

Probonix—Probiotic Capsule for Adults

Strain	Could help if you have issues with*:	What it does:
Lactobacillus plantarum	<ul style="list-style-type: none"> Irritable Bowel Syndrome (IBS) Cold and flu Other immune system deficiencies 	This bacterium helps you fight against getting sick by defending your system from invading viruses, molds, toxins, etc.
Lactobacillus rhamnosus	<ul style="list-style-type: none"> Irritable Bowel Syndrome (IBS) Diarrhea Lactose intolerance Urinary tract infections Other intestinal tract illnesses including stomach ulcers 	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.
Bifidobacterium bifidum	<ul style="list-style-type: none"> Constipation Allergy symptoms Digestive issues Lactose intolerance 	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.
Bifidobacterium infantis	<ul style="list-style-type: none"> Irritable Bowel Syndrome (IBS) Gastroenteritis Defends against pathogens such as Salmonella 	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.
Bifidobacterium longum	<ul style="list-style-type: none"> Ulcerative colitis Intestinal inflammation Vaginal flora balance Constipation Crohn’s disease High cholesterol Colon cancer 	Like most strains, they are still discovering all the positive benefits of this bacteria. They do know that it will strengthen your immune system, improve your overall gut health, and can help with re-establishing beneficial vaginal flora. Studies have led researchers to believe that B. longum may minimize the effects of or prevent a full range of other ailments and diseases.
Lactobacillus acidophilus	<ul style="list-style-type: none"> Acute, infectious diarrhea Vaginal infections Urinary tract infections 	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.
Lactobacillus casei	<ul style="list-style-type: none"> Constipation Lactose intolerance Crohn’s disease Diarrhea 	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.
Lactobacillus helveticus	<ul style="list-style-type: none"> Bone mineral density Blood pressure Improved sleep Stress relief Calcium absorption Diarrhea Lactose intolerance Allergies 	Found in many cheeses, this lactic-acid producing bacterium boasts a variety of health benefits—ranging from stimulating the immune and digestive systems to increasing bone density in post menopausal women, to reducing arterial stiffness and blood pressure. It can also improve health by increasing the bioavailability of the nutrients in the body.

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Lactobacillus reuteri	<ul style="list-style-type: none"> Eczema Colic Diarrhea Rotovirus Workplace sicknesses Dental health issues Female urogenital tract Infections Constipation 	This bacteria produces a unique broad-spectrum antibiotic substance called reuterin—which has been found to inhibit the growth of some harmful bacteria, along with yeasts, fungi, and protozoa, while keeping normal gut flora intact. In addition, reuterin has also been shown to suppress infections related to H. pylori (linked to peptic ulcers and gastric cancer). It is found naturally in some milk and meat products.
Lactobacillus salivarius	<ul style="list-style-type: none"> Gum sensitivity Plaque Tooth and gum health Chronic bad breath Ulcers 	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.
Pediococcus acidilactici	<ul style="list-style-type: none"> Stress relief Digestive issues Diarrhea Constipation Multiple sclerosis relief 	This bacterium can balance the bacteria in your gut to enhance your overall health and promote a healthier inflammatory response in the intestines. It can reduce and prevent unhealthy bacteria and parasites—like Salmonella and E.Coli—from entering your intestinal tract. It is even believed that it can provide a supportive role in patients who are suffering from multiple sclerosis.
Streptococcus thermophilus	<ul style="list-style-type: none"> Lactose intolerance Colic Digestive issues Irritable Bowel Syndrome (IBS) Diarrhea Dermatitis Ulcers 	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.

Directions: Take 2 capsules daily.

Humarian Proprietary Blend – 988.3 mg: Fermented Probiotics, Tartaric Acid, Cellulose, and Inulin Prebiotic. Other Ingredients: Vegetable capsule. 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.

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

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