

PROBIOTICS UNCOVERED

- The word “probiotic” derives from the Greek word pro-bios, meaning ‘for life’, which the World Health Organisation defines as: “live bacteria that when administered in sufficient quantities, have a beneficial effect on our health” (FAO/WHO 2002).
- One way probiotics are thought to help keep our intestines healthy is by helping to prevent the growth of unfriendly bacteria.
- Different strains of probiotic have different properties and their benefits can vary dramatically. Each probiotic product (with its unique strain or combination of strains) must be assessed for its own health benefit, as proven by well controlled clinical trials on the product that is bought by consumers.
- The probiotics used most often are the lactic acid bacteria, lactobacilli and bifidobacteria. Drinking Actimel everyday can help. Actimel is a great-tasting probiotic drinking yogurt packed full with the unique culture *L. casei Imunitass*, and is scientifically proven to top up your good bacteria, improve the gut barrier and help support your immune system, all part of your body’s defences.
- Actimel, which contains the unique strain *L.casei Imunitass*, can help to support your immune system as part of your body’s defences.*
- In order to be effective, probiotics need to survive the journey through the gut, arriving alive and in sufficient quantities. Actimel contains 10 billion live probiotic bacteria per serving (100g bottle), throughout the whole of shelf life and has been scientifically proven to survive gastrointestinal transit.
- Research indicates that probiotics may be especially beneficial when the body’s defences are challenged by factors such as stress, taking antibiotics and ageing.
- Probiotics are found in foods such as probiotic yogurts, drinking yogurts and also in capsule form as food supplements, but not all are backed by evidence-based clinical trials.

- Probiotics are suitable for the whole family from age 3 upwards, when consumed as part of a balanced diet and healthy lifestyle. However, Actimel has been shown to be beneficial for certain groups, especially young children and older people.

* Drinking Actimel everyday helps support your body's defences, as part of a balanced diet and healthy lifestyle'

Did You Know

- About 70% of the body's immune cells are located in the gut
- Inside our bodies there are 10 times as many bacteria as our own living cells
- There are about 1,000 species of bacteria in our gastrointestinal tract, of which about 40 species predominate
- There are approximately 100,000 billion bacteria in an adult's gastrointestinal tract
- It is estimated that the average adult has between one and two kilograms of bacteria in the intestine at any one time
- The combination of good and bad bacteria present in the gut is unique for every individual – almost like a fingerprint
- Probiotics should be taken every day as they do not colonise the gut but exert their effects as they pass through the digestive tract
- Probiotics can be taken with food as this helps buffer the pH of the stomach and aids the passage/survival of probiotics through the gastrointestinal tract



The probiotics used most often are the lactic acid bacteria *Lactobacillus* and *Bifidobacterium*.

Different species can be distinguished within a group like this. Within a given species there may be a multitude of different types (strains), as outlined below:

GROUP	SPECIES	STRAINS	BRANDS
LACTOBACILLUS	<i>L. bulgaricus</i>	DDS-14	Natren
	<i>L. casei</i>	DN-114 001	Actimel
	<i>L. casei</i>	ATCC334	
	<i>L. casei</i>	Shirota	Yakult
	<i>L. rhamnosus</i>	GG	Culturelle
	<i>L. plantarum</i>	Lp299v	Probi AB
BIFIDOBACTERIUM	<i>B. animalis</i>	DN-173 010	Activia
	<i>B. longum</i>	NCC2705, DJ010A	

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