



Acidophilus

(Milk-Free)

Stock #1666-7 (90 capsules)

NSP's milk-free Acidophilus is a probiotic ("pro-life") supplement designed to help re-populate the intestinal tract with healthy colonic flora. These bacteria are "friendly" microorganisms which naturally inhabit the intestinal tract, aiding digestion and absorption of nutrients, as well as enhancing immune function.

Acidophilus flourish in the small intestine where they assist in the production of enzymes and stimulate enzyme activity, thus enhancing more efficient assimilation of nutrients. Acidophilus produce acidophilin, a natural antibiotic substance; lactase, the enzyme responsible for digesting lactose (a milk sugar); certain B-complex vitamins, including B1, B2, B12 (acidophilus are the most plentiful source of B12), biotin and folic acid; and vitamin K, which is essential for blood clotting and for the production of osteocalcin, the primary protein component of bone.

Acidophilus inhibit the overgrowth of harmful intestinal microorganisms, such as *Candida albicans* and the putrefactive or coliform bacteria which cause flatulence and putrefaction in the colon. Acidophilus create an acidic environment which is intolerable to such "undesirables," and outperform these microorganisms in the competition for food sources and living space in the colon. Dr. John Parks Trowbridge, author of *The Yeast Syndrome*, is an advocate of probiotic supplementation in the fight against *Candida albicans* overgrowth.

Acidophilus protect the intestinal mucosa, prevent constipation and diarrhea, enhance bowel elimination, as well as aid digestion, assist in metabolizing calcium, provide essential nutrients for building the blood, control the buildup of serum cholesterol, and stimulate the body's immune system by assisting white blood cells in fighting disease-causing pathogens.

An article in *Clinical Nutrition* reports *Lactobacillus acidophilus* help to prevent the formation of carcinogenic growths in the intestinal tract. Further studies have confirmed the anticarcinogenic and anti-tumor activity provided by these bacteria.

Researchers have begun studying *Lactobacillus acidophilus* for the treatment of urinary tract infections and vaginal yeast infections. According to a study published recently in the *Journal of the American Medical Association*, women using vaginal suppositories containing *Lactobacillus acidophilus* experienced 79% fewer urinary tract infections than during the previous year.

Individuals having had antibiotic therapy, colonics, diarrhea, enemas or prolonged cleansing which can reduce healthy intestinal flora should consider probiotic supplementation. Furthermore, since acidophilus supply the greatest source of vitamin B12, those with anemia may find acidophilus supplements helpful, as sufficient levels of B12 are essential for proper utilization of iron in the body.

Each capsule of Acidophilus provides at least 100 million *Lactobacillus acidophilus* cultures. The bacteria are freeze-dried to preserve viability, and each capsule is enteric-coated so the contents will not be released until they reach the intestinal tract.

Store in the refrigerator or freezer to maintain viability of live bacteria.