

PLANTADOPHILUS The "original" probiotic formula

This well tolerated, time-tested formula contains the single bacterium *Lactobacillus plantarum*, one of the most versatile probiotics considered a good "starter" as it promotes the growth of other beneficial bacteria.

Product Highlights

- Provides 2 billion cfu of the plant-source probiotic *L. plantarum* per capsule

SUPPLEMENT FACTS	
Serving Size 3 Capsules	
Amount Per Serving	% Daily Value
<i>Lactobacillus plantarum</i> (6 billion cfu)	375 mg †
† Daily Value not established	

Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water)

For Your Information

- Isolated from a plant source and naturally found in plant material and the GI tract, *L. plantarum* is GI stable, heat stable, and doubles its population in a short timeframe making it stronger and more stable than many acidophilus products on the market
- Along with promoting digestive health and serving as an effective treatment for IBS, Crohn's, and colitis, *L. plantarum* has shown the ability to destroy pathogens, preserve critical nutrients, vitamins, and antioxidants, produce the beneficial amino acid *L. lysine*, reduce risk of infections and inflammation, and is considered to be anti-pathogenic
- *L. plantarum* promotes production of B vitamins in the intestine and assists the production of enzymes for hydrolyzation of proteins, fat, and lactose
- Very well tolerated and is preferred by those with sensitive GI tracts or who may not tolerate FOS
- Keep refrigerated (when traveling take amount needed for the trip and store at room temp or lower)
- May be safely given to children, pets, and pregnant or lactating women (**for ages 4 and up**—consult your physician for use with younger children)
- As probiotics are meant to be released over an extended timeframe of 10-12 hours, effective dosing is typically once per day which ensures delivery throughout the entire intestinal tract

Clinical Applications

- First choice for sensitive GI
- Prevention and wellness
- Soothes inflamed GI tract
- Excessive gas and bloating
- Chronic constipation
- Infants and children
- Yeast infections, candida
- Sore throat, mouth sores
- Histamine intolerance

Dosage

- 3 capsules daily taken at bedtime (if preferred, take in the morning)
- For constipation, diarrhea, or excess gas: increase dose to 3 in the morning and 3 at bedtime
- May be taken with antibiotics to help maintain healthy balance (increase dosage as needed)
- May also be taken with meals for digestive discomfort associated with gas and bloating
- Topical dosage: open capsule, mix with small amount of water to make a paste, apply to fungal infection, fever blister, mouth sore, etc
- Capsule may be opened, mixed into 4 ounces of water, and gargled to relieve sore throat

