



# Lactobacillus Sporogenes

## What Is It?

*Lactobacillus sporogenes* is a universally occurring beneficial bacteria. It is a gram-positive, spore-forming, lactic acid producing probiotic. Probiotics, such as *L. sporogenes*, support the growth of friendly bacteria and help maintain a healthy balance of microflora in the intestinal environment.\*

## Features Include

**Heat Stability:** *L. sporogenes* does not require refrigeration to maintain its peak potency.\*

**Gastric Acid Resistance:** *L. sporogenes* is better adapted to survive gastric acidity due to its spores. The spore coat protects the bacteria from the low pH of the stomach, but also swells in contact with the gastric juices such that by the time the bacteria reaches the intestine, it has shed its spore and germinates in the intestine.\*

## Uses For Lactobacillus Sporogenes

**Intestinal Support:** *L. sporogenes* supports levels of healthy microflora thereby improving the gastrointestinal ecology. It also produces only the L (+) form of lactic acid, which is completely metabolized in the body. *L. sporogenes* is only a semi-resident, which emphasizes the importance of continued supplementation.\*

**Healthy Lipid Metabolism:** As the organism grows, it assimilates and incorporates cholesterol into its cellular structure, potentially maintaining healthy lipid metabolism in humans.\*

## What Is The Source?

*L. sporogenes*<sup>†</sup> is obtained from fermentation of a nutrient source. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

<sup>†</sup>The taxonomical classification of *L. sporogenes* was revised in 1939 in the seventh edition of the Bergey's Manual of Determinative Bacteriology to *B. coagulans*, although some researchers continued to use the original name.

## Recommendations

Pure Encapsulations recommends 1-3 capsules, providing 1.5-4.5 billion CFUs per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Lactobacillus Sporogenes

each vegetable capsule contains  V 0

Lactobacillus sporogenes .....	150 mg.
(providing 1.5 billion CFU)	
vitamin C (as ascorbyl palmitate).....	8 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

***This formula does not require refrigeration to maintain culture viability.***

**1-3 capsules per day, in divided doses, between meals.**

\*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.