

Product Rationale: **PLANTADOPHILUS**



Consider the following review of clinical research results on *Lactobacillus plantarum*, known for its ability to aid the balance of good bacteria in the large intestine and controls the pH balance in the intestinal tract, thus preventing the growth of harmful bacteria in the intestine.

The beneficial bacteria known as probiotics play a vital role in detoxifying the body, helping to balance the pH and maintain a healthy intestinal environment. The benefits of *Acidophilus* and *Bifidobacterium* supplements are particularly well known, however *Lactobacillus plantarum* is not as well known. This well-tolerated, time-tested, gentle probiotic is the perfect introduction to “friendly” bacteria as well as for infants and children.

Until the body’s imbalance is taken care of, the possibility of being truly healthy is greatly inhibited, if not impossible. For anyone suffering from malnutrition, spastic colon, stressed gall bladder, stressed liver, toxic bodies, and other maladies that are common in today’s society, this natural antibiotic may be the answer.

FORMULA RATIONALE

The oxygen-generated *Lactobacillus* in Plantadophilus produces lactic acid as a main product from carbohydrates. Lactic acid and other organic acids control the pH balance of the colon. Thus, highly favorable natural chemicals in the colon are actually created through the lactic acid fermentation process. Lactic acid creates a more acidic environment, thus inhibiting the less desirable micro-organisms. Lactic acid lowers the pH of the intestinal tract’s contents. This more acidic environment inhibits the less desirable micro-organisms and prevents the growth of harmful bacteria in the intestines. The presence of lactic acid at low (but constant) levels on the inner surface of the intestinal tract therefore helps restore the normal balance of intestinal flora.

That acid environment inhibits the putrid matter that is otherwise normally present in the intestines and the toxic chemicals that make up intestinal putrefaction, such as phenol and skatole. For the most part, these escape the detoxifying action of the liver. Having bypassed the

liver, these toxins enter into general circulation where they can produce pathological changes in tissues, aggravate existing conditions of weakness, and put unnecessary stress on the immune system before being excreted by the kidneys. These toxins are small proteins that are easily absorbed into the bloodstream. However, *L. plantarum* is able to act on these protein toxins while they are still in the intestinal tract, thus removing a major burden from the organs and allowing the organs to complete their natural functions with much greater efficiency.

The by-products of fermentation include natural antibiotics (such as acidiphilin) as well as very important digestive enzymes. This helps the on-going production of B vitamins and digestive enzymes and ensures the proper digestion and absorption of nutrients. Because digestive enzymes play an extremely important role in the digestion of otherwise incompletely-digested proteins and other food substances, these beneficial bacteria are an important part of detoxification.

Lactobacilli possess nutritive value. They promote the production of B vitamins in the intestine and assist the production of the enzymes that partially hydrolyze proteins, fat, and lactose and that increase the digestibility of like products. The *L. plantarum* organism is believed to be especially productive of proteolytic enzymes, i.e., enzymes that act on protein and clear protein wastes from the system. This means that viable organisms survive the digestive process and produce an acid environment through glucose fermentation.

Physicians have used *L. plantarum* with successful results. According to the National Cancer Institute, lactic acid balance and lysine support are believed to lower the risk of cancer, since the lactobacilli sequester cancer-causing agents before they can be absorbed by the body. Research done at the University of Nebraska

shows that *L. plantarum* synthesize a large amount of lysine. The balance between lysine and arginine is critical for a healthy immune system. When arginine is high, then fungal forms, allergies, and viruses are not kept under control. Conversely, when lysine is high, then the immune system is able to control herpes and other invaders. Fortunately, *L. plantarum* helps maintain the proper balance between lysine and arginine.

OTHER INGREDIENTS

This product is encapsulated in a vegetable capsule made from hypromellose and water.

COMPONENT BENEFITS

Transformation's Plantadophilus possesses a culture count of over six billion colony-forming units of the probiotic *Lactobacillus plantarum* from a plant source in each capsule. These natural microorganisms are GI stable, heat stable, and double their population in less than five minutes, making Plantadophilus stronger and more stable than many acidophilus products on the market.

Each three-capsule serving of Plantadophilus is formulated to include the following.

Lactobacillus plantarum (6 billion cfu) 375 mg

Other Ingredients:

Hypromellose
Water

SUMMARY

Transformation's Plantadophilus supports immune health, digestive health, and regular elimination.

CLINICAL APPLICATIONS

- Inflamed GI tract
- IBS
- Crohn's disease
- Celiac
- Excessive gas and bloating
- Chronic constipation
- Yeast infections, candida
- Sore throat, mouth sores
- Diarrhea
- Constipation
- Fungus

- Herpes
- Chronic Fatigue Syndrome
- Epstein-Barr virus
- Cold / Flu
- Food allergies
- Natural antibiotic

INDICATIONS

Diverticulosis

Intestinal toxicity creates a weakened immune system. Both pockets and folds in the intestinal tract can be filled with toxic matter, thereby causing inflammation, infection, and discomfort. Accumulation of those toxins is common in colon diverticula and is responsible for diverticulosis and for many other serious complications. Due to the micro-organism's ability to gain entry into the diverticular pocket, the presence of *L. plantarum* may prove to be an effective treatment for toxemia that is caused by this condition.

RECOMMENDED USAGE

- Take three capsules at bedtime or as directed by a health care practitioner. Take with adequate liquid. Vegetable two-piece capsules may be pulled apart and ingredients mixed with food.
- If preferred, take one capsule in the morning and two capsules at bedtime.
- For constipation, diarrhea, or excess gas: increase dose to three capsules in the morning and three capsules at bedtime.
- May be taken with antibiotics to help maintain healthy balance (increase dosage as needed).
- May be taken with meals for digestive discomfort associated with gas and bloating.
- For topical usage: open capsule and mix with small amount of water to make a paste, then apply to fungal infection, fever blister, mouth sore, etc.
- For sore throat: open two capsules, mix in 4 ounces of water, and gargle.

ALLERGEN INFORMATION

Plantadophilus includes no dairy products, however some confusion with the name "Lactobacillus" is understandable. By definition, this is a genus of bacteria, and *Lactobacillus planarum* is from a pure plant source. "Lactobacillus" denotes lactic acid-producing or acid-

loving, as these microorganisms ideally prefer a pH of 6.5 to 6.8. “Lacto” does not indicate a relation to lactose or dairy, as is commonly misunderstood.

SAFETY / QUALITY ASSURANCE

All Transformation Enzyme® formulas are carefully prepared to assure maximum quality and nutritional effectiveness.

MICROBIOLOGICAL EVALUATION

This product was tested and found to be NSF/ANSI compliant and absent of any traces of *E.coli*, *salmonella*, and *S.aureus*.

PRODUCT SPECIFICATIONS

Plantadophilus is available in bottles of 90 capsules. Does not contain any dairy, gluten, soy, artificial colors, flavors, or preservatives. Store in a cool, dry place. Keep out of reach of children. Must be refrigerated to retain optimum activity.

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