



Lactobacillus Strains

All members of the lactobacillus family produce lactic acid. Lactic acid lowers the gut ph to make it less hospitable for bad bacteria and yeast. Each strain has specific benefits and many of the benefits overlap between strains

L. Acidophilus:

- It has been researched the most.
- Found in the stomach, urinary system, mouth and vagina
- Can produce antibiotic substances such as acidolin, acidophillin, lactobacillin and lactocin.
- Helps fight Candida Albicans , ulcers, salmonella, staph infection and e.coli and prevent urinary tract infections.
- Improves nutrient absorption such as calcium
- Makes some B vitamins and improves appetite
- Repairs leaky gut and prevent diarrhea.
- People who do not colonized L. Acidophilus well are more prone to having difficulties digesting milk and are more likely to be lactose intolerant.
- Helps with digestive issues such as gas and bloating, as well as stress-related digestive issues.
- Improves cholesterol and blood pressure
- Helps the immune system fight bacteria and viruses as well as it prevents tonsillitis and reduces allergy symptoms.
- Prevents kidney stones (by blocking the formation of the oxalates) and reduces anemia

L. Brevis:

- It decreases levels of H. pylori, the bacteria that is involved with stomach ulcers and can reduce mouth ulcers as well.
- It helps with inflammation
- Make help suppress tumour activity especially in the colon
- It can also reduce the formation of oxalates to help reduce the risk of kidney stones.
- Has anti-cancer properties especially for colon tumors

L. Bulgaricus

- Helps stimulate the growth of other beneficial bacteria and is often found in yogurt starter.
- Helps decrease triglycerides, LDL levels, total cholesterol,
- Can strengthen the immune system and help fight viruses.
- Improves dairy digestion and decreases symptoms such as gas, bloating, diarrhea, nausea
- Is helpful for IBS and leaky gut,
- Lowers inflammation
- May prevent tooth decay.



- It is also helpful for the management of HIV symptoms.
- Limits production of beta-glucuronidase (produced by pathogenic bacteria) that interferes with successful detoxification of estrogen in the intestines
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L. Casei:

- Inhibits pathogenic bacterial infections
- Reduces occurrence, risk and symptoms of IBS
- Reduces severe systemic inflammatory response syndrome and inhibits pneumonia
- Inhibits respiratory tract infections and bronchitis
- Maintains remission of diverticular disease
- Inhibits *H. pylori* (and ulcers)
- Reduces allergy symptoms and asthma symptoms
- Inhibits *Pseudomonas aeruginosa* (pathogenic bacteria)
- Decreases milk intolerance
- Supports liver function and decrease risk of cirrhosis
- Stimulates the immune system
- Inhibits and reduces diarrhea episodes
- Produces vitamins B1 and B2
- Prevents risk and recurrence of bladder cancer
- Inhibits *Clostridium difficile*
- Reduces constipation
- Reduces lower respiratory infections
- Inhibits candida overgrowth and vaginosis
- Prevents colorectal tumor growth
- Stimulates the immune system among the elderly and decrease colds and influenza
- Decreases rotavirus infections
- Increases HDL-cholesterol and decrease triglycerides
- Decreases blood pressure
- Inhibits viral infections
- Inhibits malignant pleural effusions secondary to lung cancer
- Reduces cervix tumors when used in combination radiation therapy
- Inhibits tumor growth of carcinomatous peritonitis/stomach cancer
- Breaks down nutrients for bioavailability
- May aid estrogen detoxification

L. Gasseri:

- Associated with weight loss both in obese humans and in animals. Some studies suggest that is especially helpful for losing belly fat and stimulating metabolism.



- May be helpful for menstrual pain for women with Endometriosis.
- Can help improve respiratory health and lower cholesterol, especially LDL
- Lowers histamine

L. Helveticus:

- Reduces blood pressure by inhibiting angiotensin converting enzymes (ACE) which is involved in constricting blood vessels
- Improves sleep quality including how long you sleep.
- It helps to increase the levels of calcium in the blood and helps the parathyroid hormone which helps control calcium and phosphorus in the blood It is particularly
- Helpful for babies who have not been breast fed in helping develop the babies gut bacteria levels.

L. Plantarum:

- Is associated with weight loss in animals
- Can provide long term protection against bad bacteria but does not contribute to antibiotic strains – is not easily destroyed by antibiotics and helps fight a bacterial infection.
- Improves the healing of burns and strengthens the immune system.
- It also helps restore healthy liver enzymes
- Aids healing from colds and flus
- Reduces leaky gut and inhibit bad bacteria such as Clostridium difficile.
- Reduces inflammation, fungal infections, IBS symptoms, pancreatic sepsis,
- Blood pressure and post-operative infection.
- It can also reduce the risk of kidney stones by reducing oxalates (formed when oxalic acid found in food such as spinach, rhubarb and swiss chard binds with minerals such as calcium and iron)
- Lower histamine

L. Pentoaceticus:

- Helpful for converting different types of carbohydrates to lactic acid and acetic acid.

L. Paracasei:

- Decrease non-rotavirus diarrhea and interferes with H-Pylori colonization

L. Reuteri

- Helps prevent infections
- Heals colic
- Treats and prevents diarrhea
- Prevents and treats female urogenital tract infections



- Suppresses occurrences of eczema
- Supports dental health
- Destroys streptococcus mutans, which hastens tooth decay
- May eradicate H. Pylori bacteria
- Inhibits E.coli
- May help heal the gut lining

L. Rhamnosus: Also known as Lactobacillus GG,

- Helpful in managing glucose control and may help prevent diabetes.
- It can boost the immune system to help fight colds, flus, ear and respiratory infections,
- Reduces vaginosis and inhibits H. pylori.
- It can enhance immunity in HIV/AIDS patients and decrease symptoms.
- It reduces inflammation in the body and decreases eczema.
- Improves symptoms of from leaky gut, constipation and IBS.
- From a cancer perspective, L. rhamnosos inhibits tumor activity and decreases colon cancer risk
- It also lowers LDL Cholesterol
- For infants, it helps fight diarrhea, decrease colic and stimulate infant growth
- May aid estrogen detoxification
- Lowers histamine

L. Salvarius

- Found in the mouth (prevents plaque build-up) and small intestines
- In cases of septic shock, it helps restore balance in the intestines
- Helps with traveler's diarrhea, colitis and symptoms of IBS
- Works best when prebiotics are present
- Has antibacterial properties
- Lower histamine
- May aid estrogen detoxification

L. Thermophiles:

- Improves digestion and decreases symptoms of IBS, diarrhea and leaky gut.
- Helps with ulcerative colitis symptoms, fights C. difficile,
- Decreases AIDs symptoms and helps with upper respiratory infections such as pneumonia.
- It can also help reduces the risk of kidney stones and symptoms of dermatitis.
- It may also help increase anti-tumor activity.
- It can also help improve HDL cholesterol.
- Helps increase intestinal flora in children who have not been breast feed and may reduce colic

Streptococcus Thermophilus

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- Often found in yogurt with *L. Bulgaricus*
- Helps with inflammation of the mucosa during chemotherapy, helps normalize cells and restore balance
- Prevents the formation of nitrosamines
- Helps with inflammation

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