

# The Benefits Of Probiotics



100 years of scientific studies have shown that probiotics have numerous benefits. In fact recent studies have shown there are more than 100 distinct benefits of probiotics. Many are surprised to learn probiotics affect more than just digestion. But volumes of research have shown that every single body system is affected by the health of your probiotic colonies. Be sure to take more probiotics so you stay healthy!



## Skin

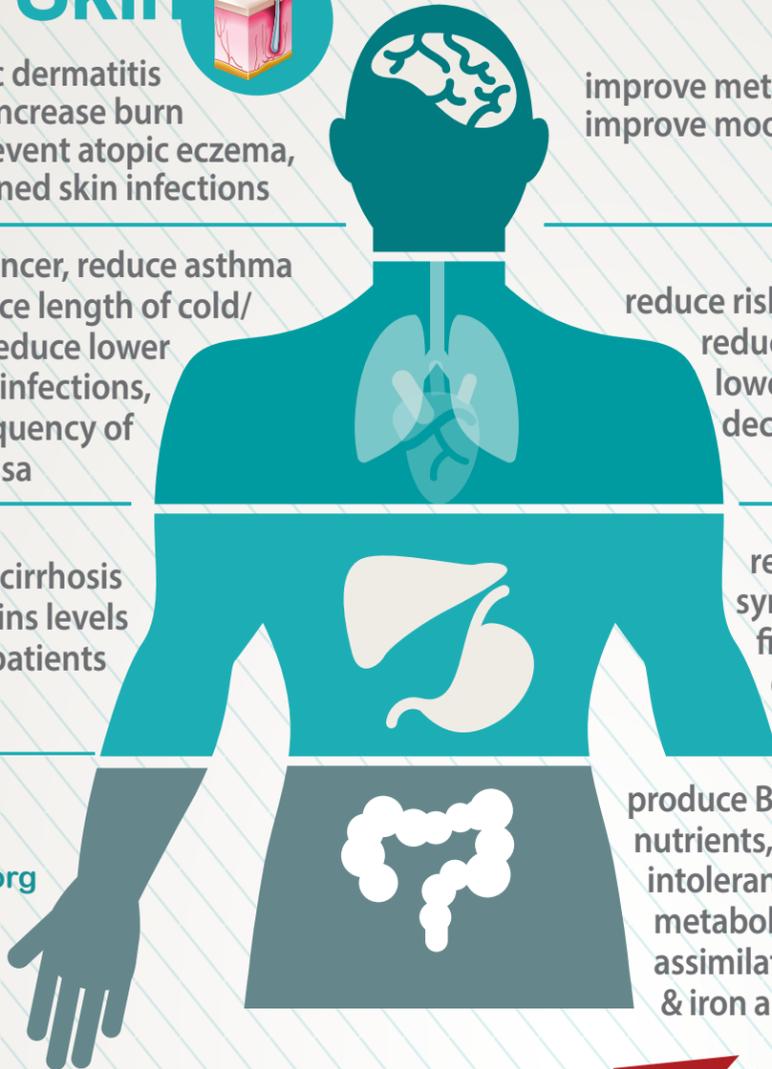


treat atopic dermatitis in children, increase burn healing rate, prevent atopic eczema, reduce burned skin infections

fight lung cancer, reduce asthma symptoms, reduce length of cold/ influenza, reduce lower respiratory infections, decrease frequency of cold/ influenza

decrease risk of cirrhosis reduce endotoxins levels among cirrhosis patients

from probiotics.org



improve mental health  
improve mood mental state

reduce risk of atherosclerosis  
reduce blood pressure  
lower high cholesterol  
decrease anemia

reduce food poisoning symptoms, stomach ulcers  
fight stomach cancer  
decrease nausea

produce B vitamins and other nutrients, decrease/cure lactose intolerance, improve glucose metabolism and protein assimilation, increase calcium & iron absorption,



## Benefits of Infant

- treat colic
- fight rotavirus infections
- establishing infant microflora
- reducing necrotizing enterocolitis
- increase growth in preterm infants
- reduce lactose-intolerance symptoms
- normalize gut colonization for formula fed infants
- reduce death among very low birth weight infants

## Results Of Clinical Trials

'Probiotics help **preventing obesity** that weakened fat absorption of bile acids ability in the intestine.

- <Science Magazine> January, 2008; Professor Nicholson, Imperial University, England

'Probiotics **lowers blood pressure** in hypertension patients'

Let 94 high blood pressure patients drink probiotic dairy beverage for 10 weeks and then measure blood pressure: decreased systolic blood pressure 4~ 5mmHg & diastolic blood pressure 1.8 ~ 2.5mmHg; the incidence results reduce about 10-13% stroke and 7% myocardial infarction

- <Journal of the American Society of Hypertension >

Men who fed with probiotic dairy beverage 200mL everyday for 6 weeks, total cholesterol and **harmful LDL-cholesterol was significantly reduced.**

- <Aarhus University Hospital, Denmark>



Experiments results: diabetic mice drink probiotic dairy beverage for 80 days got decreased 37-39% of sugar level than normal mice.

- <Gawaii Probiotic Research Center>