



Category 10
Specialty Supplements



GOODFORYOU

GOOD FOR LIFE

Pro-Biotics

8 Billion Acidophilus and Bifidus 60 Caps #102930

Description: Friendly Bacteria play an important role in our good health. Poor diet, stress, steroids, chlorine in drinking water, and antibiotics, all contribute to an imbalance in these essential bacteria in men, women and children.

Contents / Ingredients

Friendly Bacteria play an important role in our good health. These bacteria are not like parasites, they do not take up residence and do nothing in return, but perform many **important functions in the body**. We live in true symbiosis with them. As long as we provide them with a reasonable diet they will remain in good health and provide excellent service in return. However, not all of the friendly bacteria perform the same functions, some being far more useful and plentiful than others. Certain bacteria help to maintain good health while others have a definite value in helping us regain health once it has been upset. Of the friendly bacteria which help the human body most are residents, while others are transient visitors, staying in your digestive tract for a few weeks before passing on. **Candida** is a form of yeast normally confined to the lower bowels, the vagina, and the skin. In healthy individuals with strong, functioning immune systems, it is harmless and kept in check by "good" bacteria, called bifidobacteria and acidophilus. If the balance of the intestinal environment is altered by a compromised immune system or other factors, the

opportunistic **candida** proliferates, infecting other body tissues and severely compromising one's health.

The level of local acidity is one major influence upon the function of the **friendly bacteria** and this is contributed to by diet, digestive function, and stress. Another important influence is the speed of peristalsis (the wavelike contraction of the intestines) which moves food along the digestive tract. If it is too rapid (as in diarrhea, irritable bowel syndrome, or colitis) this severely reduces the efficiency of the flora. If it is too slow (as in atonic or spastic constipation) this too causes changes in their function.

The type of diet you eat is a major influence on bacterial health. The bacteria are healthier on a diet rich in complex carbohydrates (vegetables, whole grains, legumes) and low in animal fats, sugars, and cultured dairy products (especially "live" yogurt and cottage cheese). Not surprisingly, the diet which is best for people is also ideal for healthy bacteria.

Certain drugs, especially **antibiotics**, can severely upset this delicate balance. Penicillin will kill friendly bacteria just as efficiently as it will kill disease-causing bacteria. **Steroids**, like hormonal drugs such as **cortisone**, **prednisone**, and **birth control pills** also cause great damage to the bowel flora. Many factors influence just how healthy the flora are. While the type of friendly bacteria living in a region may seem much the same in health and disease, the task they perform changes according to circumstances. For example, when bifidobacteria are in a good state of health they will detoxify pollutants and carcinogens as well as manufacture various B vitamins. When in a poor state of health, however, they just cannot do these jobs as well or at all.

The role of **Friendly Bacteria** within the body have far reaching effects. They manufacture some of the B vitamins including niacin, B3, B6, folic acid, and biotin. They also manufacture the milk-digesting enzyme lactase which helps digest calcium-rich dairy products. They actively produce antibacterial substances which kill or deactivate hostile disease-causing bacteria. They do this by changing the local levels of acidity, by depriving pathogenic (disease-causing) bacteria of their nutrients, or by actually producing their own antibiotic substances which can kill invading bacteria, viruses, and yeasts. Naturally, they are doing this to preserve "their" territory. Some bacteria (such as bifidobacteria and acidophilus) have been shown to have **powerful anticarcinogenic** features which are active against certain tumors. Rheumatoid arthritis and ankylosis spondylitis, have been found to be associated with overgrowth in the intestines of particular harmful bacteria, proteus, and klebsiella respectively. Both of these can be controlled by healthy bowel flora. There is no doubt that these powerful **probiotics** enhance the immune system. In addition, it has been shown to do the following: digest foods, alleviate digestive disorders and prevent bad breath, enhance synthesis of B vitamins and improve calcium absorption, protect against E. Coli infection, improve tolerance and digestibility of milk products, reduce vaginal infections and candidiasis, and promote anti-tumor and anti-cancer activity.

SUGGESTED DOSAGE: Take 1 capsule 1 to 2 times per day between meals or on an empty stomach.

CAUTION: Please store in the refrigerator. Note for those highly sensitive to milk protein: This product may contain minute amounts of casein. Contains no sugar, salt, yeast, wheat, gluten, corn, soy, egg, shellfish, or preservatives.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.

Traditional Therapeutic Action

Supplement Facts		Serving Size 1 Capsule
Stability tested to guarantee the following minimum potencies guaranteed through expiration date.		
	Amount Per Serving	% Daily Value
Lactobacillus acidophilus	4 Billion (50%)	(*)
Bifidobacterium lactis	3.2 Billion (40%)	(*)
Bifidobacterium longum	0.8 Billion (10%)	(*)
Total Minimum		
Microorganisms	8 Billion (100%)	(*)

(*) Daily Value not established.

Provides 10 Billion microorganisms per capsule at time of manufacture.