



## Probiotics

I would like to ask your opinion on the use of probiotics. I believe they contain live bacteria derived from human/animal faeces/intestines. Various places on the internet deem it as halal

بسم الله الرحمن الرحيم

هو الموفق

حامدا ومصليا ومسلما

الجواب ومنه الصواب

Probiotics, also referred to as microbial food cultures, are live bacteria and yeasts which are reported to be good for one's health especially the digestive system. There are two main types Lactobacillus which is the most common and found in yoghurts and assist those who cannot digest lactose. The other, Bifidobacterium eases symptoms due to irritable bowel syndrome. The yeast which is found in probiotics is Saccharomyces boulardii which assists in dealing with digestive problems. These microbial food cultures are industrially produced under very careful and strict conditions. The microbiology laboratory, where the original stains are kept, prepare the inoculation material which is a small quantity of the microbes of a pure strain. This material is then multiplied either in fermenters or a solid surface. These are subsequently harvested, blended with other cultures and preserved for storage. They are sold in liquid, frozen or freeze-dried format. They are not sourced from human intestines or faeces of humans or animals (Gaggia et al, 2011; Scott et al, 2008). As a result, they are permissible to consume from a purity aspect. In terms of how they affect the human some reports of side effects have been mentioned so one should consult their GP.

والله أعلم وعلمه أتم

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