



Multi Strain
PROBIOTIC COMPLEX PRO™
10 Billion per serving

& PROBIOTIC COMPLEX 10™
2 Billion per capsule

WHAT ARE PROBIOTICS?

The term probiotic is derived from the Greek, "For Life", and is used to describe growth-promoting factors produced by micro-organisms. These friendly bacteria begin colonizing in a matter of hours or days after our birth. The average human digestive system may contain more than one kilogram of bacteria and various strains of probiotics.

Therefore, ones intestinal microflora can be considered as a post-natally acquired organ composed of a large diversity of bacterial cells that can perform different functions for the host.

These organisms are influenced and modulated in their composition and function by exposure to environmental factors such as nutrition and lifestyle. Specific components of our intestinal microflora, including lactobacilli and bifobacteria, have been associated with beneficial effects, such as the promotion of gut maturation and integrity, antagonisms against pathogens, and immune modulation.¹

In addition, L. Acidophilus and related probiotic strains help the absorption of calcium, copper, iron, and magnesium. They also help the body produce B-Complex vitamins and vitamin K. Other strains help improve the balance or homeostasis of these micro-organisms

Not all PROBIOTICS are the same. New Spirit's probiotic formula contains 10 superior and viable strains which are non-dairy, high potency, acid and bile resistant (survives stomach acid), stable at room temperature for two years*, fortified with prebiotics, and packed in vegetable capsules and in powder form.

In addition, New Spirit's formula contains the patented, DDS-1 culture, which has a long-standing scientific validation and proven ability to colonize in the human gastrointestinal tract. DDS-1 produces enzymes, such as proteases and lipases, which can help the breakdown of proteins and fats.²

New Spirit's probiotic formula is also fortified with prebiotics, including Jerusalem artichoke flour and short chain inulin. Prebiotics feed probiotics selectively and enhance their growth in the intestines.

¹Interactions Between the Microbiota and the Intestinal Mucosa. Schiffrin EJ, Blum S. Eur J. Clinical Nutrition 2002.

² What Makes DDS-1 the Powerful Acidophilus? The Doctor's Prescription for Healthy Living, Vol. No. 2

*Refrigeration is recommended after opening due to changes in temperature fluctuations and to avoid high temperature.

PROBIOTIC COMPLEX AVAILABLE IN CAPSULES OR POWDER

Probiotic Complex 10™--each capsule contains 2 Billion+ organisms. Suggested use 1 to 5 capsule per day with food.

Probiotic Complex Pro™ 10 Billion--each serving of powder contains 10 billion+ organisms. Suggested use: take 1/2 rounded tsp. (1.6grams) daily with food.

MAJOR BENEFITS FROM PROBIOTICS†

- Aids with digestive support
- Enhances synthesis of B vitamins and improves absorption of Calcium (bone building)
 - Protects against E. Coli infection
 - Improves lactose tolerance and digestibility of milk products
- Reduces vaginal infection and yeast infection (candida)
 - Improves immune function
 - Promotes anti-carcinogenic activity
- Helps prevent peptic ulcers caused by H. Pylori
 - Helps prevent and reduce acne
 - Helps with cholesterol metabolism
 - Helps improve nutritional value of foods
- Protects against traveler's diarrhea and speeds recovery after exposure
 - Helps with problems of constipation
 - Helps re-establish microflora after antibiotic use
 - May help lower allergic response
- May help with recurring Urinary Tract Infection (UTI)
 - Helps with detoxification & colon cleansing
 - Helps produce natural antibiotics, like "acidophilus"
 - Helps alleviate bad breath
 - Ameliorates gynecologic dysfunction
 - Possess anti-tumorogenic activity
- Helps the colonization within the intestinal, respiratory, and urogenital tract

IN VITRO ANTIBACTERIAL ACTIVITY OF DDS-1 L ACIDOPHILUS, US PATENT 3,689,640

Bacillus subtilis	Serratia marcescens
Bacillus cereus	Proteus vulgaris
Bacillus stearothermophilus	Esherichia coli
Streptococcus faecalis	Salmonella typhosa
Streptococcus faecalis var liquifaciens	Salmonella schottmuelleri
Streptococcus lactis	Shigella dysenteriae
Lactobacillus lactis	Shigella paradyenteriae
Lactobacillus casei	Pseudomonas fluorescens
Lactobacillus plantarum	Pseudomonas aeruginosa
Lactobacillus leichmannii	Staphylococcus aureus
Sarcina lutea	Klebsiella pneumoniae
	Vibrio comma

INGREDIENTS †

L. Acidophilus DDS-1--Named "Acidophilin", a probiotic with antibacterial properties produced by DDS-1.

*Shown to inhibit *Clostridium botulinum*, *Clostridium perfringens*, *Escherichia coli*, *Proteus mirabilis*, *Salmonella*, *enteritidis*, *Salmonella typhimurium*, *Staphylococcus aureus*, and *Staphylococcus faecalis*.

*Additional studies demonstrated the effectiveness of acidophilus milk in decreasing the carrier state and on the incidence and duration of salmonella and shigella dysentery in children.

*DDS-1 has the ability to inhibit *Helicobacter pylori*, the bacterium thought to be responsible for ulcers.

*Shows positive effect in study against the prevention of recurrent urinary tract infections (UTI). The proposed mechanisms of action includes the inhibition of growth and adhesion of pathogens to the vaginal and urethral mucosa (inner lining).

*DDS-1 was discovered to have cholesterol lowering effects in 1978 by Dr. D.K. Sinha. He observed that adding 4 billion organisms per milliliter of milk lowered cholesterol significantly.

*DDS-1 provides digestive support by producing enzymes such as proteases and lipases which can help breakdown proteins and fat.

L. Bulgaricus--A transient bacteria, not a colonizer, but acts as a great help to the resident bacteria that set up colonies in the intestines.

*L. Bulgaricus is "famous" for alleviating digestive problems (including acid reflux) and taming a runaway appetite.

*Recommended for overall support of friendly bacteria.

Enhances digestibility of milk products and other proteins, produces natural antibiotic substances, inhibits undesirable organisms, maximizes the effectiveness of waste disposal, cleanses the colon without disrupting friendly bacteria, and enhances immune function.

*Used by Bulgarian doctors to treat gastrointestinal disorders such as enterocolitis.

*Used to treat patients who are struggling with the after-effects of taking broad-spectrum antibiotics for long periods of time.

*Has been studied for vaginal herpes (herpes simplex labialis); mouth lesions (aphthous stomatitis); ulcers of the cornea (dendritic ulceration) and genital herpes (herpes progeneralis).

*For vaginal herpes the success rate was 95%. Most benefited within three days.

*Herpes, sores of the mouth, achieved an 80% success rate. Improvement were noted within 24 hours.

*Herpes of the cornea the success rate was 46%.

L. Casei--Reported in Microbiology & Immunology to have the most protective activity (more than any other probiotic) against the potentially lethal *Listeria* bacteria.

About 30% of those infected with *Listeria* die. *Listeria* infects shellfish, birds, spiders, and mammoths (including cows) in all areas of the world. *Listeriosis* is most commonly transmitted though the consumption of contaminated dairy products or raw vegetables. The most common manifestation of *Listeriosis* is meningitis.

*Currently being studied for its ability to induce an immune response in the genital mucosa capable of controlling the entry of pathogenic bacteria (STDs)

*Shows an inhibiting activity in tumor cells and a stimulating activity in normal cells.

L. Plantarum--Commonly found in sauerkraut, pickles, olives, kimchi, sourdough, cheese, and other fermented plant materials. These bacteria require oxygen, but do not have a respiratory chain or cytochromes. The oxygen consumed ends up as hydrogen peroxide and is likely used as a weapon against competing bacteria.

L. Brevis--Enhances the immune response which may be attributed to stabilization of the intestinal flora.

B. Lactis--Research studies show that *B. Lactis* has significant "immunological" properties. It resists acid digestion, the action of the bile salts and survives the intestinal transit allowing large numbers to reach the colon. Known to help alleviate constipation, prevent diarrhea (especially in children) and decrease chronic inflammation of the sigmoid colon. In addition, its antimicrobial properties decrease the effects of negative bacteria, especially clostridia.

L. Rhamnosus--One of the most intensely studied of all probiotic strains. Used in the treatment of gastrointestinal disorders such as lactose intolerance, viral and bacterial diarrhea, adverse effects of abdominal radiotherapy, constipation, inflammatory bowel disease and food allergies. Source: *Applied & Environmental Microbiology*.

*Demonstrates an increased resistance to yeast infection and urinary tract infection.

*Recent strong evidence link of lactobacilli vaginal deficiency with sexually transmitted diseases, including AIDS and bacterial vaginosis.

*Shown to inhibit streptococci. Source: *European Journal of Oral Sciences*.

L. Salivarius--Has the unique ability to eradicate the dreaded *Helicobacter pylori* (*H. pylori*).

*Traditional treatment of *H. pylori* infection is with antibiotics, which does not always eradicate the organism and may be accompanied by harmful side effects. *H. pylori* can become resistant to antibiotics which can create a serious problem later on in treating the infection.

*Able to produce a high amount of lactic acid and thus completely inhibit the growth of *H. pylori* and reduce the associated inflammatory response.

*Effective against pathogenic organisms such as *Salmonella typhimurium*.

B. Longum--Able to eliminate cancer causing nitrates found in foods. It has a unique ability to metabolize or degrade nitrates by an intracellular enzymatic activity. Source: *Letters in Applied Microbiology*.

*The journal of *Cancer Research* reports that dietary intake of *B. Longum* significantly inhibits the development and growth of colon, liver, and breast cancer in laboratory animal models.

B. Bifidum--Disturbances of intestinal flora in connection with peristalsis disorders, liver diseases, radiation effects, etc., are usually related to the restriction or disappearance of *B. Bifidum*. Source: *The Journal Immunopharmacology and Immunotoxicology*.

*Supportive therapy for intestinal infections and disturbances. Modifies gut flora to protect the body against the devastation of rotavirus diarrhea. Source: *Digestive Diseases & Sciences*

*Has anti-ulcer effects when administered orally. Source: *Biological & Pharmaceutical Bulletin*.

Additional references available upon request.

Item #3000 & 3000pro

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