Lacidofil®

Proprietary Probiotic Blend

Available in 84 capsules

Clinical Applications

- Maintains Normal, Healthy Intestinal Microflora*
- Supports Healthy GI Immune Function*
- Supports Healthy Bowel Function*
- Supports Cytokine Balance*

Lacidofil® *features Institut Rosell's* Lactobacillus helveticus *and* Lactobacillus rhamnosus. *Both of these strains have been extensively studied in human clinical trials, possess an excellent proliferation index, and have demonstrated beneficial impacts on human health.**

Discussion

Lacidofil® is a pharmaceutical-grade probiotic containing two well-characterized strains of *Lactobacillus: L helveticus* R-52† and *L rhamnosus* R-11. These strains were isolated and are produced by Institut Rosell-Lallemand, a company that has made significant discoveries in the fields of microbiology and nutrition since 1934 with a focus on providing reliable, stable, and documented strains to the healthcare industry.

Institut Rosell uses the most advanced DNA-analysis technology to verify their strains. Additionally, both strains in Lacidofil have undergone testing to measure gastric acid and intestinal solution resistance over various time spans and temperatures. Adhesion to the intestinal mucosa has been observed using electron microscopy (4,300X). Competitive inhibition and increased mucin expression have been documented by Institut Rosell, along with stability at various temperatures and humidity.*

Mechanisms of Action The mechanisms by which probiotics exert their beneficial health effects are manifold. Some of the mechanisms observed using *L helveticus* R-52 and *L rhamnosus* R-11 include the production of inhibitory substances (e.g., lactic acid, bacteriocins) and competition for epithelial cell adhesion, both of which help good bacteria predominate. This, in turn, contributes to the stimulation of mucus production, the reduction of microbial toxins, the support of host digestion, and an effect on corticosterone levels and cytokine production.[1-6] Specifically, research suggests that Lacidofil downregulates IL-1beta, IL-8, and TNF-alpha.[4] These varied mechanisms help preserve the health, integrity, and function of the gastrointestinal (GI) tract at both the cellular and system levels.*

Lacidofil-Specific Animal Research Experimental animal studies using Lacidofil have investigated its safety, as well as examined Lacidofil's effects on various models. The results of these studies suggest Lacidofil not only helps establish a healthy intestinal microbial environment, but it also provides protection to gastric cells; supports a healthy, balanced immune response; supports cytokine balance; reduces stress-induced reactions; supports colonic tissue repair mechanisms; and helps maintain intestinal barrier function, thereby preventing bacterial translocation to mesenteric lymph nodes.*[1-4,7,8]

Lacidofil-Specific Human Research Numerous clinical trials employing double-blind, randomized, placebo-controlled techniques have been performed with Lacidofil. The majority of these studies investigated Lacidofil's role in affecting host intestinal flora and gastrointestinal health. For instance, studies completed on children demonstrated that Lacidofil helps reduce bacterial toxin load and supports gastrointestinal health.[9,10] Large-scale studies supported the role of Lacidofil as an adjunct therapy in promoting GI health and healthy bowel function.[11,12] A small-scale study also indicated that lactose tolerance was supported in 19 patients taking Lacidofil daily for two weeks. [5] Taken together, the results of these human clinical trials exemplify the effectiveness of *L helveticus* R-52 and *L rhamnosus* R-11 (Lacidofil) in imparting beneficial health effects to their host.*

†New and improved genetic methods allow deeper insight into bacterial chromosomes. Use of these methods led to the reclassification of Rosell-52 from *Lactobacillus acidophilus* to *Lactobacillus helveticus* in 2006. This name change has no impact with regard to safety or to the value of scientific or clinical documentation.

Lacidofil™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Lacidofil Blend *Lactobacillus rhamnosus* Rosell-11 and *Lactobacillus helveticus* Rosell-52	49.4 mg (4 Billion† CFU‡)	**

**Daily Value not established.

Other Ingredients: Maltodextrin, gelatin (capsule), magnesium stearate, and ascorbic acid.
Contains: Milk and Soy.
†Formulated with 8 Billion CFU‡ at time of manufacture
‡Colony-Forming Units

DIRECTIONS: Take one to two capsules one to three times a day, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use, especially if you are severely immunosuppressed. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

DOES NOT CONTAIN: Wheat, gluten, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

STORAGE: Keep refrigerated and out of the reach of children.

References

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11. Ziemniak W. Efficacy of *Helicobacter pylori* eradication taking into account its resistance to antibiotics. *J Physiol Pharmacol.* 2006 Sep;57 Suppl 3:123-41. [PMID: 17033111]
12. Song HJ, Kim JY, Jung SA, et al. Effect of probiotic Lactobacillus (Lacidofil® cap) for the prevention of antibiotic-associated diarrhea: a prospective, randomized, double-blind, multicenter study. *J Korean Med Sci.* 2010 Dec;25(12):1784-91. [PMID: 21165295]

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**