BifidoBiotics

Item # 71910
60 Vegetarian Capsules

The Possible Benefits of BifidoBiotics, a Dietary Supplement

- Helps maintain a healthy intestinal probiotic balance, especially in the large intestine*
- Supports the structure and functional integrity of the epithelial lining in numerous ways*
- May boost immune response and support resistance*
- Can produce vitamins, enzymes, and organic acids that support normal intestinal pH*

Description

An optimally functioning intestinal system is crucial to the health of the whole body. The human gastrointestinal tract harbors trillions of microorganisms, some beneficial to our health and some not. The cells that line the intestines, called villi, form a single layer that regulates digestion and absorbs the digested products. Friendly (probiotic) bacteria live attached to the villi, finding food and shelter, and in turn providing benefits to their host. Probiotic bacteria naturally occur in fermented foods, such as live culture yogurt and sauerkraut. Nobel Prize laureate Elie Metchnikoff observed in the 19th century that people in the Balkans who ate yogurt and other foods cultured with lactobacilli were longer-lived. He theorized that ingestion of lactobacilli could prolong life by competitively inhibiting undesirable microbes, preventing them from taking up residence and producing toxins. Intestinal dysbiosis occurs when unfriendly bacteria imbalance probiotic bacteria. Factors that can promote dysbiosis include antibiotics, steroids including birth control pills, alcohol, bacterial infections, stress, traveling or a poor diet.

Trillions of probiotic microflora are found in the healthy small and large intestines, from up to 400 strains. They can support the structure and functional integrity of the epithelial lining by helping to metabolize vitamins, minerals and hormones, improve intestinal motility and assist in detoxification.* They can boost immune function, and have been shown to support resistance.* They produce metabolites such as lactic acid, hydrogen peroxide, bacteriocins and acetic acid that normalize the pH of the intestine and promote a healthy micro-ecological balance.* They support healthy conditions in the vagina, and cholesterol within normal levels.* They can produce lactase, the enzyme that digests lactose (milk sugar). When probiotics are depleted, supplemental probiotic bacteria are often needed in large amounts – in some cases, ten billion colony forming units (CFU) per day or more may be needed to restore intestinal balance.*

BifidoBiotics contains five strains of friendly bacteria, providing broad-range support for intestinal microbial balance in the small intestine and especially the large intestine.*

Almost 30 different species of *Bifidobacteria* have been identified, and they are the most plentiful probiotic bacterial group. They are more delicate than other common probiotics, and can easily be depleted by intestinal toxins or other stressors. Bifidobacteria are found in the large intestine and to a lesser extent in the lower part of the small intestine. BifidoBiotics contains two primary human strains, ***B. breve,*** first isolated from human infants, and ***B. longum,*** first isolated from human adults. In breastfed infants bifidobacteria comprise more than 95% of intestinal bacteria. They are anaerobic, and unlike other probiotic bacteria, they can ferment carbohydrates to both acetic and formic acids. They also produce lactic acid, creating a healthy pH in the colon.* They produce vitamins B1, B6, folic acid, and enzymes such as casein phosphatase and lysozyme. They also support

*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.