

## Probonix—Liquid Probiotic for Women

Strain	Could help if you have issues with*:	What it does:
<b>Lactobacillus fermentum</b>	<ul style="list-style-type: none"> <li>• Obesity</li> <li>• Urinary tract infections</li> <li>• Yeast infections</li> <li>• High cholesterol</li> </ul>	Lactobacillus fermentum supports the promotion of good digestive activity, reduction in respiratory illnesses and as a treatment for urinary tract infections in females.
<b>Lactobacillus grasseri</b>	<ul style="list-style-type: none"> <li>• Type 2 diabetes</li> <li>• Obesity</li> <li>• Inflammation</li> </ul>	Lactobacillus grasseri is often used to promote weight loss with some indications to help reduce belly fat and protect against obesity.
<b>Lactobacillus paracasei</b>	<ul style="list-style-type: none"> <li>• Obesity and fatty liver</li> <li>• Insulin resistance</li> <li>• Vaginal infections</li> <li>• Bloating</li> <li>• Constipation</li> <li>• Chronic fatigue</li> <li>• Immune function</li> </ul>	Lactobacillus paracasei is key for digestive function, modulating the immune system, and boosting energy levels.
<b>Lactobacillus plantarum</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Cold and flu</li> <li>• Other immune system deficiencies</li> </ul>	This bacterium helps you fight against getting sick by defending your system from invading viruses, molds, toxins, etc.
<b>Lactobacillus rhamnosus</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Diarrhea</li> <li>• Lactose intolerance</li> <li>• Urinary tract infections</li> <li>• Other intestinal tract illnesses including stomach ulcers</li> </ul>	This strain of probiotic is known for its ability to survive through the harsh gastric acid and bile of the stomach – to make it through to the intestine and compete against bad bacteria. It enhances the strength of your immune system by stimulating mucus production, inhibiting the growth of intestinal pathogens, and reducing inflammation in the intestines.
<b>Lactobacillus acidophilus</b>	<ul style="list-style-type: none"> <li>• Acute, infectious diarrhea</li> <li>• Vaginal infections</li> <li>• Urinary tract infections</li> </ul>	One of the most popular lactic bacteria, Lacidophilus is commonly used in foods such as yogurt and other dairy products. It works very well in combination with other probiotics to reduce the toxic effects of mold and yeast growth, and can prevent parasite growth in your intestinal tract.
<b>Bifidobacterium bifidum</b>	<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Allergy symptoms</li> <li>• Digestive issues</li> <li>• Lactose intolerance</li> </ul>	In addition to keeping your colon healthy and increasing your ability to absorb important nutrients, BB also reduces intestinal inflammation and competes with pathogens for adhesion to the intestinal cells to help make your immune system stronger. This is one of the four good bacteria species typically found in infants.
<b>Bifidobacterium infantis</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Gastroenteritis</li> <li>• Defends against pathogens such as Salmonella</li> </ul>	A probiotic bacterium common in breast-fed infants, but which can also be found in teens and adults. It is known to successfully survive the trip through the stomach acids and bile and adhere to the intestinal tissues where it produces acetic acid and bacterocin-like substances, and some strains even produce B-vitamins such as thiamine, nicotinic acid, and folate. This is one of the four good bacteria species typically found in infants.
<b>Lactobacillus brevis</b>	<ul style="list-style-type: none"> <li>• Improve dental health</li> <li>• Boost immunity</li> <li>• Combat allergies</li> <li>• Reduce constipation</li> <li>• Help with Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS)</li> <li>• Combat H. pylori infection</li> <li>• Help with diabetes by lowering blood glucose levels</li> </ul>	L. brevis is a lactic acid-producing organism that is important in the synthesis of vitamins D and K. It has a positive effect in eliminating the ulcer-causing bacteria Helicobacter pylori. Studies suggest that L. brevis decreases intestinal permeability (leaky gut syndrome), improves intestinal micro flora, and may have a positive effect on the intestinal immune system. L. brevis can help to improve dental health, alleviate general allergy symptoms, and has been shown to lower incidence of conditions like influenza. It also helps to reduce constipation and is beneficial for patients suffering from IBS or IBD.

## Probonix–Liquid Probiotic for Women (continued)

Strain	Could help if you have issues with*:	What it does:
<b>Lactobacillus casei</b>	<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Lactose intolerance</li> <li>• Crohn’s disease</li> <li>• Diarrhea</li> </ul>	Another lactic bacteria, L. casei occurs naturally in both your mouth and intestines, and helps support a healthy immune system. It can also reduce the rate and risk of bacterial infections. It has also been administered safely and with positive results to critically ill children suffering from diarrhea.
<b>Lactobacillus salivarius</b>	<ul style="list-style-type: none"> <li>• Gum sensitivity</li> <li>• Plaque</li> <li>• Tooth and gum health</li> <li>• Chronic bad breath</li> <li>• Ulcers</li> </ul>	In addition to the wide range of proven dental health benefits, L. salivarius is currently being tested and is believed to have the potential to improve immune system responses to colitis and septic shock.
<b>Streptococcus thermophilus</b>	<ul style="list-style-type: none"> <li>• Lactose intolerance</li> <li>• Colic</li> <li>• Digestive issues</li> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Diarrhea</li> <li>• Dermatitis</li> <li>• Ulcers</li> </ul>	S. thermophilus is a highly acid resistant bacterium that improves the immune system by fending off harmful pathogens. It provides anti-inflammatory benefits and stimulates the production of helpful macrophages. It also inhibits antibiotic-associated diarrhea and reduces the frequency of colic and intestinal irritability.

**Dose:** 8 drops daily

**Directions:** Shake well before use. Place dose directly on tongue or into non-heated beverage.

**Humarian Proprietary Blend** – 1500 mg: Fermented Probiotics, Tartaric Acid, and Inulin Prebiotic. Other Ingredients: Filtered Water, Natural Flavor, Monk Fruit, and Stevia. This product does **NOT** contain: gluten, dairy, sugar, soy, eggs, fish/shellfish, peanuts/tree nuts.

Manufactured in a cGMP facility. Made in the USA.

Statements have not been evaluated by the FDA and are not intended to diagnose, treat or prevent any disease.

\* Probiotic strains are constantly being tested to determine efficacy and indications in both humans and animals. The indications listed here are simply a representation of what the most recent testing has shown to be the likely benefits for each strain. There are no guarantees of efficacy for any probiotic ingredients. The material and opinions expressed in this document are believed to be accurate based on the best judgment available to the authors. Whilst the information in this document is regularly updated and every attempt is made to ensure that the material is accurate, medical research is being continually published and thus some information may be out of date and/or may contain inaccuracies and typographical errors.

The information in this document is for educational and general purposes only and should not be construed as medical advice or a substitute for medical treatment. Readers should always consult appropriate and qualified health or medical professionals about specific medical problems and issues relating to personal wellbeing. The authors do not accept any responsibility for harm or loss which may result from failure to consult with the appropriate health authorities, and readers assume the risk of any such injuries that may arise from these circumstances.

The following sources were consulted in the preparation of this list: <https://medlineplus.gov>, [www.probiotics.org](http://www.probiotics.org), [www.mayoclinic.org](http://www.mayoclinic.org), [www.probioticsdb.com](http://www.probioticsdb.com), [www.probiotics-lovethatbug.com](http://www.probiotics-lovethatbug.com), and [www.pubmed.gov](http://www.pubmed.gov).

