

# PROBIOTICS AND ATHLETES

## #COACHTOOLKIT



## WHAT ARE PROBIOTICS?

Probiotics are live healthy microorganisms that work to keep the gut and the colon healthy by balancing good and bad bacteria.

Athletes are at risk because of the stress that they put on their bodies during high intensity. Risks include:

- Upper Respiratory Tract infections
- Decreased immunity
- Gastrointestinal distress
- Muscle Soreness



## PROBIOTIC HEALTH AND PERFORMANCE BENEFITS

- Improved immune function
- Improved recovery following training due to enhanced protein absorption
- Decreased gastrointestinal discomfort caused by travel, and training
- Improved overall healthy gut flora



## CHALLENGES

- Concentration of probiotics vary greatly among foods
- Determining the right strain and the right amount can be confusing
- Initial side effects might include increased flatulence, diarrhea or stomach rumbling.
- High refined sugar and low fiber diets appear to decrease overall healthy gut bacteria



## RECOMMENDATIONS

- Probiotic supplements vary between 6 and 12 billion colony forming units (CFU).
  - » Research suggests that an intake of a minimum of 7 billion CFU can elicit a beneficial effect on overall gut flora.
- Speak with a sport dietitian for guidance on probiotic use that is best for your athletes!

LOOKING FOR MORE INFORMATION?  
TAKE THE NCCP SPORT NUTRITION  
E-LEARNING MODULE TO LEARN MORE!

#### REFERENCES

1. Jäger R, Mohr AE, Carpenter KC, et al. International Society of Sports Nutrition Position Stand: Probiotics. J Int Soc Sports Nutr. 2019;16(1):1-44. doi:10.1186/s12970-019-0329-0
2. Rezac S, Kok CR, Heermann M, Hutkins R. Fermented foods as a dietary source of live organisms. Front Microbiol. 2018;9(AUG). doi:10.3389/fmicb.2018.01785
3. Pyne DB, West NP, Cox AJ, Cripps AW. Probiotics supplementation for athletes – Clinical and physiological effects. Eur J Sport Sci. 2015;15(1):63-72. doi:10.1080/17461391.2014.971879
4. Skokovic-sunjic D. 2019 Edition CLINICAL GUIDE TO PROBIOTIC PRODUCTS AVAILABLE IN THE UNITED STATES. 2019;(May). doi:10.13140/RG.2.2.17620.86402
5. Probiotic Chart. www.probioticchart.ca/PBCAdultHealth.html?utm\_source=adult\_ind&utm\_medium=civ&utm\_campaign=CDN\_CHART. 2019