

> *L. Acidophilus (90 caps) by Nature's Sunshine*

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Manufacturer: Nature's Sunshine

Benefits:

- Helps regulate the intestinal tract.
- Supports the digestive, immune and intestinal systems.
- Promotes healthy bacteria colonies in the gut.

How It Works:

Acidophilus is a strain of Lactobacillus, a symbiotic, homo-fermentative, lactic acid-producing microorganism. Friendly bacteria help keep in check other microbes that produce toxins that may be absorbed into the bloodstream. As long as all of these different species work in harmony, dangerous types are kept in small enough numbers that they, too, are often beneficial! This illustrates one of nature's ironies: what is harmful in one amount may actually be healthful in another amount.

Acidophilus and all other helpful bacteria are often destroyed by antibiotics. Supplementation can reintroduce them, creating an optimal balance. Each capsule contains a minimum of 100 million organisms, freeze-dried to maintain viability. Probiotics are well absorbed in the diet and can be taken between meals to maximize absorption. Best if stored in a freezer or refrigerator.

Ingredients:

Lactobacillus acidophilus.

Recommended Use:

Take 1–2 capsules daily with a meal.