



Ecodophilus®

Kefir, Acidophilus, Bifidum and Bulgaricus

Product Code: 7023

EcoDophilus is a probiotic dietary supplement that provides the benefits of two strains of adhesion lactic bacteria combined with the added support of two strains of transitory lactic bacteria; to enhance the ecology of the gut, encourage the natural resistance of the mucosal defences against unwanted ingested organisms and improve digestion and tolerance to a broader spectrum of foods.

Adhesion lactic bacteria: *Lactobacillus acidophilus* and *Bifidobacterium lactis* are the principal adhesion strains of lactic bacteria that have been identified, researched and acknowledged as the primary organisms that help support gut immunity in humans as well as providing natural by-products that are antagonistic to unwanted or opportunistic bacteria that can either reside in the gut in a non-pathogenic state, such as yeast organisms, or by modifying the acidity of the gut environment making it less friendly to certain unwanted ingested bacteria. Both these “friendly” organisms also have the ability to make it difficult for some pathogenic bacteria to adhere to the surface of the gut wall, simply by spacial exclusion, that is, by reducing the potential epithelial attachment sites available for the “unfriendly” bacteria to attach to and grow. *Lactobacillus acidophilus* and *Bifidobacteria* produce lactic acid and help maintain the pH of the intestinal environment in an optimum state, as well as producing on-site hydrogen peroxide, and the metabolite Acidophilin.

The strains used in EcoDophilus have been specifically selected to

- **Survive the harsh environment of the digestive process**
- **Have the ability to adhere to the human epithelial cells lining the gut wall**

Transitory lactic bacteria: *Lactobacillus Kefir* and *Lactobacillus Bulgaricus* have a long, safe history of use in foods commonly consumed by European people. Metchnikof designated the name “Bulgaricus” to the primary lactic bacteria that he and his research team isolated from fermented milks and cheeses consumed by these populations. Metchnikof reasoned that the people he studied owed their good health and longevity to the benefits imparted by *Lactobacillus Bulgaricus* and that it was the daily consumption of this organism that provided the optimum benefit.

Similarly, *Lactobacillus kefir* is also a lactic forming bacteria commonly found in fermented milk and milk products. Like Metchnikof, Sir Robert McCarrison studied the health of the Hunzas over many years and he noted that they consumed a lactic bacteria organism, and that in this instance the beneficial agent identified by him and his team was Kefir.

Although *Lactobacillus Bulgaricus* and *Lactobacillus kefir* are transitory organisms, they both play a beneficial role in helping influence and modify the intestinal ecology of the digestive tract, helping with the breakdown of cellulose and starches in the diet, making them more digestible. Intolerance to some foods may be improved with the daily consumption of transitory lactic bacteria and the availability of a more accessible source of nutrition to selectively feed the adherence strains of lactic bacteria, can also be enhanced by the digestive process provided by *Lactobacillus Bulgaricus* and *Lactobacillus kefir*.

Bulgaricus and *Kefir* both help modulate the Microbiome improving the environment for non transitory lactic bacteria such as Bifido bacteria and *Lactobacillus acidophilus*.

Lactic bacteria play an important role in helping to inhibit the uptake of cholesterol from the intestinal tract, contributing to the maintenance of normal serum lipid levels. *Lactobacillus acidophilus* deconjugates bile salt acids in the gastrointestinal tract reducing their ability to be reabsorbed into the body. Vitamins and other nutritional components (such as short-chain fatty acids) are produced “on site” in the intestinal tract by the action of lactic bacteria fermenting or breaking down starches in the foods we eat. Both adhesion and transitory bacteria help increase faecal mass and improve the function of the bowel by facilitating the removal of waste material from the colon. Chemical and metabolic by-products that may be intestinal mucosal irritants can be neutralised by the lactic bacteria, rendering them less problematic.

Ecodophilus:

- **Vegan and Vegetarian**
- **Gluten Free**
- **Suitable for adults and Children**
- **Contains over 20 Billion Viable Cells**
- **Contains Human Specific Organisms**
- **Ecodophilus is Blister-Packed to ensure the freshness and integrity of each capsule until the moment it is consumed**

Maintenance Intake: 1-2 capsules daily with food.

Intensive: Up to 2 capsules, 3 times daily with food

Children from 2 years old may take 1 capsule a day. Capsule contents can be sprinkled into cold food or drinks.

Keep in a cool place (below 20°C)

Can be taken with **Cardiomega Plus** or as part of a low cholesterol diet or to form part of a nutritional cardio-protective dietary regime.

Can be taken with **Elderberry Complex** following antibiotic use to help maintain the ecology of the intestinal microflora.

Nutrition Information

2 capsules (daily intake) provide

Lactobacillus kefir
Lactobacillus acidophilus
Lactobacillus bulgaricus
Bifidobacterium lactis

} 20 billion
viable cells

in a base of cellulose

(FOS free, dairy free, yeast free, gluten free)

Suitable for vegetarians and vegans.

Ingredients: Microcrystalline cellulose,
Lactobacillus kefir, Lactobacillus acidophilus,
Lactobacillus bulgaricus, Bifidobacterium lactis,
Silicon Dioxide, Magnesium Stearate.
Capsule shell: Hydroxypropylmethyl Cellulose



30 or 60 capsules

Lactic Acid Organisms

Whatever the formulation, whatever the requirement, there are a few things worth considering before we start imbibing bacteria as a nutritional health support.

The most fundamental is where does this organism come from?

When you start supplementing live bacteria, the chances are you have heard of the bugs before, **Lactobacillus acidophilus** for instance is a very common organism associated with both supplements and fermented foods like yogurt or sauerkraut.

L. acidophilus exists in the gut of everyone but does that mean our acidophilus is the same as that in the yogurt? The answer is yes, they are the same organism but they are nothing alike. They are different strains, meaning they have adapted themselves to better suit the environment they inhabit.

The best way to think of the difference between the two is to think how different we are to cave men. We would have no idea how to cope with the trials of the neolithic age and imagine how early Homo Sapiens would cope with modern metropolitan life. There has just been too much generational change for either group to be able to cope with the experience.

A human generation is about 40 years, but for bacteria it's more like 40 minutes, so just imagine how much has changed between now and when we first started fermenting foods.

This difference becomes acutely important when we start supplementing live bacteria. For generation after generation the yogurt based organism will have been involved in the manufacture of a lovely creamy yogurt, the human specific organism would have the challenges of the human microbiome to contend with.

At **Bionutri** we think this difference is important. The strains of organisms used in **Ecodophilus** and other Bionutri products are known as human specific, meaning their role is relevant to the human microbiome, not a pot of yogurt.

Furthermore, Bionutri ensures that our organisms have undertaken the minimal generational change from the point at which they are isolated to the time they encapsulated.

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