



Probiotics for daily wellbeing

Research suggests that the bacteria in our gut plays a vital role in our digestive health and daily wellbeing. Let's look at some key probiotic strains and the research behind them.

Lactobacillus acidophilus

One of the most well known species of probiotics is *Lactobacillus acidophilus*, which has become well known as a friendly bacteria. However, what most people do not realise is that there are many different strains of *L. acidophilus*, all of which vary in

their quality and ability to affect human health in a positive way. Make sure you look for a well-researched strain of *L. acidophilus*, such as *L. acidophilus* NCFM®. This strain was first discovered in the 1970s at the North Carolina Food Microbiology research laboratory - hence its name NCFM®.

Since its discovery *L. acidophilus* NCFM® has become the most well-researched *L. acidophilus* strain in the world. Over 45 clinical trials have demonstrated the strain's ability to help with a number of different health conditions. The strain has also been noted for helping with the digestion of

lactose¹, relieving discomfort caused by conditions such as IBS², and promoting a healthy immune system.

Bifidobacteria

Another well known probiotic is the Bifidobacteria family, which is a group of bacteria that includes *B. lactis* and *B. bifidum*. These beneficial bacteria typically live in the large intestine, in contrast to the small intestine inhabiting Lactobacilli. This is why, for general daily wellbeing, it's important to look for a probiotic which contains both the Bifidobacteria and Lactobacilli families.

When looking specifically at the Bifidobacteria family, a strain of particular note is *B. lactis* BI-04. This strain has shown great promise in the area of immune modulation. A 2014 clinical trial³ showed

that the probiotic strain, when taken daily, was associated with a 27% risk reduction in developing coughs and colds.

Probiotics for hay fever

The indications for probiotics are diverse, and growing. Recent clinical research even indicates that a combination of *L. acidophilus* NCFM® & *B. lactis* BI-04 can help alleviate nasal irritation caused by birch tree pollen⁴. The trial in children found that those in the probiotic group had significantly reduced levels of white blood cells associated with allergies, in comparison to the placebo group.

Try looking for a probiotic that contains well-researched probiotic strains, such as *L. acidophilus* NCFM® and *B. lactis* BI-04.

GENERAL HEALTH TIPS

Here are a few simple health tips that will help promote good digestive health and wellbeing...



Take a daily probiotic.



Eat plenty of veg.



Reduce sugar from your diet.



Make time to relax.



Exercise regularly.



Get plenty of sleep.

**Not all probiotics are the same.
Find one that's right for you.**

References:

1. Mustapha (1997) Improvement of lactose digestion by humans following ingestion of unfermented acidophilus milk: influence of bile sensitivity, lactose transport, and acid tolerance of *Lactobacillus acidophilus*. *J. Dairy. Sci.* 80, 8. 1537-45.
2. Ringel-Kulka (2014) *Lactobacillus acidophilus* NCFM® affects colonic mucosal opioid receptor expression in patients with functional abdominal pain - a randomised clinical study. *Aliment. Pharmacol. Ther.* 40, 2. 200-7.
3. West (2014) Probiotic supplementation for respiratory and gastrointestinal illness symptoms in healthy physically active individuals. *Clin. Nutr.* 33, 4. 581-7.
4. Ouweland (2009) Specific probiotics alleviate allergic rhinitis during the birch pollen season. *World. J. Gastroenterol.* 15, 26. 3261-8.