



## TOTAL PROBIOTICS

**EACH CAPSULE CONTAINS:** Zinc (as gluconate) 0.7 mg, Manganese (as gluconate) 0.6 mg. Proprietary blend 255 mg\* of: Jerusalem Artichoke (*Helianthus Tuberosus*)(bark), Acerola (*Malpighia Glabra*)(fruit), Rose Hips (*Rosa Laevigata*)(fruit), Beet (*Beta Vulgaris*)(root). Probiotic Blend (70 billion CFU) 135 mg\*: Cellulase (1200 CU\*), *Lactobacillus Acidophilus* 400 Million\*, *Bifidobacterium Bifidum* 200 Million\*, *Bifidobacterium Longum* 200 Million\*, Protease (7500 HUT\*), Lipase (52 LU\*), *Lactobacillus Casei* 100 Million\*, *Lactobacillus Plantarum* 100 Million\*, *Lactobacillus Rueteri* 100 Million\*, *Lactobacillus Salivarius* 100 Million\*, Amylase (275 DU\*).

**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 (*Malpighia Glabra*) (fruit) 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.

\* DAILY VALUE (DV) NOT ESTABLISHED

THE NUTRIENT SUGGESTIONS LISTED IN THIS MANUAL ARE SUGGESTIONS FOR NUTRITIONAL SUPPORT ONLY AND SHOULD NOT BE USED TO TREAT OR CURE DISEASE. THE FDA HAS NOT EVALUATED THESE STATEMENTS. A QUALIFIED HEALTH PROFESSIONAL SHOULD BE CONSULTED IN ALL HEALTH CONCERNS.

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**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).

## 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

**SIZES:** 60 and 120 capsules

**VEGETARIAN:** Yes

**CONTRAINDICATIONS:** None known