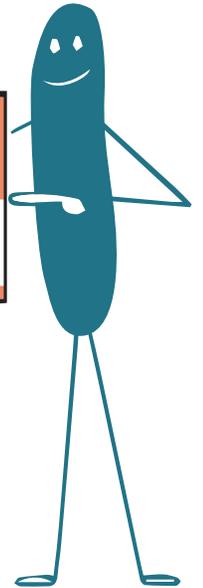


Your guide to new probiotic names:

Lactobacillus



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

Your probiotic is named using the conventions for all living things. The name has a genus (plural: genera), then a species, and in the case of probiotics, a strain name is also included:

Lactobacillus rhamnosus XYZ

Often this is abbreviated as *L. rhamnosus XYZ*, because in the context of probiotics, "L." usually refers to "Lactobacillus"

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.

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

These probiotic *Lactobacillus* have not changed names:

- *Lactobacillus acidophilus*
- *Lactobacillus delbrueckii* subsp. *bulgaricus* (aka *Lactobacillus bulgaricus*)
- *Lactobacillus crispatus*
- *Lactobacillus gasseri*
- *Lactobacillus johnsonii*
- *Lactobacillus helveticus*

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 you're wondering about consuming a specific probiotic strain and are looking up its health effects, you may want to try searching under both its former name and its new name.

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