

THE ULTIMATE PROBIOTIC YOGURT GUIDE

MAKE TRILLIONS OF LIVE PROBIOTICS THAT CAN HELP:

- **LOSE WEIGHT**
- **REDUCE BLOATING**
- **IMPROVE SLEEP & ENERGY**



Ebook by Ultimate Health Solutions

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YOGURT AND PROBIOTICS

Yogurt is one of the best sources of probiotic bacteria among all foods.

One half cup serving of yogurt can contain over 250 billion live active cultures, or the equivalent of over 25 capsules of probiotics.

When compared to the probiotic levels in most supplements, it's clear that yogurt can provide a significant amount of live probiotics at an affordable price!

In the late 19th century, food scientists began studying cultures that regularly consumed yogurt, such as those in Bulgaria, India, and Russia, to understand yogurt's health and longevity benefits.

They discovered that the daily consumption of live yogurt by these populations contained numerous strains of beneficial bacteria. Such bacteria have been labeled "probiotics".

Over the years, through various studies, it has been established that these different bacteria can have positive effects on gastrointestinal health, your immune system and even mental health.

Specific to immunity, it is estimated that 70% of the immune system is located in the gut, where diverse bacteria is best.

- Sources:

www.uclahealth.org/news/want-to-boost-immunity-look-to-the-gut

www.pubmed.ncbi.nlm.nih.gov/33803407

And speaking of mental health, the American Psychological Association confirms that:

"Gut bacteria produce hundreds of neurochemicals that the brain uses to regulate basic physiological processes as well as mental processes such as learning, memory and mood. For example, gut bacteria manufacture about 95 percent of the body's supply of serotonin, which influences both mood and GI activity."

- Source www.apa.org/monitor/2012/09/gut-feeling

Making homemade yogurt, either dairy or plant-based yogurt, is an effective and affordable way to get high amounts of quality and diverse probiotics.

So make good use of your Ultimate Probiotics Yogurt Maker and consider giving one as a gift to that friend or family member you also want to see lead a healthier, happier life.

MAXIMUM STRENGTH PROBIOTIC YOGURTS

While The Ultimate Probiotic Yogurt Maker can be used to make regular, delicious yogurts, the inspiration behind this product was to create a yogurt maker that is perfectly suited to make homemade yogurts with the highest probiotic culture content possible.

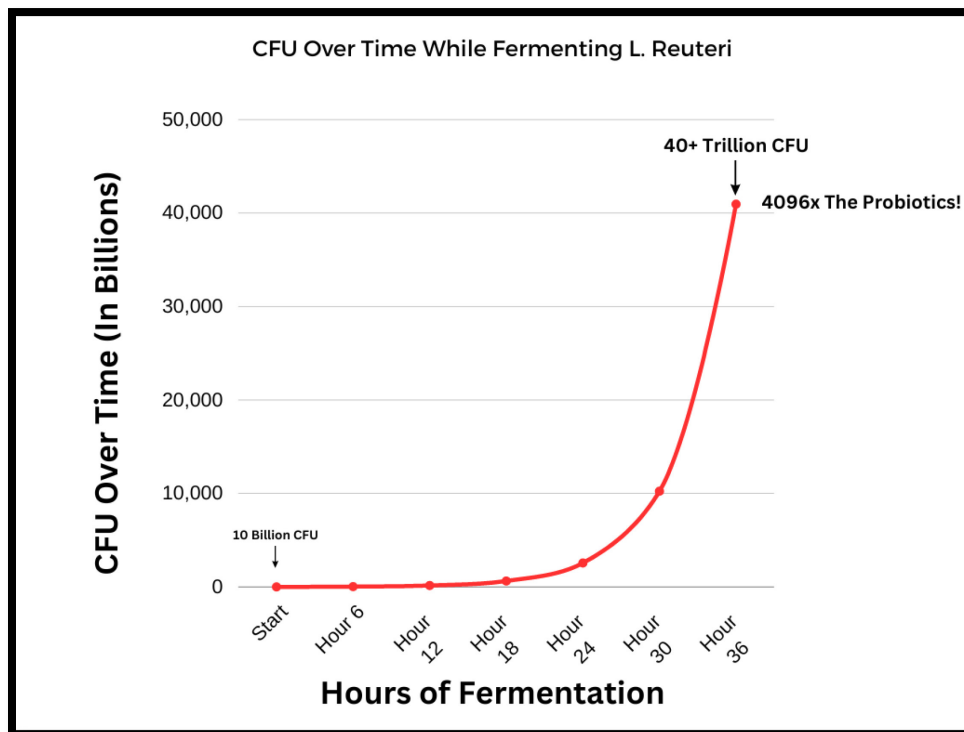
In this section, we will discuss exactly what to look for when making yogurts with high probiotic counts, and some exact recipes that you can use to achieve great results!

Note that maximum strength probiotic yogurts are for your health, not your taste buds. They are much more sour and tangy than store-bought yogurts.

We recommend using organic half-and-half cream for all of these recipes to make a thicker, creamier yogurt.

If you don't consume dairy, you can use organic soy milk, coconut and nut milks. These usually need to be fortified and/or preheated to yield good results. This is described later in this guide.

We recommend that you consume ½ cup of your high potency probiotic yogurt once or twice daily as health supplement. Use natural flavorings or sweeteners to improve the taste, just like any yogurt.



MAXIMUM POTENCY PROBIOTIC TIPS

In order to maximize the strength and efficacy of your probiotic yogurts, it is important to take note of a few things:

1. Probiotic starter – The most important thing when making probiotic yogurt is to select probiotic strains that address your specific needs and, in the quantity, called for in the recipe, usually measured in millions or billions].

Dr. William Davis's best-selling book, "Super Gut" has some excellent recipes that can also be found on his website at www.dr.davisinfinitehealth.com.

For a starter you can use any yogurt with live cultures or any probiotic blend of strains you like, or a combination of yogurt and probiotic capsule(s).

2. The next most important thing is temperature. Much like other organisms, probiotics prefer certain temperatures for optimal growth.

Probiotics can be killed if exposed to temperatures that are too hot and can fail to multiply if too cool.

For most probiotics, the ideal temperature ranges from 100-115 degrees Fahrenheit, but this varies by species and strain.

Check out our probiotic temperature guide in the appendix for more info.

If you are making a batch with multiple strains that have different ideal culturing temperatures, consider using a temperature somewhere in between to give you the best chance of growing all of the strains.

3. The next most important thing is ensuring that your probiotics have something to eat.

Probiotics feed off the lactose in milk, but because we ferment our probiotic yogurts for up to 36 hours, we add extra prebiotic fibers like inulin, raw potato starch or sugar if in a pinch. This makes sure the probiotics always have enough food to reproduce and multiply.

4. The final thing to keep in mind is time. Probiotics reproduce by dividing and doubling their count. Some probiotics do this faster or slower than others. For this reason, keeping the probiotics culturing for longer amounts of time will allow the probiotics to double more, leading to much more powerful probiotics.

As suggested in the book, "Super Gut", we recommend that you ferment your maximum strength probiotic yogurts for 36 hours to ensure the highest probiotic counts possible.

MAXIMUM STRENGTH PROBIOTIC YOGURT RECIPES

LACTOBACILLUS REUTERI YOGURT

Regularly consumption of this yogurt can lead to:

- Smoother skin, reduced wrinkles and increased skin moisture
- Faster skin healing
- Restoring muscle
- Boosting oxytocin, which promotes empathy and enhances your emotional well-being
- Protecting against recurrences of SIBO (small intestine bacterial overgrowth) or SIFO (small intestine fungal overgrowth).
- Age reversing effects.

Ingredients:

- 10 crushed BioGaia Gastrus tablets (2 Billion CFU of L. Reuteri ATCC PTA 6475) or one capsule of BioGaia Osofortis (10 Billion CFU of L. Reuteri ATCC PTA 6475)

Available Here: [BioGaia Gastrus](#) or [BioGaia Osofortis](#)

- 1 quart of half-and-half (for thick yogurt) or dairy milk.
- 2 tablespoons of prebiotic fiber (inulin or raw potato starch)

Method:

- Place the probiotic tablets in a plastic bag and crush them using a heavy object such as a heavy jar or drinking glass, or a rolling pin. If you have the capsule form, open it and pour the contents into a bowl.
- Next, in a medium to large bowl, combine the probiotic, prebiotic fiber (inulin or raw potato starch), and 2 tablespoons of half-and-half or milk. Mix into a paste.
- Add the remaining (1 quart) of half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 100°F for 36 hours and press Start
- Refrigerate when done.
- Add your favorite flavoring and eat within 7 days.

Note: You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

BACILLUS COAGULANS YOGURT

Regular consumption of this yogurt can lead to:

- Reduced inflammation
- Reduced arthritis pain
- Reduce symptoms of irritable bowel syndrome
- Improved muscle recovery

Ingredients:

- 1 capsule Bacillus Coagulans GBI-30,6086 (2 billion CFU)

Available Here: [Schiff Brand Digestive Advantage \(Bacillus Coagulans\)](#)

- 2 Tablespoons prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy milk

Methods:

- In a medium to large bowl, combine the probiotic, prebiotic fiber, and 2 tablespoons of half-and-half or milk. Mix into a paste.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 115°F-122°F for 36 hours and press start.
- Refrigerate when done.
- Add any flavoring and eat within 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

LACTOBACILLUS GASSERI YOGURT

Regularly consumption of this yogurt can lead to:

- Reduce waist size
- Reduce symptoms of irritable bowel syndrome
- Protects your gut from SIBO (small intestinal bacterial overgrowth) and SIFO (small intestinal fungal overgrowth)

Ingredients:

- 1 capsule L. Gasseri BNR17

Available here: [Biothin Probiotic Capsules \(L Gasseri BNT17\)](#)

- 2 tablespoons of prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy

Methods:

- In a medium to large bowl, combine the probiotic, prebiotic fiber, and 2 tablespoons of half-and-half or milk. Mix into a paste.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 109°F for 36 hours and press start.
- Refrigerate when done.
- Add any flavoring to taste and eat withing 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

LACTOBACILLUS CASEI SHIROTA YOGURT

Regularly consumption of this yogurt can lead to:

- A stronger immune system
- Improved defense against respiratory diseases

Ingredients:

- 1 2-ounce bottle Yakult (L. Casei Shirota drink)

Find where to buy it here: [Find Yakult](#)

- 2 tablespoons prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy milk

Methods:

- In a medium to large bowl, combine the Yakult and prebiotic fiber. Mix until well combined.
- Add 1 quart of half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 109°F for 36 hours and start.
- Refrigerate when done.
- Add any flavoring and eat withing 7 days.

BIFIDOBACTERIUM INFANTIS YOGURT

Bifidobacterium Infantis mostly helps infants and babies. In his book “Super Gut”, Dr. Davis recommends pregnant and breastfeeding mothers consume B. Infantis yogurt so that they can pass the strain to their infants through birth and breastfeeding.

Babies who have this probiotic can benefit from:

- Improved sleep
- Lower risk of asthma, type 1 diabetes, and other autoimmune diseases in childhood
- Less colic, eczema and diaper rash

Ingredients:

- 1 envelope Evivo B. infantis EVC001 (8 billion CFUs)

Available here: [Evivo B. infantis EVC001](#)

- 2 tablespoons of prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy

Methods:

- In a medium to large bowl, combine the probiotic, prebiotic fiber, and 2 tablespoons of half-and-half or milk. Mix into a paste.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 100°F for 36-40 hours and press start,
- Refrigerate when done.
- Add any flavoring and eat within 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

LACTOBACILLUS HELVITICUS AND BIFIDOBACERIUM LONGUM YOGURT

Regularly consumption of this yogurt can lead to:

- Reduce anxiety
- Improved mood and decreased depression

Ingredients:

- 1 capsule of Innovixlabs Mood Probiotic (15 billion CFU per capsule) or 4 capsules of Florassist Mood Improve

Available here: [Innovixlabs Mood Probiotic](#)

Available here: [Florassist Mood Improve](#)

- 2 tablespoons of prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or dairy milk

Methods:

- In a medium to large bowl, combine the probiotic, prebiotic fiber, and 2 tablespoons of half-and-half or milk. Mix into a paste.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 100°F for 36 to 40 hours and press start.
- Refrigerate when done.
- Add any flavoring and eat withing 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

MIXED CULTURE L. REUTERI YOGURT

Regularly consumption of this yogurt can lead to:

- Enhances healing
- Boosts Oxytocin levels for greater empathy

Ingredients:

- 2 tablespoons L. reuteri yogurt, 10 crushed Gastrus tablets, or one emptied capsule of BioGaia Osfortis
- 2 tablespoons live-culture store-bought yogurt or 2 tablespoons of each of your other yogurts or 1 capsule of each starting microbe
- 2 tablespoons prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy

Available Here: [BioGaia Gastrus](#) or [BioGaia Osfortis](#)

Methods:

- If Gastrus tablets will be used, place them in a plastic bag and crush them using a heavy jar, thick drinking glass, or rolling pin. If you have the capsule form, open it and pour the contents into a bowl.
- Next, in a medium to large bowl, combine the probiotics, other yogurts, prebiotic fiber, and 2 tablespoons of half-and-half or milk. Mix thoroughly.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 106°F for 36 hours and press start.
- Refrigerate when done.
- Add any flavoring and eat withing 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

SUPER GUT SIBO YOGURT

Regularly consumption of this yogurt can lead to:

- Reduces and can eliminate SIBO

Ingredients:

- 10 BioGaia Gastrus tablets, crushed (total 2 billion CFUs), or 2 tablespoons of L. reuteri yogurt or whey
- 1 capsule Lactobacillus gasseri BNR17 (10 billion CFUs), or 2 tablespoons of L. gasseri yogurt or whey
- 1 capsule Bacillus coagulans GBI-30,6086 (2 billion CFUs), or 2 tablespoons of B. coagulans yogurt or whey
- 2 tablespoons prebiotic fiber (inulin or raw potato starch)
- 1 quart half-and-half or other dairy

Methods:

- If using probiotic tablets, place them in a plastic bag and crush them using a heavy object such as a heavy jar or rolling pin. Open the other probiotic capsules and empty them into a medium to large mixing bowl.
- Add prebiotic fiber and 2 tablespoons of half and half or milk. Mix thoroughly.
- Add the remaining (1 quart) half-and-half or milk and mix thoroughly.
- Transfer into your yogurt jars.
- Seal your jars with lids and place them into your Ultimate Probiotic Yogurt Maker.
- Add ½ to 1 inch of water to surround the base of the jars to ensure accurate and even temperature distribution.
- Set to 106°F for 36 hours and start.
- Refrigerate when done.
- Add any flavoring and eat within 7 days.

You can use 2 tablespoons of yogurt or whey from a previous batch to culture future batches.

HOW TO MAKE
Delicious & Fresh
YOGURT



(REGULAR) YOGURT MAKING BASICS WITH THE ULTIMATE PROBIOTIC YOGURT MAKER

Not everyone wants to wait 36 hours for maximum strength probiotic yogurts to culture or is willing to tolerate their sour/tangy taste.

Or perhaps you're already in good health or just looking to maintain the "Super Gut" you've already regained.

Most commercial yogurts you find in stores have only been cultured 6-8 hours, are limited to just two common strains of probiotics (Streptococcus Thermophilus and Lactobacillus Bulgaricus) and are often loaded with sugar or artificial sweeteners and highly processed "natural" flavors.

Why not make your own homemade yogurt with wholesome organic ingredients and the probiotic strains you want to keep your family healthy and happy?

You can do exactly that and when you limit the culturing time to 6-8 hours, not only is your yogurt faster to make, but the flavor is also much milder.



BASIC RECIPE

Here is the basic recipe and method for using the Ultimate Probiotic Yogurt Maker to make delicious yogurt in just 6–8 hours.

You will find details for different types of milk in separate recipes. This is just a general guideline for how to make yogurt.

1. **Clean materials** – Use clean jars and lids that have been hand washed or washed in the dishwasher. Bacteria will grow when in the yogurt maker, so ensure that there is no bad bacteria on your materials.
2. **Prepare Milk** – Heat milk to near boiling point (194°F, 90°C) in a saucepan. Heating the milk makes a better texture and creamier yogurt according to many sources.
3. **Cool milk to 100°–110°F (40°–45°C) before culturing.** You can cool the milk at room temperature, or you can fill your sink with cold water (with ice cubes for even faster results) and put the bottom of the saucepan in the cold water. Cooling the milk ensures that the probiotics will stay alive and grow.
4. **Add Starter Culture** – Once milk is at around 100 degrees, gently whisk your starter culture into the milk. Pour the cultured milk into the glass jars, seal the lids and place into the Ultimate Probiotic Yogurt Maker.
5. Be sure to add ½ to 1” of water in the basin for accurate temperature control.
6. **Preparing the Ultimate Probiotic Yogurt Maker** – Turn on your Ultimate Probiotics Yogurt Maker and set it to 110 degrees Fahrenheit for 8 hours.
7. **Chill Completely** – Chill the yogurt in the fridge for a few hours before eating, as yogurt thickens when chilled. Any water or whey on top of the yogurt can be stirred in or strained.

PS. Want a free 1-quart yogurt container to make bigger batches of yogurt? Check out www.ultimate.club/social to see how you can get yours!

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Useful Accessories:

1. Thermometer: A thermometer is used to measure the temperature of the milk as it is heated and cooled. You can also use a thermometer to ensure your Ultimate Yogurt Maker is running at the right temperature.
2. Cotton Cheesecloth: This is handy for straining your yogurt to make Greek yogurt or thicker plant-based yogurts.
3. Stick blender or whisk: These tools are great for mixing ingredients.

Food Safety:

To ensure food safety, always use pasteurized dairy and plant-based milk that are within their expiry date. Additionally, it's crucial to thoroughly clean any equipment that comes into contact with the yogurt. Remember to follow the recipe instructions carefully. Store your yogurt in clean glass jars or in other clean containers in the refrigerator and consume it within 7 days of making it.

Homemade yogurts and other ferments will have a pleasant tangy smell and flavor with a slightly sour taste.

Never consume any homemade yogurt product that smells or appears to be off.



DAIRY YOGURT

Dairy Yogurt can be made from many different milks but fresh milk from organic grass-fed cows is our pick. And we prefer half and half cream for its thick, rich taste.

BASIC DAIRY YOGURT

Ingredients:

- 1 quart/liter of half and half cream, full-fat or skimmed fresh dairy milk
- 1 pack of yogurt starter culture

Instructions:

1. Heat the milk in a saucepan until it reaches 194°F (90°C).
2. Cool the milk down to 100-110°F (40-45°C) by letting it sit at room temperature or placing the saucepan in a sink filled with cold water.
3. Add the yogurt starter culture to the cooled milk and stir it well.
4. Fill the jars with the cultured milk and seal them with lids.
5. Place the jars in the Ultimate Probiotic Yogurt Maker and add ½ -1" of water to the basin for accurate temperature control.
6. Turn the machine on and set to 110°F (or whatever temperature your yogurt starter recommends) for 8 hours.
7. Remove and chill completely (at least 6 hours) in the refrigerator before eating.
8. Pour off or stir in any whey (yellow watery liquid) that forms on the top. It is full of probiotics and a natural part of making yogurt.
9. Keep refrigerated and eat within 7 days.

Additional Tips:

- Which Culture? Look for one with identified strains of lactic bacteria in it, so you know what you're eating. Consider reading the book, "Super Gut" for healthy suggestions.
- You can re-culture from a previous batch of yogurt or store-bought yogurt several times, but using a fresh, new culture each time can provide more consistent results in texture and flavor.

LACTOSE-FREE YOGURT

You can make perfectly good yogurt from lactose-free dairy.

Ingredients:

- 1 quart/liter of lactose-free dairy
- 1 pack of yogurt starter culture

Get lactose-free dairy and follow the same steps as how to make dairy yogurt.



PS. Want a free 1 quart yogurt container to make bigger batches of yogurt? Check out www.ultimate.club/social to see how you can get yours!

GREEK YOGURT

Straining whey is the natural method for achieving thick Greek yogurt. The result is a thick and creamy texture that differs from the gummy consistency often found in store-bought versions.

Greek yogurt tends to have higher protein and lower carbohydrate content compared to regular yogurt. If you prefer a lighter version, you can use low-fat milk. However, for those following a ketogenic diet or desiring high-fat dairy, incorporating half and half cream will result in a rich and creamy yogurt.

Ingredients:

- 1 quart/1 liter fresh yogurt
- Cotton cheesecloth

Methods:

- Line a non-reactive colander or sieve with a double layer of sterilized cotton cheesecloth. Place the colander over a large bowl.
- Pour the yogurt into the lined colander, cover it, and place it in the refrigerator.
- Allow the yogurt to drain for 1 hour, then stir it and check the consistency. If a thicker consistency is desired, continue draining for another hour, if it is too thick, you can mix in some of the drained whey.
- If desired, you can mix in vanilla, cinnamon, honey, stevia, monk fruit, or other flavors or sweeteners to enhance the taste.
- Store the yogurt in a container in the fridge and consume within 7 days.

Keep in mind the "50% rule": The quantity of Greek yogurt you obtain will be about half of the amount you started with. For example, 2 cups of yogurt will make about 1 cup of Greek yogurt.

Leftover whey can be used like cultured buttermilk for baking, marinades, salad dressings or smoothies!

If your yogurt turns out too thick for your liking, you can add some of the whey back into the yogurt and stir it until you achieve the desired consistency.

COMMON PROBLEMS – DAIRY YOGURT

My yogurt is separating when I spoon it out

This yellowy liquid is whey and a natural byproduct of culturing milk.

You can drink it, drain it off or stir it back into your yogurt. It is rich in vitamins and minerals. If you drain the whey with a cheesecloth, you will be left with Greek yogurt.

The same thing happens with plant-based yogurts.

My yogurt is runny

This is the most common complaint with homemade yogurt.

The most common causes of runny yogurt are:

1. Milk not heated then cooled to the right temperature before adding the starter.
2. Temperature too cool during culturing and not left for the correct time.
3. Not cooled completely before eating – it will thicken further on refrigerating.

If it is still too thin for your taste, consider trying milk or cream with more fat, or strain your yogurt through a double layer of cotton cheesecloth for an hour.

If these steps are done properly, the result should be smooth, delicious creamy yogurt.

PLANT-BASED YOGURT

Whether you choose to make plant-based yogurt because of ethical reasons, environmental concerns, allergy or other health reasons, we want to provide you with the best information on how to make delicious and nutritious dairy alternative foods.

Plant-Based Yogurt Basics

The process of making plant-based yogurt at home may seem challenging at first. There is a lot of well-intentioned advice on the internet, but it can be difficult to achieve the same glossy results as showcased in their enticing photos.

It certainly took us a while to develop a delicious plant-based yogurt, but luckily we can share our experiences with you.

We hope you enjoy the following recipes.

You can culture many strains of healthy bacteria in your yogurt, making it a perfect way to get probiotics into your diet and improve your gut health.

PS. Want a free 1 quart yogurt container to make bigger batches of yogurt? Check out www.ultimate.club/social to see how you can get yours!



STARTER CULTURES FOR PLANT MILKS

When it comes to making plant-based yogurt, most starter cultures available are originally designed for dairy yogurt production and are typically manufactured in a dairy-based medium. However, as plant-based eating continues to grow in popularity, there is now a wider range of yogurt starter cultures formulated specifically for plant milks, prepared in plant-based mediums.

These plant-based starter cultures often use organic rice starch and agar as a thickening base, which helps fortify the plant milk and create excellent yogurt.

When selecting a starter culture for plant-based yogurt, opt for one that contains multiple strains of bacteria from the Lactobacillus and Bifidobacterium genus. These strains have been specifically chosen for their ability to culture plant milks effectively.

How does the starter culture work? It utilizes the sugars naturally present in plant milks, such as sucrose and glucose, to produce acids that both sour the milk and contribute to its preservation and thickening, ultimately transforming it into yogurt.

Can I use a probiotic tablet as a starter? It is best to use a specialist plant milk yogurt starter for optimal results. Probiotic tablets may not contain the appropriate strains of bacteria or the correct dosage required to produce good-quality plant-based yogurt.

If your chosen starter culture does not include a thickening base to fortify the plant milk prior to culturing, you can try adding some corn starch, arrowroot or other thickener to improve the thickness of the yogurt.

Can I re-culture from a previous batch of yogurt? Yes, it is possible to use a portion of a previous batch as a starter for your new batch of yogurt. However, using a fresh starter culture each time can help ensure more consistent results in terms of texture and flavor.

4 STEP EASY PLANT BASED RECIPE

Making yogurt requires a bit of patience, but the end result is worth the wait. The process involves about 20-30 minutes of preparation followed by hours of waiting for the starter to work its magic. So, be patient and enjoy the anticipation of creating delicious homemade yogurt.

Step 1: ADD THICKENING BASE AND HEAT

- Pour milk into a pan or bowl and add the fortifying base.
- Blend vigorously using a stick mixer or whisk while heating the milk to a temperature of 185°F (85°C). Heating makes a better texture and creamier yogurt according to many sources.

Step 2: COOL AND MIX IN STARTER

- Place the pan of milk in a sink filled with cold water to cool it down rapidly, or let it cool at room temperature.
- Cool the milk to a temperature of ~100°F (~37°C).
- Add the starter culture to the cooled milk and mix again.

Step 3: CULTURE FOR 8 HOURS

- Pour the milk into jars and seal them with lids.
- Place jars in the Ultimate Probiotic Yogurt Maker and add ½ to 1" of water to the basin for accurate temperature control.
- Turn on your Ultimate Probiotic Yogurt Maker and set the temperature and time as recommended for your starter.

Step 4: CHILL & EAT

- Remove the jars from the yogurt maker and refrigerate them for at least 6 hours before consuming.
- Eat within 7 days.
- If you notice any water separation, simply stir it back into the yogurt. This is a natural occurrence during the yogurt-making process and is packed with probiotics.

Optional: Always feel free to add any spices or fruit, we recommend vanilla and berries, honey, stevia, monk fruit, nuts, or even spices like cinnamon and cocoa powder. Experiment to see what you like best! Now, enjoy your homemade yogurt and savor the delicious taste of your creation!

CHOOSING THE RIGHT PLANT MILK

When choosing a plant milk to make yogurt from, consider the following:

1. **Taste:** Plant milks have varying flavors that will carry through to the finished yogurt, so it's important to use a milk you like the taste of. You might be surprised by the difference in flavor between different brands.
2. **Sufficient body for fermentation:** Many store-bought plant milks contain over 90% water, this results in thin or jelly-like yogurt. Look for plant milks that have more than 2% fat and protein.
3. If you want to use milk that doesn't have enough fat and protein, or you prefer thicker yogurts try fortifying your milk. Refer to instructions to fortify your plant-based milk later in this guide.
4. **Match your nutritional needs:** Read the labels of plant milks to ensure they meet your nutritional requirements. If you want the yogurt to contribute to your calcium intake, soy and almond milk are good natural sources of calcium.
5. Many plant milks are also fortified with calcium. For added protein, choose soy milk or full-fat coconut milk. Straining the finished yogurt can also increase its protein levels.
6. **Avoid coconut cream or Greek-style strained yogurts for low-fat options:** If you prefer a low-fat yogurt, it's best to avoid coconut cream or Greek-style strained yogurts as they tend to have higher fat content.

Consider these factors when selecting the right plant milk for your homemade yogurt, and enjoy experimenting with different flavors and textures.

STORE BOUGHT VS. HOMEMADE PLANT MILKS

Read the Label or Make Your Own

When it comes to plant-based yogurt, you have two options: read the label of store-bought varieties or make your own at home. Here are some important considerations for different types of plant-based milk:

Almond or Cashew Milk: For a consistently good result and great taste, almond or cashew milk should have a minimum nut content of 15%. If your favorite brand falls short, you can enhance it by blending in additional almonds or cashews.

Coconut Milk: Coconut milk naturally has a higher fat content, making it ideal for creating a rich and delicious yogurt. You'll find a range of high and low-fat coconut creams and milk options. Anything with over 5% fat will work well for making coconut yogurt.

Soy Milk: Soy milk produces a silky yogurt with a fat and protein content of around 2-4%. It closely resembles the nutritional profile of dairy milk yogurt.

Oat Milk: Store-bought oat milk often has a great taste and cultures well, resulting in a tangy, yogurt suitable for drinking. However, it tends to produce a thin yogurt unless fortified with additional ingredients.

Rice Milk: Similar to oat milk, store-bought rice milk cultures well but fails to create a thick yogurt without added thickness-enhancing ingredients.

Fortifying Thin Plant Milks: We provide methods to fortify thin plant milks purchased from the store, transforming them into suitable bases for making yogurt.

Homemade Blends: Creating your own nut or seed milk is an excellent way to experiment with interesting and successful plant-based yogurt bases. Making your own milk allows you to have control over the ingredients used and ensures there is sufficient "good stuff" for your starter culture and personal nutrition.

BASIC COCONUT YOGURT

Ingredients:

- 27 oz (800ml) (2 cans) coconut milk or cream with over 5% fat content
- Plant-based yogurt starter

Method:

1. Pour the coconut milk into a pan or bowl and add the base*. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C).
2. Allow the milk to cool to ~100°F (~37°C). You can speed up the cooling process by placing the pan or bowl in a sink of cold water with ice cubes.
3. Add the culture starter and stir it well into the milk before filling the jars and sealing them with lids.
4. Place the jars in the Ultimate Probiotic Yogurt Maker and add ½ -1" of water to the basin for accurate temperature control.
5. Turn it on at a temperature of 110°F (or whatever temperature your yogurt starter recommends) for 8 hours.
6. After the culturing time, remove the jars from the yogurt maker and refrigerate them for at least 6 hours before eating. The yogurt will continue to thicken as it chills.
7. Flavor the yogurt to taste and consume the coconut yogurt within 7 days of making. If the yogurt is too thick for your liking, simply stir it to achieve a silky, spoonable texture.

***Note: If you are using a plant-based starter culture, you may need to add an additional thickener along with the starter in step 3.**

Enjoy your homemade coconut yogurt, and feel free to adjust the fat content, sweeteners and flavors to achieve your desired thickness, richness and taste.

BASIC SOY YOGURT

While Soy products have decreased in popularity lately, organic, fermented soy yogurt is nutritious and also creates one of the best-tasting plant-based yogurts.

Ingredients:

- 1 quart (1 liter) soy milk
- Plant-based yogurt starter

Method:

1. Pour the soy milk into a saucepan or bowl and add the base*. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C).
2. Allow the milk to cool to 113°F (45°C). You can speed up the cooling process by placing the pan or bowl in a sink of cold water with ice cubes.
3. Add the culture starter and stir it well into the milk before filling the jars and sealing them with lids.
4. Place the jars in the Ultimate Probiotic Yogurt Maker, add ½ -1" of water to the basin for accurate temperature control and turn it on at a temperature of 110°F (or whatever temperature your yogurt starter recommends) for 8 hours.
5. After the culturing time, remove the jars from the yogurt maker and refrigerate them for at least 6 hours before eating.
6. Consume the soy yogurt within 7 days of making and stir in any water that separates.

You can also use flavored soy milk, such as vanilla or chocolate, to make deliciously flavored soy yogurt. Just be mindful of the sugar content in the flavored milk.

*Note: If you are using a plant-based starter culture, you may need to add an additional thickener along with the starter.

Enjoy your homemade soy yogurt, which is a nutritious and delicious dairy-free alternative.

BASIC ALMOND YOGURT

Currently, there are no almond milks that you can buy that make great yogurt, so you will need to add ground almonds or almond flour until the milk is 15% almonds.

Use almond flour if you prefer a smoother texture. Ground almonds will make a yogurt with a texture more similar to porridge.

Ingredients:

- $\frac{3}{4}$ quart (750ml) almond milk
- 4 $\frac{1}{2}$ oz (125g) ground almonds
- Plant-based yogurt starter

Method:

1. In a blender, blend the almond milk and ground almonds until well combined.
2. Pour the almond milk into a pan or bowl and add the thickening base. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C).
3. Allow the milk to cool to 113°F (45°C). You can speed up the cooling process by placing the pan or bowl in a sink of cold water with ice cubes.
4. Add the plant-based yogurt starter and stir it well into the milk before filling the jars and sealing them with lids.
5. Place the jars in the Ultimate Probiotic Yogurt Maker, add $\frac{1}{2}$ -1" of water to the basin for accurate temperature control and turn it on at a temperature of 110°F (or whatever temperature your yogurt starter recommends) for 8 hours.
6. After the culturing time, remove the jars from the yogurt maker and refrigerate them for at least 6 hours before eating.
7. Consume the almond yogurt within 7 days of making and stir in any water that separates.

***Note: If you are using a plant-based starter culture, you may need to add an additional thickener along with the starter.**

Feel free to flavor your yogurt to taste and enjoy your homemade almond yogurt, a delicious and nutritious dairy-free option!

NUT YOGURT FROM SCRATCH

One of the best plant milks that you can use for your homemade yogurt is our homemade cashew milk.

Ingredients:

- 15 1/3 oz (150g) raw cashews
- 1 cup hot filtered water
- 2 cups cold filtered water
- Plant-based starter culture

Method:

1. Soak the cashews in hot water for 10 minutes to soften them.
2. Transfer the cashews and water to a blender.
3. Add the cold filtered water to the blender and blend until you get a smooth mixture.
4. Pour the cashew milk into a pan or bowl and add the thickening base. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C) in a saucepan.
5. Allow the milk to cool to 113°F (45°C) (or whatever temperature your yogurt starter says). You can speed up the cooling process by placing the pan or bowl in a sink of cold water with ice cubes.
6. Add the plant-based yogurt starter to the milk and stir it well before filling the jars and sealing them with lids.
7. Place the jars in the Ultimate Probiotic Yogurt Maker, add ½ -1" of water to the basin for accurate temperature control and turn it on at a temperature of 110°F (or whatever temperature your yogurt starter recommends) for 8 hours.
8. After the culturing time, remove the jars from the yogurt maker and refrigerate them for at least 6 hours before eating.
9. Consume the cashew yogurt within 7 days of making and stir in any water that separates.

You can also experiment with different nut and seed blends to create your own variations of nut yogurt. Using 3 cups of water and 5 1/3 oz (150g) of nuts and/or seeds can create a great base for yogurt.

We don't recommend using strong flavored nuts and seeds like sesame, hemp or pistachio, but you can experiment with them if you wish.

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***Note: If you are using a plant-based starter culture, you may need to add an additional thickener along with the starter.**

Enjoy your homemade nut yogurt with the added fiber, texture, and goodness of cashews or your favorite nut or seed blend

NUT-FREE YOGURT

Not everyone likes nuts. If you're looking to make a yogurt that is completely free of nuts, you can try a blend of pumpkin and sunflower seeds. This combination will give you a tangy and savory yogurt, perfect for serving with crackers, pickles, and roasted vegetables.

This silky and probiotic-rich yogurt is a great addition to your menu and provides options for dips.

Feel free to experiment with your own seed blends, but we don't recommend using strongly flavored seeds like sesame and hemp.

Give this combination of pumpkin and sunflower seeds a try using the following quantities:

- 3 ½ oz (100g) pumpkin seeds
- 1 ¼ oz (50g) sunflower seeds
- 1 cup hot water
- 2 cups cold water
- A pinch of natural sea salt

Follow the method outlined in the "Nut Yogurt From Scratch" recipe on page 17.

Additional variation: After culturing, add a touch of spice to these nut and seed yogurts to enhance the flavor. Some popular choices include cumin, caraway, cinnamon, and vanilla.

FORTIFYING PLANT MILKS

Many plant-based milks do not have enough protein and result in thin, watery yogurts. To fix this, you can fortify your milk. Here are a few ways to do that.

Blend plant milk with Nuts or seeds

The first thing you can do is blend 1 cup of your plant milk with one cup of nuts like almonds or cashews or seeds like a sunflower or pumpkin seeds, then add more plant milk until you have a total of 1 quart/1 liter of milk.

Along with adding extra fiber, protein, healthy fats and minerals to your yogurt, It will also give the yogurt a thicker, more porridge-like consistency.

Blend plant milk with nut or seed flour

If you would prefer to have a smoother yogurt, you can use a nut flour like almond or cashew flour, or you can use a seed flour like sunflower seed flour or pumpkin seed flour.

Simply blend 1 cup of nut or seed flour with 1 cup of your plant milk, then add more plant milk until you have 1 quart or 1 liter of total plant milk volume.

Just like fortifying your milk with nuts or seeds, by adding flour to your yogurt, you will increase the nutritional content in the milk and get a thicker yogurt. By using the flours though, you will get a smoother texture.

Add coconut creams to plant milk

Another option to fortify your plant milk is to add 30-50% high-fat coconut milk or cream until your milk has reached a good thickness. This option works best if you enjoy the flavor of coconut.

Each of these methods is slightly different. We recommend experimenting with different options until you find one that works well for you. Some combination that we like are:

- Rice milk with almonds
- Oat milk with cashews
- Coconut milk with cashews
- Oat milk with coconut
- Almond milk with coconut

COMMON PROBLEMS - PLANT-BASED

My yogurt is runny

To make a good plant-based yogurt, it's important to ensure you have milk with the appropriate levels of fat and protein. Additionally, consider the following common causes for runny yogurt:

- Using a culture that is not suitable for plant-based milk.
- Failing to cool the milk to the correct temperature before adding the starter.
- Maintaining a temperature that is too cool during the culturing process and not allowing enough time for the yogurt to set properly.
- Not fully cooling the yogurt before consuming it. Remember, it will thicken further when refrigerated.

Avoid leaving the yogurt to culture for over 10 hours, as over-culturing leads to very sour grainy yogurt and only recommended for "Super Gut" yogurt used for therapeutic purposes.

My yogurt smells off If you notice that your yogurt is lumpy or has an unpleasant odor, it's possible that there are some bad bacteria present in your batch. In such cases, it's best to discard the yogurt and take the necessary steps to thoroughly sterilize all the utensils and equipment before starting a new batch. Ideally, yogurt should have a pleasant smell and a clean, tangy flavor.

My yogurt is not tangy To fix this, ensure that you are adding the starter culture when the milk is at the right temperature (between 80-110 degrees). Sometimes, the fat content and flavor of the milk you use hides the tangy flavor of the yogurt (This happens often with coconut yogurt). Try different plant milks until you find the one that you like best.

My saucepan burns

To fix this, keep the heat on low and stir while the milk is heating. You can also use a double boiler to avoid burning.

FLAVORED YOGURT

Many flavored yogurts available in stores are often artificially sweetened or contain high amounts of added sugar. If you're transitioning your family to homemade yogurt, they might miss the sweetness found in these yogurts.

Fortunately, making your own flavored yogurts is simple using natural ingredients. You don't need to add much to create a strong flavor. Here are some guidelines for each quart (liter) of yogurt:

- **Fresh or Canned Fruit:** Add 1-½ cups of fresh or canned fruit to the yogurt for natural sweetness and flavor.
- **Liquid Sweeteners:** 1-2 tablespoons of liquid sweetener, such as honey, maple syrup, fruit jams or smaller amounts of stevia or monk fruit with vanilla extract can add a good touch of sweetness. You can also consider flavored stevia or monk fruit liquid drops.

Stick to homemade or natural flavorings that don't contain artificial sweeteners, thickeners and preservatives.

Note: It's best to avoid adding very acidic fruits such as citrus, as they can curdle the yogurt.

Other Flavoring Tips:

Home-canned and frozen fruits, either in sugar syrup or water, are excellent for adding to your yogurt. Drain and dice fruit for a chunky texture or puree for a smooth blend.

Thaw and drain frozen fruits before adding. The drained juices can be put into smoothies, jams, or syrups, but the additional liquid thins the yogurt.

Finely chopped nuts, coconut flakes and granola can add a delicious crunchy texture to your yogurt.

Spices like ground cinnamon, vanilla, star anise and nutmeg create a lovely taste for particular yogurts.

Make sure to try a little first before you add it to a whole batch. You can always add more, but you can't take it out.

With all of these tips, you will be able to make delicious, healthy yogurt from the comfort of your own home! I hope you enjoy! 😊

OTHER RECIPES

HOW TO MAKE SOUR CREAM

Ingredients:

- 1 cup of homemade Greek yogurt
- 2 tablespoons of fresh cream
- 1/2 teaspoon lemon juice
- Salt to taste

Methods:

- To make homemade healthy sour cream, we'll need to first make Greek yogurt. Follow the steps earlier in this guide to make 1 cup of homemade Greek yogurt.
- Combine the Greek yogurt with fresh cream, salt, and lemon juice in a mixing bowl. Whisk the mixture well until it turns into a smooth texture resembling sour cream.
- Serve it chilled and use it as a topping for your favorite appetizers!

HOW TO MAKE KEFIR

Ingredients:

- 1 tablespoons of kefir grains
- 4 cups of whole milk

Methods:

- Clean everything well with regular soap, including your hands, jars, and lids.
- Add about 1 tablespoon of kefir grains and 4 cups of whole milk to a large bowl. Transfer everything to the jars and cover them with lids.
- Prepare the Ultimate Probiotic Yogurt Maker and set the temperature between 65 to 85°F (18 to 29°C) for about 24 hours. You'll know your kefir is done when it has slightly thickened, and smells fermented. If your kefir has separated into yellowish, watery-looking whey, that's okay! It's just a sign that you can either reduce the length of fermentation next time or use more milk next time.
- Place a wide non-metal bowl under a fine-mesh non-metal colander (a plastic colander works well). Pour the finished kefir into the colander, stirring with a plastic or wooden spoon to gently force the kefir through. The grains will be left in the colander.
- Rinse out the jars that you used to ferment the grains, then add the grains back into it.
- Let it cool and refrigerate.

Enjoy your homemade Kefir for the whole week!

GREEK YOGURT SALAD DRESSING

Ingredients:

- Plain Greek yogurt (2% low fat recommended)
- Fresh dill
- Garlic
- Dijon mustard
- Red wine vinegar
- Extra virgin olive oil
- Salt and pepper

Method:

- Making your own Greek yogurt dressing is quick and easy. All you need is a mixing bowl and a whisk or fork.
- To get started, grab a small mixing bowl and add the Greek yogurt, red wine vinegar, olive oil, dijon mustard, grated or minced garlic, salt, pepper, and finely chopped dill.
- Whisk the ingredients together until they're well combined and creamy.
- Next, add about 1/4 cup of cold water to the dressing and continue whisking until it becomes thinner. If you prefer a thinner salad dressing, you can add more water as desired.

That's it! In just about 5 minutes, you can whip up a healthy batch of salad dressing that will last you the whole week.

PROBIOTICS APPENDIX

Probiotic Species	Strain	Benefits	Temperature
Bacillus Coagulans	GBI-30,6086	Increase the production of short-chain fatty acids, which are essential for gut health, reduce inflammation, improve digestion, and restore the balance of healthy bacteria in the gut.	115 to 122 degrees Fahrenheit
Bifidobacterium Lactis		Supports a healthy gut microbiome and can improve bowel function and antibiotic-associated side effects. It helps nurture the gut by aiding the absorption of various vitamins and minerals.	98.6 to 105.8 degrees Fahrenheit
Bifidobacterium Longum	R0175	Reduce stress and improve intestinal function and immunity. When combined with Lactobacillus Helveticus R0052	100 degrees Fahrenheit
Lactobacillus Acidophilus		Improves gut health and boost immune system	98.6 to 107.6 degrees Fahrenheit
Lactobacillus Brevis		Support digestive health and help combat ulcers.	80 to 98.6 degrees Fahrenheit

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Lactobacillus Bulgaricus		Helps manage health conditions such as diarrhea and immune response.	107.6 to 113 degrees Fahrenheit
Lactobacillus Casei	Shirota	Improve digestion, increase immunity, reduce allergies, and improve cholesterol levels. It also balances the gut microbiota, improving gastrointestinal dysfunction, preventing diarrhea.	109 degrees Fahrenheit
Lactobacillus Gasseri	BNR17	Helpful for weight loss and improving glucose tolerance.	109 degrees Fahrenheit
Lactobacillus Reuteri	DSM17938	Helps boost the immune system, improve bowel regularity, and shorten the duration of acute infectious diarrhea.	100 degrees Fahrenheit
Streptococcus Thermophilus		Promote digestive functioning, help reduce the symptoms of diarrhea, and aid in improved digestion of lactose. It can also improve skin health, support immunity, alleviate GI symptoms, and more.	107.6 to 113 degrees Fahrenheit
Lactobacillus Helveticus	R0052	Reduce stress and improves intestinal function and immunity. When combined with Bifidobacterium Longum R0175	100 degrees Fahrenheit

BENEFITS OF PROBIOTICS

Introduction

Probiotics are live microorganisms that provide numerous health benefits when consumed in adequate amounts. They are commonly found in fermented foods such as yogurt, kefir, and sauerkraut. However, not all probiotics are created equal, and some strains have been shown to be more effective than others in promoting gut health, boosting the immune system, and improving overall well-being.

In this article, we will explore the benefits of specific probiotics and their optimal temperature range for growth and survival. Understanding the ideal temperature range for probiotics can help you maximize their health benefits. So, let's dive in and discover the world of probiotics!

What do the names mean?

When reading about various probiotics, the names can be overwhelming and make it difficult to comprehend their differences and functions. Here, we aim to simplify the understanding of key probiotic types, specific strains, and their advantages. Additionally, we will provide information on the optimal temperature for their growth, which is vital when creating yogurt in your Ultimate Probiotic Yogurt Maker.

To gain a better understanding of probiotics, it's important to know the three key components that make up their names: Genus, Species, and Strain. These elements are crucial in identifying and differentiating between various types of probiotics.

The Genus is the broadest classification of a probiotic, based on its genetic makeup. Lactobacillus is a common genus that includes many species and strains, like a "family" of probiotics. It's always the first part of any probiotic's name.

The Species is the next level of classification and provides more specific information about the probiotic. For example, Lactobacillus acidophilus is a species within the Lactobacillus genus.

Finally, the Strain is the most specific component of a probiotic's name. It distinguishes it from other probiotics within the same species. A strain may have unique characteristics or benefits that set it apart from others in its species. For instance, Lactobacillus acidophilus DDS-1 is a specific strain where DDS-1 is the identifier.

Understanding these three components of probiotic names can help you choose the right probiotic for your needs and ensure that you're getting the specific benefits you're looking for.

Families (Genus) of Probiotics

Here are the main families (or genus) of probiotics that we will be looking at in this article and the meanings of their names:

- **Bacillus:** These are rod-shaped bacteria that can form spores, allowing them to survive harsh conditions. The name "Bacillus" comes from the Latin word for "rod."
- **Bifidobacterium:** These are anaerobic bacteria with a Y-shaped appearance. Their name comes from the fact that they often occur in pairs or chains, producing a branching pattern that resembles the letter "Y." This comes from the Latin word "bifido-" which means "divided in two."
- **Lactobacillus:** These are Gram-positive bacteria that produce lactic acid as part of their metabolism. They are commonly found in dairy products and fermenting foods. The name is a combination of the Latin word "lacto-" meaning milk, and "bacillus" meaning rod referring to the rod shape of the bacteria.
- **Streptococcus:** These are round, chain-forming bacteria that can be either beneficial or pathogenic. The name "Streptococcus" comes from the Greek words for "twisted chain."

Strains of Probiotics

When discussing different probiotics, "strain" typically refers to a specific type or subtype of probiotic bacteria. For example, two probiotics may both be labeled as containing *Lactobacillus acidophilus*, but they could be different strains of that same species. These differences can affect the strains' ability to survive and thrive in different environments, as well as their potential health benefits for humans.

Probiotic strains are named using a combination of letters and numbers. In the probiotics listed below, when the benefits are contained to a specific strain, it is listed after the name of the probiotic.

DIFFERENT PROBIOTICS AND THEIR BENEFITS

Bacillus Coagulans (Strain: GBI-30,6086)

Optimum Temperatures: 115°F to 122°F

This strain of Bacillus Coagulans can enhance gut health by increasing the production of short-chain fatty acids. These fatty acids are crucial for reducing inflammation, improving digestion, and restoring a healthy balance of bacteria in the gut.

Bifidobacterium Lactis

Optimum Temperatures: 98.6°F to 105.8°F

Bifidobacterium Lactis promotes a healthy gut microbiome, improves bowel function, and mitigates antibiotic-associated side effects. It aids in the absorption of various vitamins and minerals, nurturing the gut.

Bifidobacterium Longum (Strain: R0175)

Optimum Temperature: 100°F

This particular strain of Bifidobacterium Longum, when paired with Lactobacillus Helveticus R0052, can effectively alleviate stress, enhance intestinal function, and strengthen the immune system. This combination has been proven to be highly beneficial for overall health and well-being.

Lactobacillus Acidophilus

Optimum Temperatures: 98.6° F to 107.6° F

Lactobacillus Acidophilus is a beneficial bacteria that improves gut health and boosts the immune system. It's found in the human body, particularly in the digestive tract. Studies show it helps maintain a healthy balance of gut bacteria, essential for digestion and nutrient absorption. It also reduces inflammation and alleviates symptoms of digestive disorders like IBS and IBD. Lactobacillus Acidophilus strengthens the immune system by increasing antibody production and enhancing white blood cell activity, protecting against infections and illnesses.

Lactobacillus Brevis

Optimum Temperatures: 80° F to 98.6° F

Lactobacillus Brevis is a beneficial bacterium that promotes digestive health and fights ulcers. It has a positive impact on the gut microbiome, preventing harmful bacteria growth and reducing the risk of infections and digestive disorders. This probiotic strain also inhibits Helicobacter pylori growth, effectively fighting stomach ulcers.

Lactobacillus Bulgaricus

Optimum Temperatures: 107.6° F to 113° F

Lactobacillus Bulgaricus can help manage diarrhea by restoring gut bacteria balance and enhance the immune response to fight infections.

Lactobacillus Casei (Strain: Shirota)

Optimum Temperature: 109° F

Lactobacillus Casei Shirota is a powerful probiotic that provides numerous health benefits. It aids digestion, boosts immunity, reduces allergies, and improves cholesterol levels. It balances the gut microbiota, leading to better gastrointestinal function and less diarrhea. Studies show that it enhances nutrient absorption, stimulates immune cell production, and has anti-allergenic effects by reducing allergic reactions through modulating the immune response and reducing inflammation. Additionally, it lowers LDL (bad) cholesterol while increasing HDL (good) cholesterol, reducing the risk of heart disease. Overall, Lactobacillus Casei Shirota promotes overall health and wellness.

Lactobacillus Gasseri (Strain: BNR17)

Optimum Temperature: 109° F

The Lactobacillus Gasseri strain BNR17 has been found to be beneficial for weight loss and improving glucose tolerance. This particular strain of probiotic bacteria has been shown to have a positive impact on body weight by reducing abdominal fat and overall body weight. Additionally, it has been observed to improve glucose metabolism, which can help regulate blood sugar levels and prevent insulin resistance. Incorporating Lactobacillus Gasseri BNR17 into one's diet may be a helpful strategy for those looking to manage their weight and improve their metabolic health.

Lactobacillus Helveticus (Strain: R0052)

Optimum Temperature: 100° F

Research has found that the combination of Lactobacillus Helveticus (Strain: R0052) and Bifidobacterium Longum R0175 can improve physical and mental health. This probiotic duo reduces stress levels, improves intestinal function, and boosts immunity. Lactobacillus Helveticus (Strain: R0052) is a natural gut bacteria that, when combined with Bifidobacterium Longum R0175, promotes a healthy balance of gut bacteria. Studies show that this combination lowers cortisol levels, improving overall mood and well-being. Additionally, these probiotics reduce inflammation and promote beneficial gut bacteria, improving intestinal function. Finally, the combination of these two strains boosts immune function, protecting against illness and disease.

Lactobacillus Reuteri (Strain: DSM17938)

Optimum Temperature: 100° F

Lactobacillus Reuteri, specifically the DSM17938 strain, has been found to provide a multitude of health benefits. This probiotic has been shown to enhance the immune system, promote regularity in bowel movements, and even reduce the duration of acute infectious diarrhea.

Streptococcus Thermophilus

Optimum Temperatures: 107.6° F to 113° F

Streptococcus Thermophilus is a beneficial bacterium that can improve gut health and reduce diarrhea symptoms. It aids in lactose digestion, making it useful for those who are lactose intolerant. This probiotic also supports skin health by reducing inflammation and boosts immunity to protect against illness. For those with gastrointestinal symptoms, Streptococcus Thermophilus can provide relief and improve quality of life. Overall, this versatile probiotic offers a range of benefits for maintaining overall health and wellness.

SUMMARY REFERENCE GUIDE

Probiotic	Optimum Temperature	Benefits
Bacillus Coagulans (Strain: GBI-30,6086)	115°F to 122°F	<p>Boosts gut health by increasing short-chain fatty acid production. These acids reduce inflammation, improve digestion, and restore a healthy bacterial balance in the gut.</p> <p>Promotes a healthy gut microbiome, improves bowel function, and mitigates antibiotic-associated side effects. Aids in the absorption of various vitamins and minerals.</p> <p>Reduces stress, improve intestinal function, and boost immunity when combined with Lactobacillus Helveticus R0052.</p> <p>Helps the gut and immune system. Lessens inflammation and eases symptoms of digestive disorders such as IBS and IBD.</p> <p>Promotes digestive health and fights ulcers. It prevents harmful bacteria growth, reduces the risk of infections and digestive</p>
Bifidobacterium Lactis	98.6°F to 105.8°F	
Bifidobacterium Longum (Strain: R0175)	100°F	
Lactobacillus Acidophilus	98.6° F to 107.6° F	
Lactobacillus Brevis	80° F to 98.6° F	

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Lactobacillus Bulgaricus	107.6° F to 113° F	disorders, and inhibits Helicobacter pylori growth. Helps manage diarrhea by restoring gut bacteria balance and enhance the immune response to fight infections.
Lactobacillus Casei (Strain: Shirota)	109° F	Aids digestion, boosts immunity, reduces allergies, and improves cholesterol levels by balancing gut microbiota.
Lactobacillus Gasseri (Strain: BNR17)	109° F	Beneficial for weight loss and improving glucose tolerance.
Lactobacillus Helveticus (Strain: R0052)	100° F	Reduces stress levels, improves intestinal function, and boosts immunity. (When combined with Bifidobacterium Longum R0175.)
Lactobacillus Reuteri (Strain: DSM17938)	100° F	Enhances the immune system, promotes regularity in bowel movements, and reduces the duration of acute infectious diarrhea.
Streptococcus Thermophilus	107.6° F to 113° F	Improves gut health and reduces diarrhea symptoms. Aids in lactose digestion. Supports skin health by reducing inflammation. Boosts immunity.