



PROBIOTICS10™

Your friendly bacteria

WHAT ARE PROBIOTICS?

Probiotics are live microorganisms (bacteria, viruses, fungi) that, when administered in adequate amounts, provide health benefits.



Your digestive system is the first line of defense for your body. **Approximately 70–80% of your immune tissue is located within your digestive system.** When your gut health is low, your body and immune system lose protective support.



More than 20 million Canadians suffer from digestive disorders every year.



Our body normally has **“helpful”** bacteria and **“harmful”** bacteria. **Maintaining balance between these bacteria is important for optimal health.** Probiotics are commonly used to help keep the gut healthy and promote this balance.

THE HISTORY OF PROBIOTICS

The concept of probiotics was introduced by Nobel laureate Elie Metchnikoff in the early 20th century. He proposed that consuming beneficial microorganisms could improve a person's health.

MOST COMMON TYPES BELONG TO THESE TWO GROUPS

Lactobacillus is a “friendly” type of bacteria that normally lives in our digestive, urinary and genital systems. There are a lot of different species of lactobacillus, which can be found in fermented foods such as yogurt and miso.

Bifidobacterium are a group of bacteria that normally live in the intestines. They are often cultured outside the body for use in supplements.

COMMONLY USED FOR



Treating/preventing urinary tract and yeast infections



Treating/preventing diarrhea and constipation



Promoting digestive tract health



Supporting immune health

SOURCES:

- <http://www.foodmatters.com/article/your-gut-and-immune-system-connection-recipe-giveaway>
- https://www.medicinenet.com/probiotics/article.htm#what_are_probiotics_continued
- https://www.nuh.com.sg/wbn/slot/u1753/Patients%20and%20Visitors/Specialities/Pharmacy/Health%20Supplements/Probiotics_-_Your_Friendly_Bacteria.pdf
- <https://nccih.nih.gov/health/probiotics/introduction.htm>
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- <http://www.cdhf.ca/en/statistics>