



Pre & Probiotic

Friendly flora to promote intestinal balance

DESCRIPTION

Each Pre & Probiotic capsule, available from Medical Wellness Associates, contains over 15 billion beneficial organisms from lactobacillus and bifidobacterium genera with additional benefits of prebiotic fructooligosaccharides.

FUNCTIONS

Oral supplements of live, beneficial intestinal microorganisms for nutritional health and well-being are known as probiotics. Probiotic dietary lactobacilli colonize the intestinal tract. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal microflora is dynamic and constantly changing. If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to kill off both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms. Various intestinal conditions can compromise the immune system and lower the amounts of healthy intestinal microflora. When potent probiotic supplements, such as Pre & Probiotic, are supplied regularly, chances are greatly increased for establishing and maintaining a healthy population of beneficial intestinal microorganisms†. Once established, a normal intestinal microflora rich in lactobacilli creates acidic conditions that are unfavorable for the settlement of pathogenic microorganisms.

Probiotics have been shown to exert a beneficial support through modification of the immune system host via the gut environment. Clinical trials also suggest that the exposure to microbes through the gastrointestinal tract powerfully shapes immune function. In particular, lactobacilli are considered to induce reactions involving Th1 cells that benefit allergic diseases. Research on the *L. gasseri* strain supplementation has shown a beneficial effect on immunological reactions in school children. Lactobacillus rhamnosus is one of the most widely studied probiotics, noted and valued for its ability to survive in the harsh conditions of the digestive and urinary tracts. *L. rhamnosus* is extremely well tolerated by men and women

with very rare side effects. Studies have shown that, taken regularly, *L. rhamnosus* can be an effective supplement in promoting and maintaining digestive tract health. The ability for probiotic cultures to survive stomach acidity and pH has been in question. Bifidobacterium was studied in vitro to be extremely resistant to low pH and bile acids in the duodenum. *L. acidophilus* DDS-1™ incorporates proprietary cryoprotectant agents and stabilizers specifically designed to protect the organism and enhance stability. Clinical analysis of DDS-1 and Bifidobacterium also shows increased binding to human intestinal walls and protective effects of intestinal colonization. Certain bacterial acids in the intestines produce secondary bile acids, which have been implicated as promoters of colon carcinogenesis. One study indicated that *L. acidophilus* DDS-1 decreased the potential for bacterial transformations of primary bile acid. Prebiotics are carbohydrates that have short molecular chains. They function as non-digestible ingredients that can positively affect selected groups of beneficial intestinal microflora, such as lactobacillus. While probiotics merely add beneficial microflora, prebiotics affect the intestinal environment so that beneficial colonies of microflora can flourish. By aiding the beneficial microflora's survival, pathogenic microflora can have a decreased chance of survival.

INDICATIONS

Pre & Probiotic capsules may be a useful dietary supplement for those who wish to support their intestinal microflora with potent amounts of beneficial microorganisms.

FORMULA (#200900)

One Capsule provides a 15 Billion CFU probiotic blend containing:

<i>L. acidophilus</i> (DDS-1™).....	4.3 Billion
<i>L. rhamnosus</i>	4.3 Billion
<i>B. lactis</i>	1.9 Billion
<i>L. lactis</i>	1.0 Billion
<i>B. longum</i>	1.0 Billion
<i>B. bifidum</i>	1.0 Billion
<i>L. gasseri</i>	1.0 Billion
<i>S. thermophilus</i>	0.5 Billion

(continue on reverse)

In a base of FOS (fructooligosaccharides) and ulmus fulva (bark).....210 mg
Other Ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

SUGGESTED USE

Adults take 1 capsule daily or as directed by your health care professional.

SIDE EFFECTS

No adverse effects have been reported

STORAGE

Store in a cool, dry place, away from direct light.
Refrigerate if desired for maximum stability.
Keep out of reach of children.

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**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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