



SUPER STRAIN ACIDOPHILUS

UPC CODE 0 646420 2827 3

NPN 80023127

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Super Strain Acidophilus is approved for the following NHPD claims:

- Probiotic that forms part of/contributes to a natural healthy gut flora
- Provides live microorganisms that form part of/contribute to and/or confer a health benefit
- Probiotic to benefit health and/or confer a health benefit
- Provides live microorganisms to benefit health and/or to confer health benefit

GENERAL INFORMATION

Intestinal bacteria are essential to life. Soon after birth, gut colonization by microflora starts in the infant's intestine. The adult gastrointestinal flora is the largest reservoir of flora of its kind, with about 500 different bacterial species totaling 100 trillion microorganisms residing in the digestive tract.¹ This micro-ecology is composed of two kinds of flora: native symbiotic (mutual beneficial relationship for the bacteria and host) bacteria, and potentially pathogenic bacteria.¹ Good health often results from the delicate balance (or eubiosis) between the beneficial versus the harmful bacteria.²

A number of medical, diet, and lifestyle factors are believed to disturb the balance in the colon.³ Factors may include: inadequate dietary fibre, oral antibiotic therapy, ingestion of environmental toxins, alcohol use, or stressful lifestyle.³ When they are no longer kept in check, less healthy bacteria and yeast may flourish, which increase the likelihood of conditions such as infectious diarrhea and vaginal yeast infections.⁴

Probiotics are considered beneficial and are sometimes referred to as "friendly" bacteria. The World Health Organization defines probiotics as "live microorganisms which when administered in adequate amounts confer a health benefit on the host".² Some of the ways they are thought to promote health include: suppressing the growth

of potentially harmful bacteria, improving immune function, and enhancing the protective barrier of the digestive tract.⁴

Probiotics work in a couple of ways; for example, when *Lactobacillus acidophilus* breaks down food in the intestine, several substances are formed (lactic acid and hydrogen peroxide) that create an unfriendly environment for "bad" bacteria.⁵ Probiotics are often suggested as a supplement when you take antibiotics and/or anti-acne drugs.⁵ Antibiotics kill bacteria, but don't discriminate between "friendly" and "unfriendly" organisms, so the balance between good and bad bacteria in the intestines can be upset.⁵

The beneficial lactic acid-producing bacteria *Bifidobacterium* form a major part of the bacteria residing in the human intestinal tract.⁶ Supplements that contain this particular strain of bacteria can help support a healthy balance of intestinal microflora and stimulate the natural defenses of the immune system.^{7,8}

There are several benefits to taking a probiotic supplement, one of which is the protection it offers against intestinal bacterial infections.⁵ Lactose intolerant individuals may benefit from probiotics that produce lactase, the enzyme needed to break down dairy lactose.⁵

Probiotics can provide a protective effect on the gut microflora when taking medications such as antibiotics. Antibiotics alter the intestinal gut flora making humans more susceptible to intestinal diseases.⁹ Supplementing with a probiotic will assist in redeveloping a healthy gut microflora.⁹

A major misconception with those that eat yogurt is that their daily serving provides sufficient probiotics. There are many yogurts on the market claiming to provide special probiotic strains and amounts. However, it is important to remember that only supplements provide a therapeutic dosage of probiotics.⁹ The amount of probiotic in yogurt at manufacturing time may be greatly reduced at the end of the product's shelf life. Consequently, probiotic potency at expiry date is often unknown. Furthermore, unlike yogurt and many other dairy products claiming to be a source of probiotics, supplements do not contain a significant source of sugar or calories and high quality formulations are free of artificial colours and flavours.⁹

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

For Professional Use Only

The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.



Since *Lactobacilli* strains tend to be found more in the small intestines and the *Bifidobacterium strains* tend to be found more in the large intestines, a multi-strain product that contains both *Lactobacilli* strains and *Bifidobacterium* strains will provide beneficial bacteria to a larger portion of the intestinal tract.¹⁰

Jamieson’s Super Strain Acidophilus is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Super Strain Acidophilus from Jamieson Laboratories different...and why does that difference mean better?

- 1) Jamieson’s Super Strain Acidophilus is guaranteed to be at its full potency at the time of expiry.
- 2) Jamieson’s Super Strain Acidophilus is shelf-stable and requires no refrigeration.
- 3) The premium formula contains a combination of 5 beneficial strains.
- 4) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 90 capsules.

Each capsule contains:

Probiotics.....2 Billion CFU

Consisting of:

Bifidobacterium bifidum (HA-132).....2.0 x 10⁸ CFU

Bifidobacterium longum (HA-135).....2.0 x 10⁸ CFU

Lactobacillus acidophilus (HA-122).....2.0 x 10⁸ CFU

Lactobacillus paracasei (HA-196).....4.0 x 10⁸ CFU

Lactobacillus rhamnosus (HA-111).....1.0 x 10⁹ CFU

EXCIPIENTS

Maltodextrin, Fructooligosaccharides, Vegetable Magnesium Stearate, Silica, Ascorbic Acid, Water-Soluble Cellulose.

DIRECTIONS

Adults and adolescents:

Take 1 capsule daily.

No refrigeration required. Store between 15°C-25°C away from children.

INDICATED BENEFITS

- Maintains/restores intestinal flora²
- Aids digestion⁵

NUTRIENT INTERACTIONS

Drug Interactions

None known when taken as directed.

Nutrient Depletions

Antibiotics (amebidices/aminoglycosides - Anti-infectives) – protect against diarrhea caused by antibiotics.

Supportive Interactions

Anti-acne drugs (helps promote healthy bacteria), anti-ulcer drugs, penicillins (anti-infectives) – reduce frequency of diarrhea.

WARNINGS AND PRECAUTIONS

Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen or persist beyond 3 days. Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immunocompromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). This product has come into contact with milk and soy. Do not use if you have a milk and soy allergy.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dose.

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REFERENCES

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