

# Probiotic Extra Strength DF

52 Billion CFU

## DESCRIPTION

Probiotic Extra Strength DF contains 9 species of microorganisms from non-dairy sources. Because each strain has an affinity for a different part of the digestive tract, and a unique mechanism of action, a product delivering multiple strains is preferable to single strain products.

## FUNCTIONS

Oral supplements of live, beneficial intestinal microorganisms for nutritional health and well-being are known as probiotics. Bacteria are continually in competition for colonization space. Therefore, 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 are supplied regularly, chances are greatly increased for establishing and maintaining a healthy population of beneficial intestinal microorganisms. Besides the 9 different strains of microorganisms, Probiotic Extra Strength DF also contains added fructooligosaccharides (FOS) a soluble fiber and prebiotic that selectively supports the proliferation of intestinal probiotics for digestive tract health. Probiotic Extra Strength DF can be a valuable means of increasing normal gut flora in individuals who are lactose intolerant and can be helpful in normalizing digestion, supporting regularity, and gastrointestinal and neurological support.

*The unique Probiotic Extra Strength DF formula features the following microorganism species:*

- **Lactobacilli** (*L. acidophilus*, *L. rhamnosus*, *L. casei*, *L. salivarius*) are located in the small intestine and produce lactic acid. Many strains of bacteria from the *Lactobacillus* family have been shown to support regularity, urogenital and vaginal health, production of the lactase enzymes and protect the gut lining from unwanted materials.
- **Bifidobacteria** (*B. lactis*, *B. breve*, *B. longum*, *B. bifidum*) are located in the colon and produce lactic and acetic acids, making the gut a very inhospitable place for unwanted materials.

Bifidobacteria have been shown to promote regularity, even while traveling abroad.

- **Streptococcus thermophilus** is also a lactic acid producer which lines the gut wall to provide a barrier from unwanted materials, promotes regularity and produces the lactase enzyme.
- **Fructooligosaccharides (FOS)** are considered a soluble fiber and pre-biotic, which supports the growth of beneficial microorganisms in the intestinal tract. FOS, as a fiber, increases the bulk in the gut to promote regularity.

## INDICATIONS

Probiotic Extra Strength DF may be a useful dietary supplement for those individuals who wish to support their intestinal microflora with potent amounts of beneficial microorganisms.

## FORMULA (WW #10296)

**Each vegetarian capsule contains:**

Probiotic Bacteria Complex.....52.5 Billion CFU

Containing: *L. acidophilus*, *L. rhamnosus*,  
*B. longum*, *B. bifidum*, *B. lactis*, *L. casei*,  
*B. breve*, *S. thermophilus*, *L. salivarius*

Fructooligosaccharides (FOS) ..... 25 mg

Other ingredients: vegetable cellulose (capsule), rice, maltodextrin, vegetable stearate, silica.

## SUGGESTED USE

Adults take one (1) capsule, one (1) or two (2) times daily between meals, or as directed by a healthcare professional.

## SIDE EFFECTS

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Rekssupphol S, Rekssupphol L. *Lactobacillus acidophilus* and *Bifidobacterium bifidum* stored at ambient temperature are effective in the treatment of acute diarrhea. *Ann Trop Paediatr*. 2010;30(4):299-304
- Rhode CL. The use of probiotics in the prevention and treatment of antibiotic-associated diarrhea with special interest in *Clostridium difficile*-associated diarrhea. *Nutr Clin Pract* 2009 24: 33-40.
- Verna EC, Lucak S. Use of probiotics in gastrointestinal disorders: what to recommend? *Therapeutic Advances in Gastroenterology* 2010 3:307

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.