

---

## The Possible Benefits of Sano-Gastril®, a Dietary Supplement

- Helps neutralise excess gastric hydrochloric acid without an acidic rebound
  - Supports the delicate physiological balance of the stomach and the entire GI tract
  - Stimulates protective gastric mucus secretion
- 

### Description

Sano-Gastril® is a nutritional supplement conducive to digestive well being. Developed with the cooperation of Dr. Ivan Bogdanov and Dr. Edouard Brochu, Sano-Gastril® is obtained by fermenting an extract of soybean (*Glycine max*) with a special probiotic bacteria, *Lactobacillus bulgaricus LB51*. It is designed to support digestion in the stomach and neutralise excess hydrochloric acid to a physiologically more appropriate level without the use of alkalinising agents. It is a quick-acting concentrated formula that supports the delicate physiological balance of the stomach and the entire GI tract, essential for normal gastric function.

The components of Sano-Gastril® that have buffering potential have the remarkable capacity to neutralise excess acid without raising the pH excessively. The buffering action of Sano-Gastril® has been determined *in vitro* by measuring the pH change for each mL of HCL added in the presence and absence of Sano-Gastril®, where Sano-Gastril® was shown to raise gastric pH from 1.3 to 2.3, eliminating 90% of the acidity. It is not desirable to eliminate all the acidity, because in the stomach, pH levels exceeding pH 3 result in the stimulation of gastrin which then triggers further secretion of acid. Thus, Sano-Gastril® can neutralise a large part of the excess gastric hydrochloric acid without triggering an acidic rebound, unlike alkaline or absorbent products.

Studies show that Sano-Gastril® can help alleviate the symptoms of gastric hyperacidity, which are often associated with the stresses of modern life.

In 1978, the legendary LB51 researcher Ivan Bogdanov led a multicenter clinical trial to study Sano-Gastril®. It was conducted on 360

people for one month, in six clinics or hospitals in Bulgaria. Various forms of stomach distress were tracked, and two tablets of Sano-Gastril® were taken a half hour before each meal for one month. A great improvement was reported in 55% of the subjects by the end of five days, and in another 28% by the end of ten days.

By the end of the study, only 1% reported no improvement. Additionally, it was found that Sano-Gastril® begins to work very quickly; the majority reported they noticed some benefit within 10 minutes of first taking Sano-Gastril®. Other studies have been conducted confirming these results, most recently in 2001 by the Gastroenterology Chair of the Russian Medical Academy of Postgraduate Education in Moscow. - Biological tests confirmed that Sano-Gastril® has neutralising action on excess gastric acid content, and that it supports regeneration of the gastric mucosa.

The process of fermenting a soy extract with the special probiotic bacteria LB51 results in a complex whose constituents include biologically active components of vegetable origin, the cells of lactobacilli, and all the metabolites formed in this fermentation process. These include proteins, peptides and amino acids, carbohydrates, vitamins, minerals and trace elements from soy; and lactobacilli cell fragments, lactic enzymes, bulgaricin and teichoic acid from LB51.

Lactic enzymes and bulgaricin are microbial-balancing components that may help control undesirable intestinal flora. Teichoic acid has been shown to potentially support the regeneration of gastric mucosa. Thus, in addition to its buffering action and non-rebound antacid effect, Sano-Gastril® has microbial-balancing properties, supports normal

regeneration of the gastric mucosa, and can also stimulate protective gastric mucus secretion.

Sano-Gastril® is available in 1.5 g tablets to be either chewed or sucked, and is generally well tolerated. Each tablet provides no more than 3.6 calories. Sano-Gastril® may be taken as desired, either before or after meals, according

to individual preference. The quantities may be doubled or even trebled without any ill effects. There are no known contraindications with drugs used in the treatment of gastrointestinal conditions.

Product of France.

---

Serving Size: 1 Tablet  
Servings Per Container: 24

**Amount Per Serving:**

Fermented Soy Bean (*Glycine max*) extract

1.5g

Other ingredients: Fruit juice, glycerol stearate, colloidal silica.

**Suggested Use:** As a dietary supplement, 1 to 3 tablets chewed or sucked, between meals, or as needed, or as directed by a physician.

---

**References**

Dalev PG, Tsoneva PN, Bogdanov IG. A teichoic acid from the cell walls of *Lactobacillus bulgaricus* LB 51. *Comptes rendus Academie Bulgare des Sciences*. 1977;30(9):1305-8.

Depraetere P. [The stomach, a complex organ that is often mistreated] *Compagnie Générale de Diététique, Laboratoire Yalacta*, 97 Rue Général Mouton, 14000 Caen, France.

Depraetere P, Mitov A, Bogdanov I, Aslanoy A, Bugard P. A multi-centre unblinded clinical trial of the efficacy of Sano-Gastril® in treating 360 patients with chronic gastric distress. 1978. *Compagnie Générale de Diététique, Laboratoire Yalacta*, 97 Rue Général Mouton, 14000 Caen, France.

Lamouliatte H. [Treatment of chronic gastritis associated with *Campylobacter pylori*] *Gastroenterol Clin Biol*. 1989;13(1 Pt 1):101B-106B. French.

Litinskaia EV. [Experience with the therapeutic use of Gastrofarm in peptic ulcer] *Vrach Delo*. 1982 Jan;(1):70-3. Russian.

Manolov P. Experimental study on the effect of Gastrofarm on ulcers. *Farmacija*. 1978;28(1):34-37.

Nikolova M, Tanev G. Toxicological Expert's Opinion. *Compagnie Générale de Diététique, Laboratoire Yalacta*, 97 Rue Général Mouton, 14000 Caen, France.

Potashov LV, Sedykh VM, Figurina TD, Sonina SI, Kudrevatykh IP. [Gastrofarm in the treatment of peptic ulcer] *Klin Med (Mosk)*. 1981 Feb;59(2):50-3. Russian.

Przyklenk B, Bauernfeind A, Bornschein W, Emminger G, Heilmann K, Schweighart S. The role of *Campylobacter (Helicobacter) pylori* in disorders of the gastrointestinal tract. *Infection*. 1990 Jan-Feb;18(1):3-7.

Rakitskaya LG. Report on results of clinical studying of Sano-Gastril. Russian Medical Academy of Postgraduate Education, Gastroenterology Chair. 2001. Russian. <http://www.i-s.ru/differ/rak01.htm>, accessed April 14, 2008.

Schaffner DW, Beuchat LR. Fermentation of Aqueous Plant Seed Extracts by Lactic Acid Bacteria. *Appl Environ Microbiol*. 1986 May;51(5):1072-1076.

Scherman LA, Sauvage DC. Lipoteichoic acids in *Lactobacillus* strains that colonize the mouse gastric epithelium. *Appl Environ Microbiol*. 1986;32(2):302-4.

Vasil'ev IuV, Rishi KM. [Treatment of duodenal ulcer associated with chronic gastric erosions] *Klin Med (Mosk)*. 1991 Jul;69(7):52-3. Russian.

Bogdanov IG, Dalev PG, Gurevich AI, Kolosov MN, Malékova VP, Plemyanikova LA, Sorokina IB. Glyco-peptides from *Lactobacillus bulgaricus* cell wall. *FEBS Lett*. 1975 Oct 1;57(3):259-61.