



## Probiotics and Histamines

While probiotics are some of the most beneficial supplements we can take, some probiotic strains are histamine-inducing, which can be problematic for those with a history of allergies/histamine intolerance and who are looking for reduce their histamine load.

**This is not meant to be a definitive guide on different probiotic strains and histamines.** This is what I've found in my research, but there are many bacterial strains out there in various probiotic products and I can't claim that I know about all of them. See below for a list of my favorite probiotics for those with allergies/histamine issues.

Ordering information is at the end.

### Histamine degraders (really good):

- Lactobacillus plantarum (also increases iron absorption by a whopping 50%)
- Lactobacillus rhamnosus (improves intestinal permeability and modulates inflammatory response)
- Lactobacillus reuteri (helps with hair growth)
- Lactobacillus paracasei ("good for allergies" and it's a mast cell stabilizer—many with allergies have degranulated/unstable mast cells)
- Bifidobacterium infantis
- Soil-based organisms (like Bacillus subtilis), which are very good for those with autoimmunity, tend to be neutral or even histamine-degrading
- S. boullardi (beneficial yeast strain, not bacterium, but acts like a probiotic)
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### Histamine-neutral (no effect on histamines):

- Lactobacillus acidophilus
- Lactobacillus lactis

### Problematic (will increase histamine load):

- Lactobacillus bulgaricus
- Lactobacillus casei
- Lactobacillus delbrueckii
- S. thermophilus
- Lactobacillus helveticus

Continued...

# HEALTHFUL ELEMENTS



**Here are some of my favorite probiotics for those with histamine issues:**

- **ProBiota HistaminX** by Seeking Health (strongest recommendation)
- **Ther-Biotic Factor I** by Klaire Labs: This is a go-to single-strain probiotic. L. rhamnosus is great for those with gut issues, autoimmunity, and mast cell destabilization. [Read more about it here.](#)
- **Ortho Biotic** by Ortho Molecular: Contains L. paracasei, which has been shown to be a mast cell stabilizer
- **Primadophilus reuteri** by Nature's Way

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