Your guide to new probiotic names: **Lactobacillus**

Probiotic names are important. They indicate a probiotic’s unique identity, which tie it to information about its health benefits.

### Why the change?
Probiotic scientists realized the genus *Lactobacillus* – a common probiotic genus – contained species that were too different from each other genetically. **So, they changed the genus name to keep the probiotic groups accurate and organized.** Species names and strain designations have not changed – only the over-arching genus names have changed.

### What does this mean for you?
Day-to-day, not much! If you currently take a probiotic, those same probiotic bacteria will remain in your supplement or food. They just might be listed under a different name on the label or in the probiotic’s accompanying information. Any changes to product labels may take a year or more to occur. But when you see them, you’ll know what the changes are all about.

If your probiotic contains this: | Its new name is this: | But your product may just list it as this:
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*Lactobacillus* casei | *Lacticaseibacillus* casei | L. casei
*Lactobacillus* paracasei | *Lacticaseibacillus* paracasei | L. paracasei
*Lactobacillus* rhamnosus | *Lacticaseibacillus* rhamnosus | L. rhamnosus
*Lactobacillus* plantarum | *Lactiplantibacillus* plantarum | L. plantarum
*Lactobacillus* brevis | *Levilactobacillus* brevis | L. brevis
*Lactobacillus* salivarius | *Ligilactobacillus* salivarius | L. salivarius
*Lactobacillus* fermentum | *Limosilactobacillus* fermentum | L. fermentum
*Lactobacillus* reuteri | *Limosilactobacillus* reuteri | L. reuteri

These probiotic *Lactobacillus* have not changed names:
- *Lactobacillus* acidophilus
- *Lactobacillus* delbrueckii subsp. bulgaricus (aka *Lactobacillus* bulgaricus)
- *Lactobacillus* crispatus
- *Lactobacillus* gasseri
- *Lactobacillus* johnsonii
- *Lactobacillus* helveticus

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