



# Probiotic-5

Introduced 2006



## What Is It?

Each capsule of Probiotic-5 (dairy-free) provides 10 billion CFU of 5 beneficial bacteria strains *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Bifidobacterium bifidum* and *Bifidobacterium lactis*. This formula combines lactobacilli and bifidobacteria to promote gastrointestinal (GI) tract health and comfort, immune cell function and overall health.\*

## Uses For Probiotic-5 (soy and dairy-free)

**G.I. Health and Comfort:** *L. acidophilus* and *B. longum* have been shown to promote healthy cytokine production in the colon and maintain healthy GI barrier function, in part by supporting the mucosal lining of the GI tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, and promote GI comfort. A study involving elderly individuals indicated that a mixture of lactobacilli and bifidobacteria maintained healthy gut ecology.\*

**Immune Cell Function:** Studies suggest that probiotics support immune health, enhancing B cell, T cell and NK cell function. A randomized, double blind, placebo-controlled intervention study involving 479 adults suggests that *B. longum* and *B. bifidum* promotes overall health and T cell function. Another randomized, double blind, placebo-controlled clinical trial involving 25 elderly volunteers suggests that *B. lactis* encourages immune function by enhancing phagocytic capacity and activity.\*

## What Is The Source?

*Lactobacillus acidophilus* (La-14 strain), *Lactobacillus rhamnosus* (Lr-32 strain), *Bifidobacterium bifidum* (Bb-06 strain), *Bifidobacterium longum* (BI-05 strain), and *Bifidobacterium lactis* (BI-04 strain) are grown on a dairy-free soy-free medium. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Pure Encapsulations probiotic products contain a unique form of rice starch produced through a natural enzymatic process. This proprietary starch has been extensively tested and is added to protect the viability of the probiotic organisms.

## Recommendations

Pure Encapsulations recommends 1-2 capsules daily, in divided doses.

## Are There Any Potential Side Effects Or Precautions?

Probiotics may result in mild flatulence, which should subside with continued use. They may be contra-indicated for use with immunocompromised individuals. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Probiotics may be contra-indicated with immunosuppressant medications. Consult your physician for more information.

## Probiotic-5

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| each vegetarian capsule contains  |  v 0 |
| probiotic blend .....   | 10 billion CFU  |
| providing:  |   |
| Lactobacillus acidophilus (La-14) Lactobacillus rhamnosus (Lr-32)   |   |
| Bifidobacterium longum (BI-05) Bifidobacterium lactis (BI-04)   |   |
| Bifidobacterium bifidum (Bb-06)   |   |
| other ingredients: rice starch, silicon dioxide, vegetarian capsule (cellulose, water) This formula requires refrigeration to maintain culture viability. |   |
| 1-2 capsules daily, in divided doses, with or between meals.  |   |

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.