

Lactobacillus GG

L. GG

Lactobacillus GG (L.GG) known by its full name Lactobacillus rhamnosus GG is the most clinically studied probiotic lactobacillus in the world with over 30 years of scientific research demonstrating its safety and effectiveness. It is the result of a search by two scientists at Tufts University, Drs. Sherwood Gorbach and Barry Goldin. They wanted a probiotic that was: 1) originally found in the human gut; 2) able to attach to and colonise the epithelial lining, thereby preventing unfriendly bacteria from doing so; 3) resistant to gastric acids and bile; 4) capable of beneficial activity in the human host; and 5) proven to be safe.

L.GG satisfied all these criteria, and has since been subjected to several hundred clinical trials that support its safety and effectiveness. It is now used all over the world, including in the UK, Asia, Europe and the Americas etc.



#78000
60 vegan capsules

Key Features

- Helps maintain a healthy intestinal probiotic balance
- Supports the structure and functional integrity of the epithelial lining
- May optimise immune response and support resistance
- Can facilitate the production of vitamins, enzymes, and organic acids in the human gastrointestinal tract.

An optimally functioning intestinal system is crucial to the health of the whole body. The human gastrointestinal tract harbours trillions of microorganisms, some beneficial to our health and some not. The cells that line the intestines, called villi, form a single semi permeable layer that regulates digestion and absorbs the digested products. Friendly (probiotic) bacteria live attached to the mucus layer, overlying the villi, finding food and shelter, and in turn providing benefits to their host. Probiotic bacteria naturally occur in fermented foods, such as live culture yogurt and sauerkraut. Nobel Prize laureate Elie Metchnikoff observed in the 19th century that people in the Balkans who ate yogurt and other foods cultured with lactobacilli were longer-lived. He theorised that ingesting lactobacilli could prolong life by competitively inhibiting undesirable microbes, preventing them from taking up residence and producing toxins. Intestinal dysbiosis occurs when unfriendly bacteria imbalance beneficial bacteria. Factors that can promote dysbiosis include antibiotics, steroids including birth control pills, alcohol, bacterial infections, stress, travelling or a poor diet.

Trillions of probiotic microflora are found in the healthy small and large intestines, with some research estimates suggesting as many as 1000 strains. They can support the structure and functional integrity of the epithelial lining by helping to metabolise vitamins, minerals and hormones, improve intestinal motility and assist in detoxification. They can optimise immune function, and have been shown to support resistance. They produce metabolites such as lactic acid, hydrogen peroxide, bacteriocins and acetic acid that normalise the pH of the intestine and promote a healthy micro-ecological balance. They support healthy conditions in the vagina, and cholesterol within normal levels. They can produce lactase, the enzyme that digests lactose (milk sugar). When probiotics are depleted, supplemental probiotic bacteria are often needed in large amounts – in some cases, ten - thirty billion colony forming units (CFU) per day or more may be needed to restore intestinal balance.

L.GG has been shown in numerous studies to resist gastric acids and to adhere to intestinal walls. It has been shown to help control overgrowth of harmful bacteria, strengthen the intestine’s immunologic barrier function and normalise intestinal pH, inflammation and permeability. It can help normalise faecal enzyme and short-chain fatty acid levels, and help prevent immune inflammatory responses in certain milk-hypersensitive adults. L.GG has shown promising results in clinical studies with children suffering from milk allergy. It also showed potential to detoxify food poisons, including several aflatoxins. In animal studies, L.GG reduced plasma endotoxin levels in mice, decreasing alcohol toxicity.

L.GG has been shown to help regulate diarrhoea, in studies involving thousands of people, from countries as diverse as Pakistan, Estonia and Italy.

L.GG is manufactured under controlled conditions that ensure the highest quality and potency. The L.GG strain is hardier than most other lactobacilli strains, and can remain stable if kept at room temperature or below until ingested. Even in large amounts, L.GG has been shown to be safe for human use, with no harmful effects. It has also shown no mucosal degradation activity, and thus no invasive properties, although it adheres to the epithelial lining and mucins. It has been shown to be safe for children, and the contents of the two-piece vegan capsule can be emptied into milk, yogurt or other foods. L.GG is dairy-free and gluten-free.

Supplement Facts

Serving Size	1 capsule
Servings per container	60
Amount per serving:	
Calories.....	0
Sugar.....	0
LifeinU™ L. rhamnosus GG (ATCC 53103) 25 billion CFUs	

Other ingredients: Lactobacillus rhamnosus GG, Brown Rice Flour. Capsule Shell: Hydroxypropyl Methylcellulose (E464)

Suggested Use: As a dietary supplement, 1 capsule daily, or as directed by a healthcare practitioner.

Note: This product is intended for use under adult supervision only. Keep out of reach of children.

Storage Instructions: Store L. GG in a cool, dry place away from direct sunlight.