



Probiotic 123 (dairy free)

—pediatric formula—

INTRODUCED 2006

What Is It?

This formula provides 4.5 billion CFU naturally occurring, dairy-free beneficial bacteria *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* to support gastrointestinal and immune health. This neutral tasting probiotic powder is mixed with defatted rice bran for extra nutritional support.*

Uses For Probiotic 123 (dairy free)

G.I. Health: Animal and human studies have indicated that *L. acidophilus* supports the mucosal lining of the G.I. tract, helping to maintain healthy G.I. barrier function. Several trials involving children have also revealed that mixed probiotic bacteria supplementation helps support healthy yeast balance and G.I. comfort. Another study involving almost 200 children suggested that a probiotic supplement containing bifidobacteria provided support for occasional diarrhea.*

Immune Health: Research indicates that probiotics support immune health, enhancing B cell, T cell and NK cell function. Additionally, they support healthy cytokine production, particularly in the colon. One placebo-controlled 2-month study involving 27 infants indicated that probiotic supplementation promoted healthy serum CD4 levels and skin comfort.*

What Is The Source?

Lactobacillus acidophilus (DDS-1 strain), *Bifidobacterium bifidum* (Bb-02 strain), and *Bifidobacterium lactis* (BI-04 strain) are dairy-free strains. *Bifidobacterium bifidum* (Bb-02 strain) may contain small amounts of residual soy peptides. Pure Encapsulations probiotic products contain a unique form of rice starch produced through a natural enzymatic process. This proprietary starch has been extensively tested and is added to protect the viability of the probiotic organisms.

Recommendations

Pure Encapsulations recommends:

- Ages 1 to 3, take 1/2 scoop per day.
- Ages 4 to 11, take 1-2 scoops per day, in divided doses.
- Ages 12 and up, take 2-4 scoops per day, in divided doses.
- Mix with yogurt or applesauce .

Are There Any Potential Side Effects Or Precautions?

Probiotics may result in mild flatulence, which should subside with continued use. They may be contra-indicated for use with immunocompromised individuals. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Probiotics may be contra-indicated with immunosuppressant medications. Consult your physician for more information.

Probiotic 123 (dairy-free)

two scoops (1 gram) contains	▼
probiotic blend	4.5 billion CFU providing:
Lactobacillus acidophilus (DDS-1)	
Bifidobacterium lactis (BI-04)	
Bifidobacterium bifidum (Bb-02)	
Contains soy	
other ingredients: rice starch	
Ages 1 to 3, take 1/2 scoop per day.	
Ages 4 to 11, take 1-2 scoops per day, in divided doses.	
Ages 12 and up, take 2-4 scoops per day, in divided doses.	
Mix with applesauce or yogurt.	
<i>This formula requires refrigeration to maintain culture viability.</i>	

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

For educational purposes only. Consult your physician for any health problems.

