

PROBIOTIC PRODUCT INGREDIENT COMPARISON

INGREDIENT	KEY HEALTH BENEFIT	Probiotic 5	Probiotic 25	Probiotic 50	ProFloracef™
		1C	1C	1C	3.2G
Apple PrePectin™	A proprietary blend of non-GMO apple pectin and apple fiber which helps sustain the viability of the probiotics during and after digestion. More information available at enzymesinc.com .	50 mg	150 mg	210 mg	-
<i>Bifidobacterium animalis lactis</i>	Helps strengthen the body's immune response to microbial and environmental challenges through its interaction with immune cells in the intestinal tract.	-	500 M	7.25 B	-
<i>Bifidobacterium bifidum</i>	Most prevalent probiotic in the body, predominantly found in the large intestine. Supports digestive and metabolic health by producing B-vitamins and helping in the assimilation of food nutrients.	-	1 B	750 M	-
<i>Bifidobacterium breve</i>	Shown to modulate immune and inflammatory responses which may be of benefit in attenuating food intolerances and undesirable reactions to environmental allergens.	250 M	2 B	750 M	-
<i>Bifidobacterium infantis</i>	Helps restore friendly bacteria in the body lost during the aging process. Flourishes in the intestinal microbiome outcompeting harmful bacteria for space to colonize.	-	-	1 B	-
<i>Bifidobacterium lactis</i>	Helps normalize gastrointestinal transit time and stool consistency following antibiotic use or other causes of dysbiosis. May have a beneficial effect on acute and chronic bowel conditions, relieving intestinal discomfort and other functional gastrointestinal symptoms.	750 M	2 B	10.25 B	-
<i>Bifidobacterium longum</i>	A natural inhabitant of the intestinal tract that has shown to help maintain healthy microflora balance in the intestines by producing various antimicrobial substances and by forming colonies in the intestinal lining.	250 M	4 B	1 B	-
<i>Lactobacillus acidophilus</i>	The most researched and clinically-proven probiotic shown to help create a healthy environment in which beneficial microorganisms thrive by inhibiting the growth of invasive undesirable bacteria and yeast in the mouth, throat, intestines and urogenital tract.	1.5 B	3 B	3 B	15 B
<i>Lactobacillus crispatus</i>	Produces lactic acid which lowers the pH and thus creates colonization resistance to harmful microbes helping to maintain a balanced bacterial ecosystem in the gastrointestinal and urogenital tracts.	-	-	-	2.5 B
<i>Lactobacillus gasseri</i>	Produces an antimicrobial, lactocillin, to defend against the proliferation of harmful microorganisms, including Staphylococcus, Enterococcus, H. pylori, Clostridium and E. coli, in the gastrointestinal and urogenital tracts.	-	500 M	1 B	2 B
<i>Lactobacillus rhamnosus</i>	Naturally found in the mucous membranes of the intestines that is extremely effective at intestinal wall implantation protecting against colonization and toxin production by harmful bacteria and yeast in the digestive tract.	1 B	6 B	7 B	10 B
<i>Lactocaseibacillus casei</i>	Helps stimulate the growth and development of other beneficial microorganisms in the intestinal tract promoting immune and digestive health. Assists the body in breaking down food nutrients, improving their bioavailability and reducing the occurrence of food intolerances.	250 M	750 M	3 B	-
<i>Lactocaseibacillus paracasei</i>	Shown through multiple clinical studies to improve overall quality of life by helping to relieve the undesirable effects of immune responses to environmental allergens. Promotes the growth and colonization of beneficial Bifidobacteria and Lactobacilli in the intestinal tract.	-	750 M	2.25 B	-
<i>Lactopantibacillus plantarum</i>	A transient probiotic shown to be resistant to many antibiotics. Helps to maintain species diversity and acts to inhibit the overgrowth of harmful microorganisms by producing bacteriocins and lactic acid to destroy and inhibit reproduction of undesirable bacteria.	750 M	1.75 B	8 B	-
<i>Ligilactobacillus salivarius</i>	Promotes a healthy balance of intestinal microflora by producing potent bacteriocins as well as lactic acid that effectively inhibit invasive, food-borne bacteria such as Listeria, E. coli, Salmonella, and Clostridium.	250 M	1.75 B	1.25 B	-
<i>Limosilactobacillus fermentum</i>	Produces various compounds like lactic acid and bacteriocins that can inhibit the growth of bad bacteria in the digestive tract contributing to a balanced microbiome and healthy nutrient absorption from food.	-	-	1 B	-
<i>Limosilactobacillus reuteri</i>	Produces the very effective anti-microbial, reuterin, in addition to organic acids and ethanol to defend against a broad range of undesirable bacteria, yeasts, molds and protozoa, including H. pylori, E. coli, Clostridium, Salmonella and Candida.	-	500 M	500 M	500 M
<i>Streptococcus thermophilus</i>	Promotes the maintenance of a healthy microbiome by encouraging colonization of other beneficial bacteria. Possesses the unique ability of a probiotic to help digest dietary protein and fat releasing essential amino acids and fatty acids for use by the body.	-	500 M	2 B	-

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