

PROBIOTIC RECORD

Supplementation Tracking Log

Month: Product/Brand:

DATE / DAY	TIME & DOSAGE	CFU / STRAIN	DIGESTIVE RESPONSE / NOTES
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Observation Codes: (B) Bloating, (G) Gas, (E) Energy Boost, (C) Consistency Change, (R) Regularity

Total CFU Target: _____

Note: This record is for personal tracking only. Always consult with a healthcare professional regarding supplementation.