BifidoBiotics

(Hypoallergenic)

Item # 71910
Available in bottles of 60 capsules

The Possible Benefits of BifidoBiotics, a Dietary Supplement

- Helps maintain a healthy intestinal probiotic balance, especially in the large intestine
- Supports the structure and functional integrity of the epithelial lining in numerous ways
- Boosts immune response, strengthening resistance to certain kinds of infections
- Supports digestive function, including production of lactase
- Produces vitamins, enzymes, and organic acids that normalize intestinal pH and inhibit reproduction of undesirable organisms

Description

An optimally functioning intestinal system is crucial to the health of the whole body. The human gastrointestinal tract harbors trillions of microorganisms, some beneficial to our health and some not. The cells that line the intestines, called villi, form a single layer that regulates digestion and absorbs the digested products. Friendly (probiotic) bacteria live attached to the villi, finding food and shelter, and in turn providing benefits to their host. Probiotic bacteria naturally occur in fermented foods, such as live culture yogurt and sauerkraut. Nobel Prize laureate Elie Metchnikoff observed in the 19th century that people in the Balkans who ate yogurt and other foods cultured with lactobacilli were longer-lived. He theorized that ingestion of lactobacilli could prolong life by competitively inhibiting undesirable microbes, preventing them from taking up residence and producing toxins.

Intestinal dysbiosis occurs when unfriendly bacteria imbalance probiotic bacteria. Factors that can promote dysbiosis include antibiotics, steroids including birth control pills, alcohol, bacterial infections, stress, traveling or a poor diet. Dysbiosis has been associated with diverse conditions, including allergies, gingivitis, acne, psoriasis, eczema, migraine, gout, arthritis, cystitis, candidiasis, constipation, diarrhea, colitis and irritable bowel. Undesirable microbes can also produce carcinogenic enzymes in the large intestine. Lactobacilli have been shown to competitively inhibit clostridia, *E. coli*, *Streptococcus faecalis* and salmonella.

BifidoBiotics contains five strains of friendly bacteria, providing support for intestinal microbial balance in the small intestine and especially the large intestine. It provides a broad range of support for intestinal microbial balance. The healthy intestinal micro-ecosystem harbors up to 400 strains of bacteria, in amounts greater than the number of cells in the body. These trillions of bacteria can weigh four pounds or more. Probiotic microflora are found in both the small and large intestines, where they support the structure and functional integrity of the epithelial lining by helping to metabolize vitamins, minerals and hormones, improve intestinal motility and assist in detoxification. They boost immune function, and have been shown to increase resistance to infection. They produce metabolites such as lactic acid, hydrogen peroxide, and acetic acid that normalize the pH of the intestine and inhibit the reproduction of many harmful bacteria. They also produce bacteriocins, which can directly kill undesirable microbes and/or inhibit their growth. Probiotics have been used in the treatment of infantile, traveler's and antibiotic-induced diarrhea. They can produce lactase, the enzyme that digests lactose (milk sugar). Lactose intolerance occurs at the rate of over 80% in Asian, Arabian and African populations, and approximately 25% among Caucasians. Friendly bacteria are especially important following the use of antibiotics, which can strip the intestines of probiotic bacteria and open the way for detrimental organisms. When probiotics are depleted, supplemental probiotic bacteria are often needed in large amounts – in some cases, ten billion colony forming units (CFU) per day or more may be needed to restore intestinal balance.

Almost 30 different species of *bifidobacteria* have been identified, and they are the most plentiful probiotic bacterial group. They are found in the large intestine and to a lesser extent in the lower part of the small intestine. BifidoBiotics contains two primary human strains, ***B. breve,*** first isolated from human infants, and ***B. longum,*** first isolated from human

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adults. In breastfed infants *bifidobacteria* comprise more than 95% of intestinal bacteria. They are anaerobic, and unlike other probiotic bacteria, they can ferment carbohydrates to both acetic and formic acids. They also produce lactic acid, creating a healthy pH in the colon. Because *bifidobacteria* are more delicate than other common probiotics, they can easily be depleted by intestinal toxins or other stressors. They play a supportive role in conditions of gastrointestinal and vaginal infections, help remove excess cholesterol, and decompose carcinogens, reducing potential risk. They support proper digestive function, and produce vitamins B1, B6, folic acid, and enzymes such as casein phosphatase and lysozyme. They also support the absorption of vitamins, and can take up iron from the contents of the bowel, buffering against iron overload. They stimulate IgA production in the intestinal lining, bolstering the epithelial immune response, and have been used to help ease infant diarrhea. *Bifidobacteria* are resistant to bile and gastric acids and have moderate lactase activity. The small amount of Fructooligosaccharides (FOS) in BifidoBiotics, naturally occurring long-chain carbohydrates that are not digested or absorbed by humans, can serve as a food for *bifidobacteria*.

Members of the genus *Lactobacillus* take up residence primarily in the wall of the small intestine, where they provide many functions, including normalization of pH, promotion of digestive function, and stimulation of immune response and antimicrobial activity. They can help prevent vaginal yeast infections, and support healthy cholesterol levels. ***L. acidophilus*** produces DL-lactic acid, amylase (carbohydrate-digesting enzyme), and bacteriocins. *L. acidophilus* is resistant to bile and gastric acids and has moderate lactase activity. ***L. rhamnosus*** has been shown to increase the effectiveness of both white blood cells and lymphocytic natural killer cells. It also sometimes occurs in the large intestine, where it can create favorable conditions for the implantation of *bifidobacteria*. Compared to *L. acidophilus*, *L. rhamnosus* is less tolerant to bile and is more transient. It is a good releaser of lactase throughout the stomach and small intestine, and can stimulate the immune system. Both *L. acidophilus* and *L. rhamnosus* were originally isolated from the human intestinal tract.

L. sporogenes is a particularly hardy member of the lactobacillus group. It is stably encapsulated in spores that can resist stomach acid, antibiotics and other chemicals, heat, radiation and freezing. It is aerobic, so it is unaffected by the presence of oxygen. Typically, *L. sporogenes* proliferates rapidly in the small intestine, where it metabolizes a wide range of sugars, and produces the superior L (+) form of lactic acid, which is utilized better by humans. *L. sporogenes* works quickly to crowd out undesirable bacteria and reduce their production of potentially harmful substances.

The friendly bacteria in BifidoBiotics are tested for authenticity of strain and for potency. They are packed in glass rather than plastic, produced in small batches, and refrigerated at all times. They are produced with 20% higher potency than the label claim at the time of manufacture to counter inevitable potency decay due to temperature abuse and shelf-life (aging). Also, freeze drying substantially increases shelf life potency. High quality strains, dairy-free formulations, a sophisticated lyophilization process and meticulous handling combine to make BifidoBiotics unsurpassed in quality and effectiveness.

Each capsule contains:	*Lactobacillus rhamnosus*	2.2 Billion
	Bifidobacterium breve	1.2 Billion
	Bifidobacterium longum	1.2 Billion
	Lactobacillus sporogenes	360 Million
	Lactobacillus acidophilus	240 Million
Other ingredients:	FOS, cellulose, stearic acid.	
Suggested Use:	As a dietary supplement, 1 capsule two or three times daily, or as directed by a healthcare practitioner.	

References available upon request.

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