

## Product Information Sheet

Please read this leaflet carefully because it contains important information for you.

### What is in Acidophilus Extra 10?

Acidophilus Extra 10 is a food supplement.  
This tube contains 60 capsules.

Each capsule provides:

10 billion live bacteria (10x10<sup>9</sup>)\*

*Bifidobacterium bifidum*,

*Lactobacillus acidophilus*

\*(at the time of manufacture)

Also contains inactive ingredients:

Capsule Shell (Hypromellose & Gellan Gum),

Anti-caking Agent (Stearic Acid).

### Information on the active ingredients in Acidophilus Extra 10

Nature's Best® was one of the first companies in the UK to produce live bacteria capsules (over 30 years ago) so we have developed an expertise in this area. To ensure proven targeted release for acid-sensitive ingredients such as live bacteria, we have:

- Specifically used delayed release capsules
- A special desiccant built into the tube wall of the pot
- Refrigerated storage conditions until despatch
- Vegetarian capsules made of plant-based cellulose with a 3 times lower moisture content than typical gelatine-based ones.

### Proven targeted release for acid-sensitive ingredients

Live bacteria supplements only work if they are kept alive in a state of 'suspended animation'. After swallowing the capsules, it is vitally important to ensure that the live bacteria are still viable and survive the passage through the acid conditions of the stomach (whose job it is to be the first line of defence against pathogenic bacteria). Additionally, as living bacteria they can easily be activated by exposure to variations of temperature, oxygen, and humidity before they are consumed. We therefore employ a series of steps to combat this, to make them ideally suited for the job.

### Delayed release capsules

To protect these acid sensitive bacteria from the low pH of the stomach, there is a sophisticated, but vitally important process. The unique delayed release properties built into the capsule shell slow the capsule from opening, so that complete release does not start until approximately 45 minutes after swallowing. Their low moisture content further enhances stability so that the live bacteria are released into the small intestine where conditions are ideal for them to replicate and grow.

### Special desiccant

We are aware that with daily use, the pots lids are opened, exposing the capsules to the elements. Therefore we use pots that contain a special desiccant built into the tube wall to remove every trace of moisture from the capsules and keep them in optimum condition.

### Refrigerated conditions

To further protect these live bacteria, we keep the product in refrigerated storage conditions until despatch. This means that our live bacteria capsules are guaranteed to be viable within the best before end date, if you continue to store below 20° Celsius upon receipt of delivery.

### Vegetarian capsules

These vegetarian capsules are made of plant-based cellulose with a 3 times lower moisture content than typical gelatine-based ones; an important factor when considering live bacteria supplements and an excellent alternative.

### What is Acidophilus Extra 10 recommended for?

Live bacteria supplements can be used in two ways.

**1.** Take them everyday in the same way that many people consume live yoghurts. However there are many times more live bacteria in one of these capsules than you will find in many shop bought yoghurts. More importantly the species of live bacteria provided by this product are specially selected for use in human health, rather than for their ability to make tasty yoghurt!

**2.** Take a course of live bacteria capsules to help tackle specific problems. If further information is required, contact one of our friendly Nutrition Advisors on **01892 552175**.

**Can I take other supplements with Acidophilus Extra 10?**

There is no problem taking this product with other supplements. However, the use of oral antibiotics at the same time may reduce the effectiveness of this product.

**Can other products help support my live bacteria?**

Certain types of soluble fibre sometimes called 'prebiotics' found in vegetables, are not live bacteria but act as food for our own harmless bacteria that exist in our digestive system. By taking a 'soluble fibre' you can selectively feed these bacteria which allow them to flourish and grow relative to the unfriendly bacteria. Nature's Best sell a soluble fibre product called 'Flourishe®' which is a sweet soluble fibre from chicory root which can be taken alongside a live bacteria supplement.

**Who is Acidophilus Extra 10 suitable for?**

Suitable for all adults.

Suitable during pregnancy and breast feeding.

Suitable for vegetarians.

**How to take Acidophilus Extra 10**

Acidophilus Extra 10 can be taken on a long term basis as the bacteria provided by the formula are provided at safe levels. Take 1 capsule daily with a glass of water, ideally first thing in the morning when the pH of the stomach is at its highest (ie not so acidic). Do not exceed recommended daily dose. Do not take within half an hour of consuming hot food or drink, heat kills bacteria.

Food supplements should not replace a balanced diet and a healthy lifestyle.

**Cautions**

Acidophilus Extra 10 is safe at the recommended intake.

**How Acidophilus Extra 10 should be stored**

Store in a cool, dry place at temperatures below 20°C (preferably in refrigerator).

Do not use after the best before end date (BBE) shown on the pack.

**Keep away from children.**

If you would like further information about this product

Please contact: Nature's Best, Century Place, Tunbridge Wells, Kent TN2 3BE. Tel: 01892 552175.

[www.naturesbest.co.uk](http://www.naturesbest.co.uk)