

UNDERSTANDING STRAINS



Name of the Strains

- 1000 species and 5000 strains
- Strains are named as follows:

Example: *Lactobacillus rhamnosus* GG

Lactobacillus = the name of the genus

Rhamnosus = the name of the species

GG = the name of the strain



Understanding Strains

- It is impossible to devise a protocol with just the strains a client needs
- We are dependant on the combinations created by the supplement companies
- However, understanding what the more common strains can do allows us to better pick a supplement for a client
- This combined with other strategies for gut health will be more effective for clients

