

PREBIOTICS

Prebiotics are substances that support the actions of probiotics by providing a fuel source for beneficial bacteria. Prebiotics create an environment that supports the growth of *both* Lactobacilli and Bifidobacteria. The best prebiotics are colostrum and arabinogalactans.



- **Colostrum:** A colostrum-derived prebiotic concentrate can help the immune system eliminate harmful organisms from the digestive system, while promoting the growth of friendly bacteria. For maximum efficacy, your Practitioner will recommend a colostrum containing at least 40% IgG with supporting micronutrients (e.g. zinc and selenium) from pasture-fed cows that are antibiotic and chemical-free.
- **Arabinogalactans:** Arabinogalactans are a soluble vegetable fibre from the Western Larch tree. This fibre feeds your good bacteria and reduces harmful organisms in the digestive system, such as *Candida albicans*. It has the added benefit, unlike some soluble fibres, of not causing bloating or flatulence. These fibres are particularly useful as prebiotics for anyone with a dairy intolerance.

References available upon request.

PROBIOTICS

RECOMMENDATIONS AND TREATMENTS USING PROBIOTICS



For more information ask your Practitioner about Probiotics.



Metagenics

Genetic Potential Through Nutrition

is a division of

HEALTH WORLD LIMITED
Cnr Nudgee & Toombul Rds
Northgate, Queensland 4013
www.metagenics.com.au

METAGENICS NEW ZEALAND LIMITED
P.O. Box 35383, Browns Bay,
Auckland, New Zealand
www.metagenics.co.nz

PROBIOTICS

You may have heard of the “friendly bacteria” or “probiotics” that live in your digestive system, but did you know that your intestines contain over 400 different species of bacteria? In fact, it is estimated that we are outnumbered, cell-for-cell, 10 to 1 by the bacteria in our digestive system! The reason we have these enormous numbers of bacteria inside us is not because we have been infected, but because we have developed a mutually beneficial symbiotic relationship with them. We give the bacteria somewhere to live, and in return they help keep our digestive systems healthy, help us digest our food, make certain nutrients for us that we cannot make ourselves, and they even help maintain our immunity.

HOW TO CHOOSE THE RIGHT PROBIOTIC SUPPLEMENT

If you are going to take a probiotic supplement, you must ensure that it is the *right* supplement for you. There are not only numerous species of bacteria found in the digestive system, but the situation is further complicated by the fact that bacteria develop into different *strains* within the one species. Strain has to be considered in the selection of a probiotic supplement, as the various strains of probiotic bacteria vary greatly in quality and efficacy, and the therapeutic effects of one probiotic strain can not be expected from other strains. The best probiotic strains include;

- **Lactobacillus rhamnosus GG:** *Lactobacillus rhamnosus* GG (LGG®) is a strain that can help to reduce allergic responses in children. Studies have shown that LGG® given to pregnant women, and during breastfeeding, may reduce the risk of their baby developing eczema. Numerous studies have shown that LGG® is also effective in reducing the severity and duration of diarrhoea in adults and children by reducing the number of “bad bugs” that cause the diarrhoea.
- **Lactobacillus rhamnosus HN001:** *Lactobacillus rhamnosus* HN001 is a strain of probiotic that is particularly useful for supporting healthy immune function. It has been proven to enhance our natural resistance to infection and to help reduce allergies in adults. This strain of probiotic is also very beneficial for people with food sensitivities.
- **Lactobacillus plantarum 299v:** Another species of *Lactobacillus* that has recently received a great deal of attention is *L. plantarum*. The 299v strain has been found to reduce inflammatory processes in the digestive system, as in medically diagnosed Irritable Bowel Syndrome.
- **Bifidobacterium lactis Bi-07:** *Bifidobacterium lactis* Bi-07 is a probiotic strain that helps restore the beneficial balance of flora when taken during and/or after a course of antibiotics. This bifidobacteria strain is known to be involved in resisting the colonisation of “bad bugs” in the large bowel, where it effectively works to

- **Bifidobacterium lactis HN019:** Bifidobacteria, such as *Bifidobacterium lactis* HN019, enhance the general function of the digestive system and may alleviate wind and bloating. *Bifidobacterium lactis* HN019 has specifically been proven to assist with supporting healthy immune function.
- **Saccharomyces boulardii:** *Saccharomyces boulardii* is a beneficial yeast that is recognised to have probiotic effectiveness used alone and/or in combination with other probiotics. *Saccharomyces boulardii* is particularly useful for managing *Candida* infections – *Candida* is the organism responsible for thrush and intestinal candidiasis. *Saccharomyces boulardii* also helps reduce the frequency and duration of traveller’s diarrhoea and, used prophylactically, it has been shown to prevent traveller’s diarrhoea.

CHOOSING THE BEST PROBIOTIC FOR YOU

Your Practitioner will recommend a probiotic that meets your specific needs and meets the following specifications for quality and efficacy:

- Has a large body of scientific evidence that supports the safety and positive roles of those *specific strains* of organisms in human health.
- Contains organisms that are resistant to attack by acid and bile, so they reach the intestines intact.
- Is produced under the highest quality control standards to ensure viability, potency, stability, and efficacy. Such as the following:
 - Packaged in amber glass bottles with a



- **Lactobacillus acidophilus NCFM:** The *Lactobacillus acidophilus* NCFM strain is one of the most extensively tested and proven probiotic strains available today. The NCFM strain of *L. acidophilus* is particularly useful for restoring the balance of bacteria in your intestines after antibiotics.

balance and maintain our body's natural immune defences. *Bifidobacterium lactis* Bi-07 also reduces intestinal infections by creating an unfavourable environment for “bad bugs”.

- foil seal to protect against damage from exposure to light or air.
 - Stored and shipped to you under refrigeration to protect against loss of potency.
- Every batch is independently assayed to verify potency and viability after encapsulation and bottling.