

**Pharmacy and Medicines  
Directorate,**

Summerfield House  
2 Eday Road  
ABERDEEN  
AB15 6RE  
Issued to Practices June 2025  
Ref: MOLLCV\_Probiotic\_PatientLetter

Dear Patient,

**Prescribing of Probiotics (VSL#3 & Vivomixx)**

NHS Grampian do not support the prescribing of **probiotics** (VSL#3 & Vivomixx). These products are classed as food supplements, and are not licensed as medicines.

Your GP practice has been asked to review patients currently prescribed probiotic products, advising that these will no longer be available on prescription.

This follows Scottish Government guidance, which identified that there is not enough evidence to support NHS prescribing of these probiotic products.

Probiotic products are available to be purchased over the counter as supplements, however we cannot recommend this due to the lack of evidence to support their use.

Thank you for supporting NHS Grampian in making the best use of the public monies we receive to provide healthcare to you, your family and community.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Lesley Coyle', on a light blue background.

Lesley Coyle  
Associate Director of Pharmacy