

with harmful bacteria, which suggests *B. bifidum's* lactic acid and acetic acid production helps maintain microflora balance.⁶

***Bifidobacterium lactis* (BI-04)[†]**

Bifidobacterium lactis is predominantly found in the colon. A double-blind, randomized placebo-controlled trial on subjects receiving *B. lactis* or placebo for eight weeks found that *B. lactis* supported a balanced immune response in individuals hypersensitive to environmental allergens.⁷ Studies examining immune development and dietary supplementation with *B. lactis* have shown that it supports GI health by reducing intestinal permeability.⁸

***Lactobacillus plantarum* (Lp-115)[†]**

Lactobacillus plantarum is a beneficial bacteria commonly found in fermented foods including sauerkraut, pickles, brined olives and sourdough. *L. plantarum* has been found to compete against unwanted bacteria due to the production of bacteriocins (lethal proteins) that inhibit bacterial growth.⁹ Studies have also demonstrated that *L. plantarum* helps boost the immune response by stimulating Th1-mediated immunity.¹⁰

***Lactobacillus rhamnosus* (GG)[†]**

Lactobacillus rhamnosus has been proven to have remarkable survivability in the acid and bile environments in the GI tract. *L. rhamnosus* is particularly useful because of its ability to adhere to cells, enhance microflora balance, and inhibit adherence of unwanted agents. *L. rhamnosus* was also found to positively affect inflammatory and immune gene signaling of over 1,700 genes when administered in high doses.¹¹

Supplement Facts^{V2}

Serving Size 1 Capsule
Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value
Proprietary Blend	423 mg (100 Billion CFU ^{**})	
<i>Lactobacillus acidophilus</i> (La-14)		*
<i>Bifidobacterium bifidum</i> (Bb-02)		*
<i>Lactobacillus rhamnosus</i> (GG)		*
<i>Bifidobacterium lactis</i> (BI-04)		*
<i>Lactobacillus plantarum</i> (Lp-115)		*
<i>Lactobacillus paracasei</i> (Lpc-37)		*

* Daily Value not established.

Directions

1 capsule per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, soy, corn, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.



[†] 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.

References

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11. Evard B, Coudeyras S, Dosgilbert A, Charbonnel N, Alamé J, Tridon A, Forestier C. Dose-dependent immunomodulation of human dendritic cells by the probiotic *Lactobacillus rhamnosus* Lcr35. *PLoS ONE.* 2011 Apr 18;6(4):e18735.

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