



BEAUTY

# The "Good Bacteria" Directory

10 MARCH 2016 by Nicola Moulton



*In Vogue's April issue, beauty and health director Nicola Moulton looks at the impact the bacteria found on our bodies can have on our health in *A Bug's Life*. Here's her round-up of the best probiotic supplements and skincare to try now.*



**PROBIOTICS:  
WHAT  
TO  
TRY**





Picture credit: Daniel Sannwald

- Symprove is a liquid supplement that you keep in the fridge. Tastes disgusting but is absolutely worth doing. It contains four strains of "live active bacteria". Claims that being water-based, it's more bio-available than other supplements and better able to survive within the gut [www.symprove.com](http://www.symprove.com)

- The Organic Pharmacy Daily Probiotics, £24.95, and Intense Probiotics, £34.95. The Intense version is excellent after a course of antibiotics [www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

- Zita West Mybaba Children's Multivitamin and Multiobiotic powder. A gentle but scientifically robust formulation for children of 12 months to four years, when the body's bacterial "blueprint" is being set for life [www.zitawest.com](http://www.zitawest.com)







Picture credit: Daniel Sannwald

- Higher Nature Pro-Bio Mints, £4.90. Chewable tablets which are easy to take and much more travel-friendly than the powders, from one of the best respected supplement brands [www.victoriahealth.co.uk](http://www.victoriahealth.co.uk)

- Optibac Probiotics, £9.99. Formulated specifically for women and good for controlling things like recurring bladder infections  
[www.optibacprobiotics.co.uk](http://www.optibacprobiotics.co.uk)

- Just For Tummies Live Bacteria, £19.95. Focuses on digestive health and stomach upsets - so is ideal to pack for far-flung holidays  
[www.justfortummies.co.uk](http://www.justfortummies.co.uk)

## SKINCARE TO KNOW

- Gallinee is the first brand formulated to protect the skin and its microbiome. It incorporates face and body products, but try the Hand Cream with a "triple biotic complex" of prebiotics probiotics and lactic acid, £12 [www.gallinee.com](http://www.gallinee.com)

- The philosophy of Nude skincare is to feed the skin the same balanced nutrition as you should feed your body, combining omegas, minerals, probiotics



Picture credit: Daniel Sannwald

and antioxidants. The Purify Cleansing Wash contains a blend of probiotics, ginger and great burnet root, while the Radiant Day Moisturiser contains omega 6, probiotics and hyaluronic acid - all essential for skin health

[www.nudeskincare.com](http://www.nudeskincare.com)

- British brand Aurelia Skincare is the brainchild of Claire Vero, focusing on probiotics as a way to slow down the skin's ageing process. It's a beauty insider's favourite, particularly the Cell Revitalise Day Moisturiser, £42

[www.aureliaskincare.com](http://www.aureliaskincare.com)

*The April issue is available from Thursday on newsstands and your [iPhone](#), [iPad](#), [Kindle Fire](#) or [Android](#) device. Alternatively, [subscribe to 12 issues of Vogue for only £19.99](#), including free access to our [iPad & iPhone editions on your Apple devices](#).*



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