

Probiotic Signature Assignment  
HRNS 1510

**Objective:** Make an information packet and a recommendation about the use of a commercial probiotic. Your audience is college students who might want to take a probiotic.

**A. General Information**

**Fill in the following information:**

Name of Probiotic: \_\_\_\_\_

Name of organism(s) in the probiotic:

Viable cells per dose:

Information about the organisms:

Cell characteristics

Normal source/reservoir (e.g. food, human, environment, etc.)

**B. Product claims:** What are the claims made about what this product? You can find these on the product itself or on the internet.

**C. Evaluate the Claims (1-2 pages):**

1. **Evidence for claim.** Using 1-2 pieces of primary literature that support or refute the claims. Provide evidence in the form of a graph or table.
2. **Safety.** Is this product safe to use as directed? What are the potential risks. Use at least one piece of literature or information (could be the same).

**D. Cost-benefit comparison (or Risk benefit comparison)**

Create a table to compare the Costs or Risks to the Benefits of this probiotic (add rows as needed).

Cost or Risks	Benefits

**E. Evaluation and Recommendation (about 1 page):**

Made a recommendation about the use of this product. Think about the usefulness of this product for a healthy person, to treat a condition, and/or for children or the elderly. You don't need to pick for/against, but you do need to make a thoughtful argument about the use of this product that reflects what you learned about efficacy, safety, and costs.

**F. References**

Make sure that references are correctly cited in the text and recorded in this references section.