



Probiotics Comparison

Trying to decide which probiotics to buy is confusing at best. Some products seem to be a good value. But by the time you realize you're getting second-rate stuff, you've wasted a lot of money. Or worse, you have to take two or three times more than a comparably priced product to get the same benefit.

Then there are the experts. One says A is better, the other says B is better...still another says both A and B are bunk. The pie-in-the-sky claims and the fancy words for simple concepts don't help either. Pretty soon you don't know what to believe.

That's why we provide you with honest-to-goodness information backed by the latest research. You see, we trust that—with the right information—you'll make the healthiest decision for you and your family. And isn't getting healthy what it's all about?

So stack Jigsaw Health Essential Blend Probiotics up against the "leading seller," and see what you're really paying for—and getting!

	Essential Blend Probiotics by Jigsaw Health	Primal Defense® by Garden of Life	Primal Defense® ULTRA by Garden of Life
Delivery	Vegetarian capsules	Caplets	Vegetarian capsules
Number of bacteria strains ¹	5 proven and known "friendly" bacteria strains	12 mostly "friendly" bacteria strains	13 mostly "friendly" bacteria strains
Contains <i>Saccharomyces boulardii</i> ? ²	No	No	Yes
Contains fructoogliosaccharides (FOS, aka prebiotics)? ³	No	Yes	No
Contains additives and fillers?	No	Yes	No
Contains dairy?	No	No	No
Source of bacteria	Human	HSOs (Soil)	HSOs (Soil)
Number of active bacteria or colony-forming units (CFU)	25 billion ⁴	Less than one billion ³	5 billion
Refrigeration suggested for the most beneficial probiotics?	Yes	No	No
Container	Amber glass	White plastic	Amber glass
Number per container	90	90	90
Suggested Use	1 capsule per day	3 capsules per day	3 capsules per day
Number of days supplied	90 days	30 days	30 days
Price	\$39.95	\$32.55 ⁶	\$36.97 ⁶
Cost per day	\$.44 per day	\$ 1.09 per day	\$1.23 per day

1) Fewer strains of known, proven good bacteria in high potency are far more effective than more than a handful of strains—and greater numbers of strains introduce the possibility of a bad strain or a bad reaction among the strains.

2) According to Healthnotes.com, there have been at least nine cases of severe, invasive fungal infections in people who were treated with *Saccharomyces boulardii*.

3) FOS or prebiotics are indigestible starches that promote the growth of bacteria and, in some people, bad bacteria which can cause multiple gastrointestinal issues.

4) Contained 38 billion active bacteria when tested on 5/31/05 by an independent lab, Silliker (report #11085).

5) As tested by two independent labs and reported in "Probiotics: Are Enough in Your Diet?", Consumer Reports, July 2005.

6) Average of prices at the first six online retailers in an online search of Primal Defense and Primal Defense ULTRA on 8/8/06.