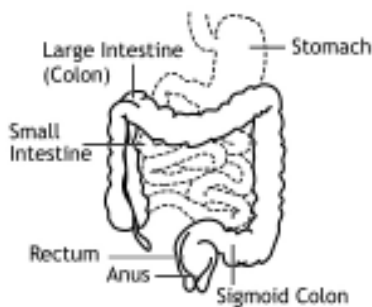


Be Proactive With Your Colon Health!

Maintaining a healthy colon is vitally important to your overall health and longevity.

The current eating habits, overuse of sugar, wrong food combinations, and excessive use of antibiotics have caused many of the health problems so many people experience today. It is estimated that 50% of all antibiotics sold today are given to animals that are eventually butchered for human consumption. So, even if we try to avoid taking antibiotics, they still enter our body through the meat we eat. Once in the intestines, these antibiotics can destroy the beneficial bacteria and cause indigestion, bloating, gas, yeast overgrowth, etc.

Currently, many people think the only reason they would ever need to take a bacteria supplement would



be if they had some obvious type of bowel problem. The friendly bacteria in the bowels have far-reaching benefits greater than most would imagine. These hard working organisms are, in fact,

essential to good health, and produce a variety of substances that can prevent abnormal tissue growth, inactivate viruses, produce natural antibodies and vitamins, and reduce cholesterol.

Antibiotics, medications, excessive alcohol, fluoridated and chlorinated water, yeasts, chronic diarrhea, stress, infections, and poor diet can destroy these friendly bacteria. If the population of the probiotic bacteria is not replaced regularly with additional organisms, harmful bacteria can take over and cause serious health problems.

The following is a partial list of common problems associated with inadequate bowel flora: chronic diarrhea, high cholesterol levels, constipation, breast enlargement in men, menstrual complaints, hormonal problems, severe bruising problems, yeast infections, chronic vaginal infections, chronic bladder infection, chronic anemia, intestinal gas, P.M.S., dairy product allergies, prostate trouble, chronic bad breath, and Vitamin B deficiencies. Further, the Royal Academy of Physicians of Great Britain concluded, "90% of all disease and discomfort is directly or indirectly related to an unclean colon."

Fortunately, there's a simple way to lessen potential problems in the intestinal tract. Researchers now believe that there are steps one can take to maintain a healthy intestinal tract, such as: 1) include sufficient fiber in the diet, 2) exercise regularly, 3) drink plenty of pure water, and 4) keep the intestines populated with probiotic bacteria.

Colonies of "friendly or probiotic" bacteria must reside in the colon for it to function properly. These bacteria help maintain balance in the intestinal tract by preventing the unfriendly, disease-causing organisms, such as E. coli and salmonella, from gaining a foothold. The good bacteria eat up the toxic waste from food that was not completely digested and eliminated.

Health Benefits

A healthy intestine with the proper bacteria leads to good bowel movements, vitamin and hormone production, and a long list of other health benefits. A healthy intestinal tract has over 400 different species of micro-organisms living there. They make up about two pounds of body weight!

Including probiotics in your daily diet appears to help keep your digestive system in balance and offset some of the negative effects caused by ingested toxins and viruses. Lactobacillus salivarius is a highly effective friendly bacterium that helps restore proper balance in your intestines by consuming unfriendly bacteria and viruses while promoting the growth of beneficial organisms. The regular consumption of these probiotic bacteria gives you an effective way to help promote healthy intestinal activity, good digestion, and colon regularity.

L. salivarius, being highly active on proteins, is able to act on these protein toxins while still in the intestinal tract. By removing this burden from the organs of elimination, it allows these organs to complete their functions with much greater efficiency. L. salivarius also produces acid by fermentation, creating an environment less favorable to the organisms found in the rotting organic matter in the intestines.

L. Salivarius

L. Salivarius is a highly effective probiotic bacteria, which plays an important role in maintaining a healthy digestive system. It works to restore the proper balance in the intestines, attacking many of the



Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 100, 250		
	Amount Per Serving	% Daily Value
Lactobacillus Salivarius**	300 mg	*
Other Ingredients: Cellulose, Rice Flour.		
* Daily Value not established.	Capsule size #1	
** Each capsule contains 18 billion CFU's at time of manufacture.		

unfriendly bacteria and other detrimental invaders while prompting the growth of beneficial organisms.

L. Salivarius is helpful for 1) cleaning the bowel tract, 2) calming the distress caused by food poisoning, 3) relieving flu-like symptoms, and 4) removing plaque from teeth. *L. Salivarius* can facilitate better digestion and utilization of the food we eat and the elimination of bad bacteria. If you currently are not taking a probiotic supplement on a regular basis, we strongly suggest you reconsider.

Each vegetarian capsule contains 18 billion viable microorganisms (cfu), at time of manufacture.

Suggested Dosage: For usual adult dosage: take on or more capsules daily on an empty stomach.

Scientific Studies

In a study published in the *American Journal of Gastroenterology* in November 1998, researchers examined whether or not *Lactobacillus salivarius* could be used to treat *Helicobacter pylori*. *H. pylori* bacterium infects the mucus lining of the stomach and duodenum. *H. pylori* has been linked to cases of gastritis and peptic ulcers. Researchers used an in vitro culture system and an *H. pylori*-infected gnotobiotic murine model to determine if *L. salivarius* was capable of producing enough lactic acid to completely inhibit the growth of *H. pylori*. Based on the findings of this study, the probiotic *L. Salivarius* was shown to suppress *H. pylori* and reduce the inflammatory response.

A study reported in the September 2005 issue of *World Journal of Gastroenterology* examined the effect of administering *L. Salivarius* to rats with induced colitis. Colitis is a digestive disorder characterized by colon inflammation. For this study, female Wistar rats were divided into three groups. The first group received daily doses of *L. Salivarius* for three weeks. The two other groups received a placebo. Two weeks into the study, colitis was induced in the *L. Salivarius* group and one of the placebo groups. At the end of the three-week study, all animals were killed and the colonic damage was evaluated. Researchers con-

cluded that presence of the probiotic *L. Salivarius* helped the recovery of the inflamed tissue in the TNBS model (trinitrobenzene sulphonic acid). This beneficial effect appears to be related to an improvement in immune system function.

The November 1999 issue of *Applied and Environmental Microbiology* publish an interesting article on a study involving the effect *L. salivarius* had on *Salmonella enteritidis* in chickens. In the study, one-day-old Leghorn chickens were dosed with *L. Salivarius* and disease-causing *Salmonella* bacteria. Researchers observed that the salmonella was completely removed from the birds after twenty-one days.

References:

Pascual m, Hugas M, Badiola J.I., Monfort J.M., Garriga M. "Lactobacillus Salivarius CTC2197 prevents Salmonella enteritidis colonization in chickens." *Applied and Environmental Microbiology* (65-11, pg. 4981-6): American Society for Microbiology: Washington, D.C.; November 1999.

Peran L, et al. "Preventative effects of a probiotic, *Lactobacillus Salivarius* ssp. *Salivarius*, in the TNBS model of rat colitis." *World Journal of Gastroenterology* (11-33, pg 5185-92): The WJG Press: China; September 2005.

Yuji Aiba M.T., et al. "Lactic acid-mediated suppression of *Helicobacter pylori* by the oral administration of *Lactobacillus Salivarius* as a probiotic in a gnotobiotic murine model." *American Journal of Gastroenterology* (93-11, pg 2097): Blackwell Publishing: Massachusetts; November 1998.

Resources:

Brudnak Mark A. "The Probiotic Solution: Nature's Best-Kept Secret for Radiant Health." *Dragon Door Publications*: Minnesota; 2003.

Mindell Earl. "User's Guide to Probiotics." *Basic Health Publications Inc.*: New Jersey; 2004.

Trenev Natasha, "Probiotics: Nature's Internal Healers." *Avery Publishing Group*: New York; 1998.

Contact Information: R-Garden Inc., 1-800-800-1927

The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.