



Pro Flora Plus™ Capsules

Serving Size 1 capsule
Servings Per Container 60

	Amount Per Serving
L. acidophilus	3 billion
Bifidobacterium	3 billion
L. rhamnosus	3 billion
Total	9 billion

SUGGESTED DOSE: As a dietary supplement, take 1-2 capsules three times per day or as directed by your health care practitioner.

REFERENCES:

1. PDR for Nutritional Supplements, 1st Edition, 2001. Medical Economics, Thomson Healthcare. Montvale, New Jersey.
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3. Arunachalam KD. Role of bifidobacterium in nutrition, medicine and technology. *Nutr Res.* 1999; 19:1559-1597.
4. Blum S, Reniero R, Schiffrin EJ, et al. Adhesion studies for probiotics: need for validation and refinement. *Trends Food Sci Technol.* 1999; 10:405-410.
5. Dugas B, Mercenier A, Lenoir-Wijnkoop I, et al. Immunity and probiotics. *Immunol Today.* 1999; 20:387-390.
6. Gionchetti P, Rizzello F, Venturi A, Campieri M. Probiotics in infective diarrhoea and inflammatory bowel diseases. *J Gastroenterol Hepatol.* 2000; 15:489-493.
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PRO FLORA PLUS™

LIVE PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL FUNCTION

- Supports the delicate balance of intestinal microflora for a healthy gut/vaginal ecosystem
- Supports a healthy immune system
- Protectant antioxidant properties
- Preliminary evidence for beneficial support with food sensitivities
- Improved digestion of lactose, maltose, and sucrose

PRO FLORA PLUS™ is a potent, viable combination of human strain Lactobacillus acidophilus, Bifidobacterium, and Lactobacillus rhamnosus. These strains of beneficial intestinal bacteria have a favorable effect on the balance of microorganisms in the human intestine. References to their use go back to the Bible and to Hindu traditions. E'lie Metchnikoff, the father of modern immunology, spoke favorably about the beneficial effects of the lactic acid bacteria. Recent studies indicate that certain live organisms may have immunomodulating and anticarcinogenic benefits. A healthy balance of intestinal organisms is important for the maturation of the immune system; healthy structural integrity of the intestinal lining acts beneficially to regulate a balanced inflammatory response. Probiotics enhance the barrier function of the intestinal mucosa, thus reducing the adherence of pathogens and the absorption of allergens. Certain essential nutrients are manufactured by the gut microflora. These include biotin, pantothenic acid, and vitamin B12. Adversely affecting the gut microflora can negatively affect a person's health, this may occur during antibiotic use.

LACTOBACILLUS ACIDOPHILUS (LA) inhabits the human intestine and vagina. To date 56 species of Lactobacillus have been identified. LA appears to enhance phagocytic activity of circulating granulocytes. LA may help prevent antibiotic-related diarrhea. In human volunteers LA has exhibited the ability to inhibit bacteria that convert precarcinogens into carcinogens. Dairy products containing viable strains of LA have been credited with lowering cholesterol in animal experiments. It is theorized that this may be due to reduced enterohepatic circulation.

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REFERENCES:

8. Lin M-Y, Yen C-L. Antioxidant ability of lactic acid bacteria. *J Agric Food Chem.* 1999; 47:1460-1466.
9. Majamaa H, Isolauri E. Probiotics: a novel approach in the management of food allergy. *J Allergy Clin Immunol.* 1997; 99:179-185.
10. Metchnikoff E. *The Prolongation of Life: Optimistic Studies.* The English translation. Mitchell PC, ed. 1908: New York: GP Putnam's Sons: 1908.
11. Saavedra J. Probiotics and infectious diarrhea. *Am J Gastroenterol.* 2000; 95(1 Suppl):S16-S18.
12. Symposium: Probiotic Bacteria: Implications for Human Health. *J Nutr.* 2000; 130:382S-409S.

*These statements have not been evaluated by the Food and Drug Administration.

LACTOBACILLUS RHAMNOSUS (LR) has shown several promising benefits for human health. Specifically, LR has been shown to eradicate *Clostridium difficile* in patients with relapsing colitis. LR has been shown to potentiate intestinal immune response to rotavirus infection in children. LR seems to have some anticancer effects in rats. When given a chemical to induce intestinal tumors the LR bacteria inhibited their development. LR appears to alter the initiation and promotion stages of chemically induced tumors. This may in part be due to LR's ability to bind chemical carcinogens. By reinforcing the barrier function of the intestinal wall, LR colonization helps in the management of food allergies. Children with food allergy induced skin disorders had significant improvement with LR and BB strain of probiotics. These bacteria helped to balance the Th1-Th2 immune response in these patients. LR is better able to colonize the colon than certain other strains of LAB.

BIFIDOBACTERIUM (BB) has been shown to eradicate *Campylobacter jejuni* from the stools of children with enteritis. BB also seems to enhance the phagocytic activity of granulocytes. Children with food allergy induced skin disorders had significant improvement with LR and BB strainS of probiotics. These bacteria helped to balance the Th1-Th2 immune response in these patients.