

# Russian Choice Immune



#75300 60 Vegetarian Capsules  
#75670 200 Vegetarian Capsules  
#75710 75 Grams Powder

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## The Possible Benefits of Russian Choice Immune, a Food Supplement

- May support the local immune response of the GI tract
  - May support both the innate and adaptive overall immune system responses
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### Description

Russian Choice Immune is a preparation of cell-wall fragments made from a specific strain of lactobacillus, first identified in the 1980s by Russian researchers as *Lactobacillus delbrueckii ssp bulgaricus*. More precise modern technology has allowed us to identify it as a particular strain of *Lactobacillus rhamnosus*. Probiotic bacteria are known to stimulate both the innate and adaptive immune systems, and recently some scientists have begun calling them 'immunobiotics'.

The evolution of the product that is now Russian Choice Immune began when Bulgarian researchers found strains of lactobacilli capable of effectively supporting both cellular and humoral immunity. Later in the 1980s, Russian researchers discovered the immune-enhancing properties of certain lactobacillus species, after the Russian military directed them to develop protection against biological warfare agents. Taking note of the folk lore regarding the immune-stimulating properties of cultured milk products, Russian microbiologists discovered species of *Lactobacillus bulgaricus* with these properties.

The researchers then looked for ways to enhance this immune activity, and discovered that if they lysed (broke apart) the lactobacilli, the resulting cell walls and cell wall fractions were much more powerful than the cultured milk products. They perfected the process of breaking the lactobacillus cell walls, ultimately producing uniquely potent products containing these cell wall fragments. When the Russian Choice Immune immunobiotic lactobacilli are lysed, the immune-active proteins that are usually

sequestered inside the cells have unimpeded access to trigger and magnify the immune system response. Although probiotics and cultured milk products have immune supporting properties, Russian Choice Immune is a much more powerful immune system supporter.

These immunobiotic lactobacilli cell-wall fragments were used in clinical trials in 1992 at the State Cancer Hospital in St. Petersburg, Russia, in a wide variety of *in vivo* situations requiring immune system support. The substance was also used to support the immune systems of patients undergoing chemotherapy and radiation, allowing the patients to complete their therapies without the usual debilitating effects. The doctors reported that the patients taking the intestinal bacteria cell-wall fragments looked and felt better, and had more energy. Since then, cell wall fragments of lactobacillus strains have been used in Europe as immune stimulators for many years, and have consistently demonstrated efficacy.

Following in this tradition, Allergy Research Group® now offers Russian Choice Immune in the United States. These lactobacillus cell-wall fragment materials have been used for twenty years in Russia and over five years in the USA, and shown to be generally safe, even at high doses of up to 15 grams per day.

Research suggests these cell-wall fragments may stimulate the innate immunity, the "first responder" in the immune system hierarchy, helping to magnify the immediate response of the immune system. Because they can drive mucosal immune mechanisms, immunobiotic cell wall fragments may also have effects beyond their location in the gut. They may activate and

regulate the common mucosal immune apparatus and help restore mucosal T cell balance, which can potentially enhance immunomodulation at distant mucosal sites. The possible mechanisms of action include activating Peyer's patch T cells, potentially stimulating the circulating pool of T lymphocytes and macrophage phagocytosis; and changing the cytokine balance, inducing TH1 cell-dependent activation of neutrophils, increasing INF- $\gamma$  and decreasing IL-4, and enabling TH1 and TH2 cytokine response.

These cell wall fragments will not directly supplement the local live gut flora, but they may downregulate mucosal secretions and promote a healthy gut environment. By activating the local immune response, they enhance the natural repair mechanisms of intestinal villi cells, and potentially support adhesion and growth of friendly bacteria.

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**Capsules: #75300 60s, #75670 200s**

Serving Size: 3 capsules  
Servings Per Container: 20 in #75300, 67 in #75670

**Amount Per Serving:**

*Lactobacillus rhamnosus* lysate powder 75 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose.

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

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

**Powder: #75710 75 Grams**

Serving Size: ½ teaspoon (1.25 g)  
Servings Per Container: 60

**Amount Per Serving:**

*Lactobacillus rhamnosus* lysate powder 1.25 g

**Suggested Use:** As a dietary supplement, 1/2 teaspoon two times daily, or as directed by a healthcare practitioner.

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

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