
**Thank you for your interest in Dr. Gannon's Essential Probiotic Blend!**
These probiotics were chosen by Dr. Gannon for their superb quality and outstanding health benefits. Dr. Gannon believes these are the best of the best of the probiotics available on the market today, or he wouldn't be putting his name on them.

**Laboratory analysis**
The manufacturer monitors stability throughout all manufacturing stages. All probiotic raw materials for every batch and each finished product undergo independent laboratory analysis for verification of purity and stated potency. The probiotics are refrigerated during every stage of manufacturing, storage and shipping.

**Guaranteed potency**
**There are more microorganisms in each capsule than what is stated on the label.** With refrigerated storage, these probiotics will retain their stated potency for at least one year from the date of manufacture.
**With no refrigeration, say with traveling, the die-off will be minimal if kept in normal room temperatures for up to three months. When refrigeration is not possible, plan on taking the probiotics daily. That way, all capsules will be consumed before any major change in the potency could occur.**

**When to take probiotics**
With food or on an empty stomach- that is the controversy around probiotics!
Because an empty stomach should be a very acidic environment, it is best to take probiotics with food, or about an hour and a half after eating a meal, as that is when the stomach is emptying. Anytime within this time period that is most convenient for you is best- don't over think it, just get them in!

Dr. Gannon's Essential Probiotic Blend are manufactured with a technology that greatly protects the microorganisms from stomach acid. Rest assured that when taking the probiotics with a meal or after, you are getting all the wonderful benefits these live bacteria have to offer.

**What is in each capsule of Dr. Gannon's Essential Probiotic Blend?**

**Each capsule has 25 billion CFUs (colony forming units).**
**Of those 25 billion, the 'blend' is a mix of the following species offering you the most comprehensive digestive support on the market:**

*Lactobacillus acidophilus*
Highly resistant to gastric acid, bile, pepsin, and pancreatin. Possesses more than 20 known peptidases and breaks down casein and gluten. Ferments lactose and metabolizes a variety of other sugars and polysaccharides. Antagonizes a wide range of pathogenic bacteria. Reduces intestinal concentrations of carcinogenic enzymes.

*Lactobacillus brevis*
A colonizing species producing lactate, carbon dioxide, ethanol, and acetate. Resistant to gastric acid, bile acids, and digestive enzymes. Excellent adherent properties. Increases production of interferon. Metabolically unique in the production of arginine deaminase to break down arginine and reduce polyamine production, compounds associated with vaginal dysbiosis and intestinal carcinogenesis.

**Lactobacillus salivarius**
Indigenous to the intestinal tract and other mucosal surfaces. Secretes several anti-microbial agents. Reduces proinflammatory cytokine secretion. Attenuates inflammatory responses to *Salmonella typhimurium.* Stimulates interleukin-10 secretion, a cytokine inhibiting the inflammatory response to bacterial DNA. Enhances intestinal calcium uptake. Significantly supports intestinal barrier function.

*Lactobacillus casei*
A hardy, adaptive transient species. Makes many proline-specific peptidases enhancing casein, casein-derived polypeptide, and gluten break down. Beneficially modulates innate immune responses.

Increases the number of intestinal IgA-producing cells. Antagonizes *Helicobacter pylori*. Decreases proinflammatory cytokine secretion. Inhibits *E. coli* adherence to and invasion of intestinal cells. Decreases *Shigella*-mediated inflammation.

**Lactobacillus rhamnosus**
Produces more peptidases than any other *Lactobacillus* species. Favorably enhances innate and acquired immunity. Inhibits proinflammatory cytokine production. Outstanding colon epithelial cell adherence. Suppresses pathogenic *Escherichia coli* internalization. Antagonizes rotavirus and *Clostridium difficile*. Supports gut microflora during antibiotic therapy. May support immune function in infants with allergies.

**Lactobacillus plantarum**
A highly beneficial transient bacteria generally lacking in people consuming a standard Western diet while universally present in people consuming traditional plant-based diets. Exceedingly resistant to gastric acid and bile salts. Facilitates induction of the central regulatory cytokine, interleukin-12. Decreases production of inflammatory mediators. Supports intestinal barrier function. Reduces translocation of gut bacteria. Antagonizes *C. difficile*. Supports normal microflora in people with irritable bowel syndrome.

**Bifidobacterium breve**
Secretes compounds, such as lactosidase, that favorably modify intestinal microflora by reducing *Bacteroides* and *Clostridium* concentrations and degrading mucin. Stimulates Peyer's patch B cell proliferation and antibody production. Eliminates stool *Campylobacter jejuni* in campylobacter enteritis restoring normal intestinal microflora. Antagonizes rotavirus and decreases rotavirus shedding in infants with rotavirus diarrhea.

**Bifidobacterium bifidum**
Present in large numbers in a healthy colon. Populations are reduced in allergic infants and decline significantly with age. Suppresses total and antigen-specific IgE production. Enhances IgM and IgG responses to select antigens. Activates B cell IgA secretion. Enhances IgA response to *C. difficile* toxin A. Along with *L. acidophilus*, supports gut microflora during antibiotic therapy and reduces positive testing for *C. difficile* toxins.

**Bifidobacterium longum**
Often the dominant *Bifidobacterium* species in humans. Ferments a broad spectrum of oligosaccharides. Resistant to high bile salt concentrations. Inhibits human neutrophil elastase which may be important to innate immunity and attenuate harmful intestinal inflammation. Inhibits enterotoxigenic *E. coli* receptor binding and translocation. Augments intestinal IgA secretory response to dietary proteins. Favorably modulates inflammatory cytokine response to respiratory antigens. Improves inflammation in ulcerative colitis.