0.37 per serving
$0.74/day for 20 billion units

Platinum Balance - 0.4 lb $24.00 + shipping
= 30-6 gram servings (10 Billion CFU each - 15 days at 20 Billion CFU/day)
$0.80 per serving
$1.60/day for 20 billion units

Platinum Gastric Support - 1 lb $88.00 + shipping
= 30-15 gram servings (10 Billion CFU each - 15 days at 20 Billion CFU/day)
$2.93 per serving
$5.86/day for 20 billion units
[Consideration - Platinum Gastric Support does have other ingredients included.]

***S. boulardii* references - veterinary (several of these refer to use in C. difficile infections)**

Neonatal Foal Diarrhea
Dana Zimmel, DVM, Diplomate ACVIM, ABVP (Equine Practice)
Author's address: University of Florida, College of Veterinary Medicine, 2105 SW 16th Avenue, Gainesville, FL 32608; Email: zimmeld@vetmed.ufl.edu.
http://www.ivis.org/proceedings/aaepfocus/2008/Zimmel.pdf

Efficacy of *Saccharomyces boulardii* for treatment of horses with acute enterocolitis. This study used 25 grams q 12 hours
Desrochers AM, Dolente BA, Roy MF, Boston R, Carlisle S.
Source
Department of Clinical Studies, New Bolton Center campus, University of Pennsylvania, Kennett Square PA 19348, USA.
http://www.ncbi.nlm.nih.gov/pubmed?term=Efficacy%20of%20Saccharomyces%20boulardii%20for%20treatment%20of%20horses%20with%20acute%20enterocolitis

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A Review of Probiotics: Are They Really "Functional Foods"?
J. Scott Weese, DVM, DVSc, Diplomate ACVIM 2001/91010100027.pdf
World J Gastroenterol. 2010 May 14;16(18):2202-22.
http://www.ivis.org/proceedings/aaep/

Infectious Gastrointestinal Disorders
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http://www.ivis.org/proceedings/weva/2009/440.pdf?LA=1

Pre - and Probiotics: Potentials for Equine Practice
Véronique JULLIAND, Professor, ENESAD, Dijon, France
http://www.ivis.org/proceedings/eenhc/2006/julliand.pdf?LA=1

***S. boulardii* references - human**

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Effectiveness and safety of Saccharomyces boulardii for acute infectious diarrhea.
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Source
Eskisehir Osmangazi University, Faculty of Medicine, Department of Pediatric Infectious Disease and Intensive Care Unit , Eskisehir , Turkey
timboothtr@yahoo.com.
http://www.ncbi.nlm.nih.gov/pubmed/22335323

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McFarland LV.
The use of S. boulardii as a therapeutic probiotic is evidence-based for both efficacy and safety for several types of diarrhea.
http://www.ncbi.nlm.nih.gov/pubmed/20458757

JAMA. 1994 Jun 22-29;271(24):1913-8.
A randomized placebo-controlled trial of Saccharomyces boulardii in combination with standard antibiotics for Clostridium difficile disease.
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Department of Medicinal Chemistry, School of Pharmacy, University of Washington, Seattle 98195.
http://www.ncbi.nlm.nih.gov/pubmed?term=randomised%20placebo-controlled%20trial%20of%20Saccharomyces%20boulardii%20in%20combination%20with%20standard%20antibiotics%20for%20Clostridium%20difficile%20disease
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J Infect. 2009 Jun;58(6):403-10. Epub 2009 Apr 5.
Recurrent Clostridium difficile infection: a review of risk factors, treatments, and outcomes.
Johnson S.
Source

Infectious Disease Section, Loyola University Medical Center, Stritch School of Medicine, Maywood, IL 60153, USA. sjohnson@lumc.edu
http://www.ncbi.nlm.nih.gov/pubmed/19394704

J Clin Gastroenterol. 2011 Nov;45 Suppl:S154-8.
Probiotics in clostridium difficile Infection.
Na X, Kelly C.
Source
Division of Gastroenterology, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA, USA.
http://www.ncbi.nlm.nih.gov/pubmed/21992956

Platinum Bio-Sponge is Di-tri-oc- tahedral (DTO) smectite, a natural clay that's been shown to be able to bind to C. difficile toxins A and B and C. perfringens enterotoxin in vitro http://www.ivis.org/proceedings/aaep/2002/910102000127.PDF

Bio-Mos® consists of a mannan and a glucan component. The structure of the mannan component resembles that of the carbohydrates on the gut wall. In theory, pathogenic, growth-inhibiting microbes that normally adhere to mannans on the gut wall may instead bind to the mannan component of Bio-Mos® (Newman, 1994). Because these pathogens do not attach to the gut wall, they are flushed from the upper gut. This is critical because the binding to the gut wall is what enables these pathogens to produce and release enterotoxins that lead to diarrhea (Eidelsburger, 1998).
http://www.livestocktrail.illinois.edu/porknet/paperDisplay.cfm?ContentID=413
