

ACIDOPHILUS

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IMPORTANT

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Introduction

Acidophilus, bifidobacteria, and Lactobacillus acidophilus (L. acidophilus) are "probiotics", which are "friendly" bacteria inhabiting the body that provide a plethora of health benefits. Acidophilus is often combined with bifidobacteria, and the resultant combination is commonly referred to as Acidophilus bifidus. Lactobacillus acidophilus, or L. acidophilus, is the probiotic commonly found in dairy products such as yogurt. The primadophilus formula we carry contains Lactobacillus acidophilus and Lactobacillus rhamnosus.

Health Benefits of Acidophilus and other Probiotics

The closely-related probiotic group can help with a wide range of conditions, including digestive disorders such as irritable bowel syndrome (IBS), flatulence, diarrhea, Candida overgrowth, vaginal yeast infections, urinary tract infections, and bad breath. Additionally, acidophilus may help boost immunity by encouraging healthy bacteria growth while suppressing invading pathogens. Researchers have also shown that acidophilus may help protect the body from carcinogens.

Published research has indicated that L. acidophilus may provide additional health benefits, including improved gastrointestinal function, a boosted immune system, and a decrease in the frequency of vaginal yeast infections.

Other researchers report L. acidophilus provides relief from indigestion and diarrhoea.

A University of Nebraska study found that feed supplemented with L. acidophilus and fed to cattle resulted in a 61% reduction of Escherichia coli O157:H7.

Research at Oklahoma State University has indicated L. acidophilus may be helpful reducing serum cholesterol levels.

Studies at the University of Kentucky indicated a treatment with L. acidophilus resulted in a 10 to 12% reduced risk of coronary heart disease in persons with high blood serum cholesterol levels.

Benefits of Acidophilus

The benefits of acidophilus and a probiotically optimized intestinal tract include:

- No conflict with other vitamins, minerals, amino acids and any other medications
- Protection against many harmful bacteria, viruses, and fungi
- Promotes optimal fungal and viral levels
- Protection against Candida overgrowth and vaginal yeast infections
- Prevention and correction of constipation and diarrhoea, ileitis and colitis, irritable bowel syndrome, and a whole range of other digestive tract dysfunctions
- Lowered cholesterol
- Sustains optimal blood pressure level
- Inhibition of cancer
- Aids metabolism and breakdown of toxins
- Promotes mineral and vitamin absorption
- Supports efficient inflammatory response
- Production of vitamin B and vitamin K
- Protection against food poisoning
- Protection against stomach ulcers
- Protection against lactose intolerance and casein intolerance
- Enhanced immunity
- Improvement in the health and appearance of the skin
- Better nutrition from improved absorption and the internal generation of B vitamins.
- Protection against vaginosis and yeast infections

Use when taking/taken Antibiotics

When antibiotics have been prescribed, it would be helpful if the individual also consumed probiotics containing acidophilus, bifidobacteria, and/or L. acidophilus to repopulate the digestive tract with healthy bacteria, and thus ease negative side effects of antibiotics such as diarrhoea or yeast infection, etc.

Unfortunately, antibiotics taken orally kills beneficial bacteria like L. acidophilus. Consequently, after a course of antibiotic therapy, take an L acidophilus treatment in order to re-colonize your gastrointestinal tract.

Yoghurt

Many yogurt manufacturers have added Lactobacillus acidophilus to their bacterial cultures - thus promoting health benefits such as easing yeast infections and restoring normal bacterial balance to the intestinal tract after antibiotic treatment.

Forms

Ensure that the probiotic supplements, which are used contain live "active" cultures, and that there are 1-2 billion organisms per capsule if in pill form.

Always check the expiration date, and store all probiotics in the refrigerator, as freezing or hot environments may harm the live cultures.

Probiotics are commonly available in capsule, tablet, liquid, and powder.

Always follow manufacturer's directions regarding dosage and frequency.

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Acidophilus is used to treat different kinds of diseases including:

- Eases irritable bowel syndrome; acidophilus relieves bloating, diarrhoea, and cramping
- Reduces flatulence; the gas producers found in large intestines are reduced or prevented from multiplying.
- Combats vaginal yeast; acidophilus can combat the overgrowth of Candida
- Battle bad breath
- Relieves urinary tract infection
- Helps in producing immune system cells to fight viral infections
- Improves hypersensitivity among infants having food allergies
- Helps in dealing with cancer, cardiovascular disease, constipation, colon cancer, diverticulitis, crohn's disease, heartburn, indigestion, stomach ulcers, thrush, colitis, and other ulcerative conditions.

Side-effects and Cautions

None noted.

However, start slowly - when you first start using a probiotic supplement, there is a chance that you will precipitate a "die-off" of bad bacteria in your intestinal tract. This can lead to gas, stomach rumblings, and cramping for up to three weeks.

Always follow the manufacturer's directions.

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