

Reader's Digest

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13 Best Probiotics for Women

Some probiotics are formulated to address conditions that predominantly affect women. These are the ones doctors and nutritionists recommend.

For digestive health: Culturelle Daily Probiotic



“Each capsule has 10 billion active cultures of *L. GG*, a probiotic that helps curb gas, bloating, and upset stomach,” says [Niket Sonpal](#), MD, a gastroenterologist and adjunct professor of clinical medicine at Touro College of Osteopathic Medicine, in New York City. “The supplement also works to boost your immune system. Each capsule has the probiotic equivalent of 10 cups of yogurt and is dairy free.”

<https://www.rd.com/health/wellness/best-probiotics-for-women/>

