

Probiotic 11 NPN 80021736, 90 capsules, Probiotic Supplement,

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Probiotics, commonly called “friendly bacteria”, are live microorganisms that exert many beneficial health effects. They provide essential functions in the body and help maintain our overall health. But factors such as stress, environmental conditions, poor diet or use of antibiotics can affect the natural balance of these friendly microbes.

Probiotic 11 contains 11 strains of important, gut-beneficial organisms for promotion of gut health and immune functions. This product is recommended to populate the intestinal tract with a variety of beneficial microorganisms that may be removed in colon cleansing or after times of intestinal stress.

Did you know?

Multiple mechanisms of action are believed to be responsible for the benefits of supplemental probiotics. Some are believed to secrete beneficial substances. Some have the ability to adhere to the intestinal walls, preventing attachment and residence of less friendly microorganisms. Immune benefits are partially attributed to stimulation of Immunoglobulin A. Benevolent microbes also participate in the decomposition of fecal matter, contributing to nutrient absorption and producing vitamins B, D and K as metabolic byproducts.¹

NSP advantage

90 capsules. Comprehensive probiotic supplement. Probiotic 11 is formulated with a blend of short and long-chain fructo-oligosaccharides (FOS), which are non-digestible food-stuffs (fibre and other oligosaccharides) that serve as food for the probiotics in the colon. Over 200 clinical studies report health benefits of short-chain (FOS), such as improved mineral

absorption and bone health, improved immunity and relief of occasional bloating, gas, sour stomach and constipation. Recommended for use following colon cleansing.

Ingredients: Medicinal Ingredients: Each capsule contains the friendly bacteria *Lactobacillus rhamnosus* 800 million; *Bifidobacterium bifidum* 600 million; *L. Acidophilus* 600 million; *L. plantarum* 600 million; *B. infantis* 400 million; *B. longum* 400 million; *L. casei* 400 million; *L. salivarius* 400 million. Non-medicinal ingredients: gelatin capsule (gelatin, water), inulin, fructooligosaccharides (FOS), *Lactobacillus bulgaricus* 600 million; *Streptococcus thermophilus* 600 million; *L. helveticus* 600 million; magnesium stearate (vegetable source).

NOTE: Due to a labelling requirement from Health Canada, *L. Bulgaricus*, *S. thermophilus* and *L. helveticus* are listed in the non-medicinal ingredients. They are in fact three of the 11 active species of probiotics in this formulation.

Recommendations: (adults, adolescents, and children older than 1 year): Take 1 to 2 capsules once per day. Take with a meal.

Risk Information: Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhoea) occur, worsen, or persist beyond 3 days. This product has come into contact with milk. Do not use this product if you have a milk allergy.

KEEP FROZEN OR REFRIGERATED

REFERENCES

1. Elmer, G.; Surawicz, C.M.; McFarland, C.V. “Biotherapeutic Agents: A Neglected Modality for the Treatment and Prevention of Selected Intestinal and Vaginal Infections.” JAMA 1996; 275 (11): 870-6.

Features & Benefits

- Probiotic 11 provides live microorganisms that contribute to a natural healthy gut flora.
- Helps regulate intestinal functions. Overall intestinal health formula.
- Helps relieve occasional gastrointestinal distress. Promotes proper digestion and elimination.
- Fights and helps reduce the risk of developing diarrhoea.
- Helps production of the B-complex vitamins and vitamins D and K in the intestinal tract.
- Improves immune system function.
- *L. plantarum*, *L. salivarius*, *S. thermophilus* and *L. acidophilus* have demonstrated the ability to break down lactose, the milk sugar responsible for lactose intolerance.
- *L. salivarius* has demonstrated marked digestive support for the stomach.
- *L. bulgaricus* and *L. plantarum* are associated with immune activities.