

September 7, 2023

Storage and transportation of probiotics

Dear Practitioner/Patient,

When refrigerated probiotics reach room temperature or above, there will be up to a 2% loss of colony forming units (CFU) for each 24-hour period the probiotic is above 25°C but below 37°C. To ensure probiotic viability, we add ample additional bacteria overage into the formula to account for loss during transportation, so that our probiotics meet our colony forming unit claim on the label up to expiration date. The ideal storage temperature for probiotics is 8°C or below (do not freeze).

For fridge-free, shelf-stable probiotics, please store in a cool dry place below 25°C, or refrigerate if you like. Prolonged excessive moisture and high heat will accelerate probiotic deterioration. High temperatures can kill probiotics, and exposure to temperatures above 46°C can increase the rate of loss rapidly, even for micro-encapsulated strains.

Relative humidity above 50% can also be detrimental to probiotic viability. We pack our probiotics with moisture-absorbing desiccants and seal the glass bottle/vial with a tamperproof foil lid in a humidity controlled factory. Ideally, probiotics should be stored in a cool dry environment if shelf stable or under refrigeration if stated on the label.

Soil-based probiotics like our *Bacillus coagulans*, and good yeasts such as *Saccharomyces cerevisiae* (*boulardii*), do not need to be refrigerated. Please store in a cool dry place below 25°C.

Sincerely,

Simon

Customer Service

customerservice@spectrumceuticals.com

