

Who Needs Probiotics?

Most people with their current lifestyle, their polluted environments, drinking chlorinated water, eating processed foods, and taking antibiotics and other medication, need daily supplementation of probiotics to maintain normal, healthy microflora. Probiotic means "*for life*," and are friendly bacteria; they are also called lactic-acid producing bacteria, and contribute to the intestinal microbial balance.

Antibiotic therapy studies show that 70 percent of women and 40 percent of men have yeast infections, a condition related to the lack of probiotics in the intestine. Also, VA hospital studies in Minneapolis showed a lack of probiotics in most people. Although probiotics are recommended for everyone in order to maintain normal microflora, the following conditions specifically warrant probiotic supplementation:

- Yeast infection
- Digestive disorders
- Acne
- High cholesterol
- Peptic ulcer
- Colon cleansing
- Immune dysfunction

Major Benefits of Probiotics:

- Digest foods and alleviate digestive disorders.
- Enhance synthesis of B vitamins and improve absorption of calcium.
- Protect against E. coli infection.
- Improve lactose intolerance and digestibility of milk products.
- Reduce vaginal infection and yeast infection.
- Improve immune function.
- Promote anticarcinogenic activity.
- Help prevent peptic ulcer caused by H. pylorie.
- Help prevent acne.
- Help reduce cholesterol.

Foods as the Source of Probiotics

Processed foods, pesticides and chemically contaminated foods, chlorinated water, antibiotics and other drugs destroy the microflora. The average American diet does not provide the probiotics needed to maintain normal microflora. Those familiar with the benefits of probiotics often consume yogurt, a long-recognized source of friendly bacteria. Unfortunately, commercial yogurts lack all the proper probiotics. Even the commercial yogurts fortified with *Lactobacillus acidophilus*, and sitting on the shelf for several days, do not have viable probiotics, because they tend to produce bacteria killing acids. For this reason, fresh, homemade yogurt can be a reliable source of probiotics. However, it often fails to provide sufficient amounts for its intended purpose. Since yogurt and other foods do not supply the needed level of probiotics, supplementation of probiotics on a daily basis is highly recommended.

Different Probiotic Products

Probiotic products are now available in different formulations with *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Bifidobacterium infantis*, *Enterococcus faecium*, and others, with or without prebiotic Fructo-oligosaccharides (FOS). The most common probiotic products are *Lactobacillus acidophilus* and *Bifidus longum* with FOS, and *Bifidus infantis* and *Lactobacillus acidophilus* with (FOS).

It should be noted that some strains of probiotics are more bile resistant than others. It is recommended that probiotic products in capsule, tablet or powder form be taken on an empty stomach, preferably in the morning prior to breakfast.

How to Select a Probiotic Supplement

All probiotic products are not the same. The name Acidiophilus, or probiotic, does not mean anything unless the probiotic product:

- Contains the right strain(s). Genetically, one can be more effective than others.
- Is it viable? Viable, or live probiotics, are effective
- Remains stable and viable for a long period of time
- Has the ability to survive in the intestine
- Produces beneficial effects in the intestine

A few more points to consider:

- Probiotic products sitting on the shelf without refrigeration lose potency first. For this reason, refrigerated, viable probiotics are recommended.
- Nondairy probiotic products are recommended by health professionals for persons allergic to dairy products and for persons with yeast infection.
- Nitrogen-flushed packaging of probiotics enhances the stability of shelf life of the probiotics.
- Fortification of probiotics with prebiotic Fructooligosaccharides (FOS) enhances the value of probiotics. FOS feeds probiotics selectively and enhances their growth in the gut.
- Combination of unknown and undesirable bacteria in probiotic products can even be harmful to the human body. Also, combinations of known and friendly bacteria in disproportionate manner can alter flora balance in the gut.

Probiotic+

http://www.eniva.com/products/prod_probiotica.html

Download Fact Sheet

<http://www.eniva.com/Exigo/pdfs/factprobioticplus.pdf>

Eniva Probiotic+ is a nutraceutical dietary supplement designed to optimize the health of digestive and intestinal environments.

Features of Eniva Probiotic+:

- 14 billion CFUs per serving
- Promotes balanced digestive and intestinal environments for proper nutrient absorption.
- Supports a healthy immune system, cholesterol, and healthy aging.
- Assists health during GI distress.
- Helps replenish beneficial bacteria reduced from antibiotic use.
- No wheat, egg, yeast, corn, soy, sugar, artificial flavors, or preservatives.
- Probiotic+ has been manufactured and formulated with extreme care! The glass container, nitrogen packing, exceptional seal and vegan friendly capsules are all quality features that help protect the beneficial contents inside.

Dr. S.K. Dash has made significant contributions to probiotic research and development for the past 25 years. He is the founder and president of UAS Laboratories, Minneapolis, MN.



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