Lactobacillus plantarum/ rhamnosus/salivarius

(Hypoallergenic)

Item # 72780
Available in bottles of 100 capsules

The Possible Benefits of Lactobacillus plantarum/rhamnosus/salivarius, a Dietary Supplement

- Provides particularly hardy strains of *lactobacillus*
- 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.

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

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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.

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. The three probiotic *Lactobacillus* strains that comprise Lactobacillus plantarum/rhamnosus/salivarius are particularly hardy. This formulation may be appropriate for individuals who do not derive benefit from less hardy strains, such as *L. acidophilus*.

Lactobacillus plantarum is a probiotic bacteria which was originally isolated from sourdough bread, and it has traditionally been used as a culture for fermenting bread and cabbage. *L. plantarum* is resistant to gastric acids and inhabits the small intestine when ingested. It produces lactic acid and bacteriocins which act to suppress and/or inhibit the growth of undesirable bacteria in the intestine. *L. plantarum* has very high lactase activity, and it can deliver and release lactase throughout the stomach and small intestine, facilitating the digestion of lactose.

Traditionally, ***Lactobacillus salivarius*** has been used as a supplement in functional foods and probiotic drinks in Asia. *L. salivarius* was originally isolated from the intestinal tract of humans, and it can also be found in dairy products and vegetable matter. It produces lactic acid and bacteriocins which act to suppress and/or inhibit the growth of undesirable bacteria in the intestine. *L. salivarius* has moderate lactase activity.

Lactobacillus rhamnosus was originally isolated from the human intestinal tract. It has been shown to increase the effectiveness of both white blood cells and lymphocytic natural killer cells. It is a good releaser of lactase throughout the stomach and small intestine, and can stimulate the immune system. *L. rhamnosus* also sometimes occurs in the large intestine, where it can create favorable conditions for the implantation of *bifidobacteria*.

L. plantarum, *L. salivarius* and *L. rhamnosus* differ from *L. acidophilus* in that they are less tolerant to bile and more transient in the human intestine. When ingested, a portion of each may survive gastric acids and bile and pass through the intestine but not implant.

The friendly bacteria in Lactobacillus plantarum/rhamnosus/salivarius 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 Lactobacillus plantarum/rhamnosus/salivarius an unsurpassed product in quality and effectiveness.

Each capsule contains:	*Lactobacillus plantarum*	10 Billion
	Lactobacillus salivarius	4 Billion
	Lactobacillus rhamnosus	3 Billion
Other ingredients:	FOS, stearic acid.	
Suggested Use:	As a dietary supplement, 1 capsule one to three times per day, on an empty stomach, or as directed by a healthcare practitioner.	

References available upon request.

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