



Bifidus Strains

B. Animalis

- Inhibits inflammation in the gastrointestinal system and supports immune system function
- Prevents the formation of nitrosamines
- Helps with IBS symptoms including frequency of bowel movements and consistency
- Can help with preventing Salmonella infection
- Helps with edema and ulcerations in the colon

B. Bifidum:

- Helps to fight yeast overgrowth especially Candida Albicans.
- It increases immune function
- Decreases inflammation and allergies,
- Reduces ulcers and diarrhea and protects against e. coli infection.
- Has antimutagenic and anticarcinogenic properties
- Lowers cholesterol
- Helps with Crohn's and colitis
- Also helps with allergies and other inflammatory conditions

B. Breve:

- Inhibits E. coli and Candida Albicans
- Key strain for digestive health in babies
- Reduces the incidence of gas, antibiotic-associated diarrhea and IBS
- Helps with allergies
- Decreases with age and the decrease is linked with poor digestive abilities in the elderly (which may be corrected with supplementation)

B. Infantis:

- One of the first strains a mother passes on to the baby through breast milk to help the baby establish its own good bacteria levels
- Supports the baby's immune system and reduces the inflammatory response related to allergies
- Can help reduce death for babies born underweight
- Helps with intestinal issues such as diarrhea and IBS
- Protects the vaginal canal from infection
- Helps reduce oxalates and prevent kidney stones
- Impedes growth of bad bacteria
- Limits production of beta-glucuronidase (produced by pathogenic bacteria) that interferes with successful detoxification of estrogen in the intestines
- Helps restore intestinal balance and digestive function



- Lowers histamine

B. Lactis:

- Found in raw milk and starter cultures for some cheeses and buttermilk.
- Helps fight tumors as well as support immune systems function and increase T-cell production including in the elderly.
- Helps reduce respiratory diseases, colds and flus.
- Can increase the immune system response to vaccinations
- Decreases H pylori.
- It can decrease leaky gut and lactose intolerance,
- Improve IBS, diarrhea and general discomfort of digestion.
- Can decrease the bad bacteria that causes cavities.
- Helps with glucose control
- Improves total cholesterol and HDL.

B. Longum

- Contains enzymes that repair free radical damage
- Secretes lactic acids (as do all bifidum) to lower the ph of the intestines
- Alleviates lactose intolerance
- Reduces cholesterol
- Reduces incidences of diarrhea from antibiotics
- Supports the immune system and has anti-cancer properties
- It is one of the first inhabitants in a baby's intestinal tract
- Helps with constipation
- Helps prevent allergies
- Lowers histamine

Bacillus Coagulans:

- Is fairly resistant to stomach acid and helps colonize to the GI tract
- It is often prescribed to patients with acute immune problems

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