

Did you know?

Did you know that within your intestines billions of health-promoting bacteria are working hard to keep you healthy? These friendly bacteria are absolutely necessary for the health and function of your intestinal tract, which in turn has a tremendous impact on your overall health. The main types of friendly bacteria found in the gut are *Lactobacillus* and *Bifidobacterium* which play a crucial role in the gut's ability to fight infection and support general digestion at the same time.

Unfortunately, normal ageing as well as many factors in our modern lifestyle can disrupt the balance of friendly bacteria and lead to poor health. Do any of these apply to you?

Antibiotic use

While an important ally in the war against infections, antibiotics are not without side effects. In addition to wiping out unhealthy bacteria, they also destroy friendly bacteria. Repeated use of antibiotics can contribute to increased susceptibility to infection and intestinal dysfunction.

Medications such as antacids and gastric acid inhibitors

Medications that reduce stomach acid allow unhealthy bacteria to grow where they otherwise would not.

A high fat, low fibre health diet

A poor diet makes it difficult for health-promoting bacteria to thrive.

Foreign travel

Travel abroad increases your risk of picking up intestinal parasites and bacteria that upset the natural bacterial balance.

Food and water contaminants (chlorine, pesticides, antibodies, etc)

We often unknowingly consume compounds that alter the natural bacterial balance.



What can probiotics do for you?

- Aid the digestive process by helping you digest lactose (milk sugar).
- Detoxify the colon and promote regular bowel movements.
- Manufacture vitamins and essential fatty acids.
- Produce natural anti-microbials that prevent the growth of harmful bacteria and fungi.
- Stimulate immune function.
- Reduce hypersensitive reactions to food allergens.
- Create beneficial acids, which promote a healthy intestinal pH and contribute to a healthy intestinal tract.
- Help maintain healthy cholesterol levels.
- Support the function of the intestinal tract to act as a barrier against entry of pathogenic organisms or toxins into the bloodstream.
- Prevent the formation of carcinogenic compounds in the colon.
- Help to achieve vibrant health!

We hope this information has been helpful. If you have any further queries, please contact your healthcare provider.



Nutri (Imports & Exports) Limited,
Meridian House, Botany Business Park,
Macclesfield Road, Whaley Bridge, High Peak SK23 7DQ
FREEPHONE 0800 212 742
www.nutri.co.uk



Probiotics

What's Your Gut Feeling About Friendly Bacteria?



Read on to find out how probiotics could improve your digestive function

TRY THIS QUIZ

- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever taken antibiotics? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use antacids or stomach acid inhibitors? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you often constipated? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often have diarrhoea or loose stools? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have intestinal cramping or bloating? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often have gas? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you prone to vaginal yeast infections? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have intestinal candidiasis? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you concerned about a family history of colon cancer? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you prone to bladder infections? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have skin problems such as acne or eczema? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you lactose intolerant? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get frequent infections? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have inflammatory bowel disorder, such as colitis or Crohn's disease? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have irritable bowel syndrome (IBS)? |

If you answered "yes" to any of these questions, you might have an imbalance of intestinal bacteria.

Research has shown that administering prebiotics can increase the number of friendly bacteria in the gut without increasing the number of any harmful bacteria that may be present. Fructooligosaccharides (FOS) are a type of prebiotic that promote the growth of *Bifidobacteria* and some *Lactobacillus* species.

If you want results, you must use probiotics with proven effectiveness! Not all probiotics are created equal

You can't just eat yoghurt or take any *L. acidophilus* product from the health food shop to get the full benefits of probiotics. Why? Because efficacy is dependant on the ability of the bacteria to survive the digestive process and the type of probiotic used. For instance, by the time the yoghurt or supplement is manufactured, shipped and finally consumed there may be very little probiotic activity left. Second, there are many different species and strains of probiotic bacteria, most of which have very little research, if any, to prove that they actually have beneficial effects on human health. One of the primary considerations when buying a probiotic is to choose a strain that can establish itself and survive under the conditions encountered in the intestinal environment. You should only buy strains that are recognised for their exceptional high quality as well as their ability to survive in the presence of the numerous acids and juices encountered in the digestive process. It's no wonder that many people who use these "unknown" probiotics do not get the results they are after. To get the benefits you are looking for, you must use organisms that have proven stability, are safe for human consumption and produce beneficial effects in humans. That leaves only a few to choose from, such as *Lactobacillus acidophilus* NCFM™ & *Bifidobacteria*.

Lactobacillus acidophilus NCFM™

The NCFM™ strain of *Lactobacillus acidophilus* is an excellent example of a probiotic with proven benefit to human health. It is a reliable choice because it:

- Is the most extensively researched *L. acidophilus*, backed by over 60 scientific publications.
- Has been proven to be safe and effective in animal and human testing and by over 25 years of commercial use.
- Has been proven to adhere to cells of the intestinal tract. (Only a limited number of *Lactobacilli* have been shown to adhere).
- Has research to verify its ability to inhibit unhealthy bacteria through anti-microbial action.
- Promotes urinary and genital health as well as intestinal health.



Bifidobacteria

- One of the most abundant and important bacteria in humans as established by numerous research studies conducted over the past two decades.
- Comprise 95% of the total bacterial population in the gut of newborns and 25% in healthy adults, owing to their importance in intestinal health.
- Are an excellent complement to *L. acidophilus* due to the way they work together to improve overall intestinal health.



Combined use of these bacteria better reflects the natural bacterial composition of a healthy intestinal tract, provides greater overall protection, and may help you achieve your desired results more effectively than using either alone.

These probiotics are proven to be acid and bile resistant; therefore they can survive travel through the upper digestive system to reach the intestines.

Unlike many organisms used as probiotics, *L. acidophilus* NCFM™ strain and *Bifidobacteria* are of human origin, making them safe and appropriate for human use.

Billions of reasons to take high potency probiotics!

- The potency and viability of probiotics are a critical determinant of their effectiveness. First, a probiotic supplement must supply billions of organisms per serving. The typical dosage in human studies is approximately 5 to 10 billion or more per day! Second, the manufacturer must ensure that these organisms will be viable (alive and active) when you consume them. Without these factors, it is unlikely you will get the results you expect.

You can have the guts to be healthy

The more we learn, the more it becomes obvious that intestinal balance of bacteria is crucial to good health and vitality throughout life. With the guidance of your healthcare professional, you can achieve this by;

- Using pre and probiotics to help maintain the presence of friendly bacteria.
- Taking high doses of pre and probiotics after a course of antibiotics to re-establish the friendly bacteria.

To learn more about all the great things probiotics can do for you, read the back page!

How to restore the balance in your intestinal tract

The term "probiotics" refers to friendly bacteria that, when consumed, beneficially affect the balance of bacteria in your intestines and have positive effects on your health. Probiotics can be taken in food or supplement form and include *Lactobacillus acidophilus* and *Bifidobacterium*. Prebiotics are compounds derived from certain vegetable sources such as artichoke, chicory, leeks, onions and asparagus. These compounds are only partially digested and when consumed, the undigested part serves as food for the friendly bacteria.