

# TOTAL PROBIOTICS

**Ingredients:** Jerusalem Artichoke (rich source of Fructooligosaccharides) 200mg, Cellulase 1,200 CU, Lactobacillus Acidophilus 400 million units, Acerola Extract 25mg, Rose Hips 25mg, Bifidobacterium Bifidum 200 million units, Bifidobacterium Longum 200 million units, Protease 7,500 HUT, Lipase 52 LU, Lactobacillus Casei 100 million units, Lactobacillus Plantarum 100 million units, Rueteri 100 million units, Lactobacillus Salicarius 100 million units, Amylase 275 DU, EDS Mineral Mix (Kelp, Calcium Ascorbate, Magnesium Citrate, Zinc Gluconate, Manganese Gluconate), in a base of pure plant fiber.

**Supportive Function:** In an age where the human body is subjected to numerous immune insults, from environmental toxins to endogenous parasites, it is imperative to remember the balance of friendly flora in the large intestine. A healthy balance supports immune function and decreases colony populations of harmful bacteria. Total Probiotics contains FOS, molecules, which attract bifidobacteria in the gut, and are especially helpful when populations of flora have been decreased from antibiotic use.

**When are probiotics helpful?** A high-potency, probiotic combination is necessary to rebuild the "good bacteria" in the gastrointestinal tract. Suggested uses: daily to maintain intestinal integrity, colds/flu's, candida, parasites, intestinal complaints, colic

**Clinical Applications/Research:** Jerusalem artichoke is a rich source of fructooligosaccharides (FOS). The human body does not metabolize FOS. Bifidobacterium in the presence of FOS is the primary source of biotin production in infants. FOS helps promote the growth of friendly bacteria, especially bifidobacteria and lactobacilli, while decreasing the amount of bad bacteria. FOS also increases butyrate production (short-chain fatty acids), enhances liver function and increases elimination of toxic substances. Onions, garlic and asparagus are also natural sources of FOS (Murray, M., Encyclopedia of Nutritional Supplements, Prima Publishing, Rocklin, CA, 1996, p. 362).

**Cellulase** is composed of hydrolytic food enzymes that aid in the breakdown and assimilation of nutrients.

**Lactobacillus Acidophilus** provides protection for the intestinal wall by enhancing antigen-specific immune defense. Lactobacilli produce a variety of substances that inhibit bad bacteria and inhibit the production of toxins by pathogenic species.

Lactobacillus acidophilus "has been found to inhibit Candida albicans" (Microbios, 1990; 62 (250): 37-46).

**Acerola Extract** is a natural source of vitamin C and bioflavonoids, which have powerful effects on the immune system.

**Rose Hips** are a natural source of vitamin C and bioflavonoids, which have powerful effects on the immune system.

**Bifidobacterium Bifidum and Longum** prevents pathogenic enterobacteria from colonizing the gut. In particular, research has shown that nitrite-producing organisms are specifically inhibited by these probiotics.

**Protease, Lipase and Amylase:** Protease is a protein-digesting enzyme, lipase is a fat-digesting enzyme, and amylase is a carbohydrate-digesting enzyme.

**Lactobacillus Casei** creates a desirable microbial balance and controls the production of toxins upon vital organs and body cells. Lactobacillus casei contributes to intestinal peristalsis and elimination of harmful amines from amino acids. It coats the intestinal mucosa and protects against invasion and activities of harmful organisms (Brimhall, J., Paper presented on Total Probiotic, 1997).

**Lactobacillus Plantarum** produces a high percentage of lactic acid, which acts to inhibit harmful microorganisms (Brimhall, J., Paper presented on Total Probiotic, 1997).

**Lactobacillus Rueteri** has been shown to stabilize the intestinal flora and is used with acidophilus and bifidobacteria as extra support. It promotes additional benefits such as protection against pathogens, provision of certain nutrients and enzymatic reactions, involvement in tissue morphogenesis, peristalsis activity and interaction with the immune and endocrine systems (Brimhall, J., Paper presented on Total Probiotic, 1997).

**Lactobacillus Salvarius** has been shown to produce alpha-galactosidase, which can help reduce flatulence. In addition, Lactobacillus Salivarius has been shown to be highly resistant to tetracycline and other types of antibiotics (Brimhall, J., Paper presented on Total Probiotic, 1997).

**Mineral Mix:** A mineral mix containing kelp, calcium ascorbate, magnesium citrate, zinc gluconate and manganese gluconate in a base of pure plant fiber can add to a probiotic combination.

**Testimonials/Nutrient Tidbits:** A distributor reports...the patient was extremely constipated from chemotherapy. Nothing was working, so we doubled the dose of Total Probiotics, and she started to move.

**Suggested Dosage:** 1-2 tablets 3 times daily or as directed

**Size:** 60 or 120 tablets

**Vegetarian:** Yes

**Contraindications:** None known.