

Russian Choice GI®

Immunobiotic Regulator



#75620 100 Vegetarian Capsules

The Possible Benefits of Russian Choice GI®, a Food Supplement

- May stimulate and support healthy innate and adaptive immune system responses
- Cell wall fragments work quickly to support the immune system
- Provides support for gastrointestinal (GI) detoxification and health

Description

Russian Choice GI® contains a proprietary blend of Russian Choice Immune Powder (specially prepared lactobacillus cell wall fragments), and extracts of three traditional Chinese medicine (TCM) herbs, atractylodes, poria, and Chinese yam. Russian Choice GI® provides synergistic support for immunity, and for gastrointestinal detoxification and health.

Eastern European folk culture has long regarded cultured milk products as having immune-supporting properties. Dr. Ivan Bogdanov of Bulgaria found that lactobacilli could effectively stimulate both cellular and humoral immunity (Bogdanov et al. 1977), and since then, many lactobacilli and bifido species have demonstrated immune-supporting properties (Shimizu et al. 1981; Kato et al. 1984; Isolauri 2001; Caramia 2009). In fact, some scientists now propose to rename probiotic bacteria as 'immunobiotics' (Clancy 2003).

Lactobacillus rhamnosus has been shown to modulate and/or enhance immunity (Kim et al. 2006; Lorea Baroja et al. 2007; Sheih et al. 2001; Anukam et al. 2008; Ibrahim et al. 2010; Cai et al. 2010; Vizoso Pinto et al. 2009), and to strengthen intestinal immunologic barrier function and recruit neutrophils and macrophages (Górska et al. 2009; Seow et al. 2009; Gupta & Gorg 2009). Lactobacilli can stimulate the innate immunity, the "first responder" in the immune system hierarchy, and can drive mucosal immune mechanisms that have effects beyond the gut (Clancy 2003; Pagnini et al. 2010).

In order to allow the immune-active components, which are usually sequestered inside the cells, to have unimpeded access to trigger and magnify the immune system response, the *Lactobacillus rhamnosus* cells in Russian Choice GI® are lysed (broken apart). The ability of bacterial cell walls

from Gram positive bacteria to stimulate and strengthen host immunity has been known for many years (Shimizu et al. 1981; Kato et al. 1984). Sharpe and others have shown that lactobacilli cell walls contain teichoic acids and antigens (which can stimulate antibodies).

The following discussion of the component herbs of this formula is provided as background material. It should not be assumed that any of this information necessarily applies to Russian Choice GI®.

Atractylodes is a digestive, liver and gall bladder tonic. In TCM, it is thought to support the functions of the stomach and spleen, the organs responsible for food digestion. Its actions also include detoxification, promotion of the non-specific immune response, and nurturing the function of the adrenal cortex.

Poria, or fu ling, is a solid fungus that grows on the roots of dead pine trees. It has been widely used in TCM since ancient times, and has traditionally been used as a tonic for the internal organs, including the spleen, lung, kidney, triple warmer, heart, bladder and gall bladder, and for skin health. As a yin tonic, it helps regulate body fluids and supports the circulation of chi in the triple warmer. It is calming to the nervous system, has diuretic effects, and plays a role in blood sugar regulation within normal levels.

Chinese yam (Shan Yao) tubers are a traditional food source in Asia, and a key ingredient in "the herb of eight ingredients", a traditional TCM preparation. In TCM, Shan Yao is considered a sweet substance that soothes and stimulates the stomach and spleen and tonifies the lungs and kidneys. It is thought to be digestive, and has traditionally been used for energy, to support appetite, digestion and weight gain.

Serving Size: 3 Vegetarian Capsules

Servings Per Container: 33

Amount Per Serving:

Lactobacillus rhamnosus Lysate Powder	360 mg
Proprietary Blend	540 mg
Bai-Zhu Atractylodes (Root) Extract	
Poria Extract	
Chinese Yam (Root) Extract	

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Suggested Use: As a food supplement, 1 to 3 capsules two times daily, or as directed by a healthcare practitioner.

Note: Keep in a cool, dry place, tightly capped. Refrigeration not needed.

References

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