

Probiotic Yogurt vs Regular Yogurt (vsdiff.com)

Attribute	Probiotic Yogurt	Regular Yogurt
Definition	<i>Yogurt enhanced with specific live strains</i>	<i>Fermented milk using starter cultures</i>
Typical cultures	Specific strains such as Lactobacillus or Bifidobacterium	Usually Streptococcus thermophilus and Lactobacillus delbrueckii
Live counts (typical)	Label claims often ~ 10^6 - 10^9 CFU/serving (varies)	Often <i>lower or unspecified</i> ; live cultures may be present
Health claims	Targeted <i>gut-related</i> claims allowed where evidence supports	General digestion support claims only; fewer targeted claims
Labeling & regulation	Often labeled with strain IDs and CFU counts	May list “live cultures” without strain detail
Common uses	<i>Therapeutic or preventive</i> gut-support products	Daily food, cooking, <i>culinary</i> uses

Source: <https://vsdiff.com/probiotic-yogurt-vs-regular-yogurt/>