Culturelle®

Lactobacillus GG

Item # 73390
Boxes of 30 individually blister-packed vegetarian capsules

The Possible Benefits of Culturelle®, a Dietary Supplement

- Helps maintain a healthy intestinal probiotic balance*
- Supports the structure and functional integrity of the epithelial lining*
- May boost immune response and support resistance*
- Can produce vitamins, enzymes, and organic acids that support normal intestinal pH*

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.

Trillions of probiotic microflora are found in the healthy small and large intestines, from up to 400 strains. They can 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 can boost immune function, and have been shown to support resistance.* They produce metabolites such as lactic acid, hydrogen peroxide, bacteriocins and acetic acid that normalize the pH of the intestine and promote a healthy micro-ecological balance.* They support healthy conditions in the vagina, and cholesterol within normal levels.* They can produce lactase, the enzyme that digests lactose (milk sugar). 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.*

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.* *Lactobacillus GG* (L.GG) is one of four subspecies of *Lactobacillus casei*, and is the most thoroughly documented probiotic lactobacillus in the world. It is the result of a search by two scientists at Tufts University, Drs. Sherwood Gorbach and Barry Goldin. They wanted a probiotic that

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was: 1) originally found in the human gut; 2) able to attach to and colonize the epithelial lining, thereby preventing unfriendly bacteria from doing so; 3) resistant to gastric acids and bile; 4) capable of beneficial activity in the human host; and 5) proven to be safe. L.GG satisfied all these criteria, and has since been subjected to over a hundred clinical trials that support its safety and effectiveness.* It is now used all over the world, including in Asia, Europe and the Americas.

L.GG has been shown in numerous studies to resist gastric acids and to adhere to intestinal walls. It has been shown to help control overgrowth of harmful bacteria, strengthen the intestine's immunologic barrier function and normalize intestinal pH, inflammation and permeability.* It can help normalize fecal enzyme and short-chain fatty acid levels, and help prevent immune inflammatory responses in certain milk-hypersensitive adults.* L.GG has shown promising results in clinical studies with children suffering from milk allergy.* It also showed potential to detoxify food poisons, including several aflatoxins.* In animal studies, L.GG reduced plasma endotoxin levels in mice, decreasing alcohol toxicity.* L.GG has been shown to help regulate diarrhea, in studies involving thousands of people, from countries as diverse as Pakistan, Estonia and Italy.*

L.GG is manufactured under controlled conditions that ensure the highest quality and potency. It is packaged in individual double-foil compartments and nitrogen-flushed to protect against the damaging effects of light, oxygen and moisture. The L.GG strain is hardier than most other lactobacilli strains, and can remain stable if kept at room temperature or below until ingested. Even in large amounts, L.GG has been shown to be safe for human use, with no harmful effects. It has also shown no mucosal degradation activity, and thus no invasive properties, although it adheres to the epithelial lining. It has been shown to be safe for infants and children, and the contents of the two-piece gelatin capsule can be emptied into milk, yogurt or other foods. It is lactose free.

Note: L. GG is grown on whey and will contain trace levels (less than 15 parts per million) of casein and whey, which are proteins found in milk. The trace amounts of casein and whey are less than 0.01 mg per capsule.

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 30
Amount Per Serving:
Lactobacillus GG 30 Billion Cells**

Other ingredients: Inulin (chicory root extract).
Vegetarian capsule (Hypromellose)

Suggested Use: As a dietary supplement, one capsule per day, preferably on an empty stomach, or as directed by a healthcare practitioner.

**Guaranteed minimum at time of manufacture.

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