



A Closer Look at PERQUE Digesta Guard Forté and Digesta Guard Forté + FOS

The natural balance maintained within the intestines can become disrupted, and consuming sufficient probiotic bacteria via metabolized foods or dietary supplements is essential to encouraging intestinal health. The term "probiotics" is defined as a live microbial supplement that beneficially affects the host by improving the microbial balance. **PERQUE Digesta Guard Forté** and **PERQUE Digesta Guard Forté + FOS** provide many important benefits, such as improving the health of the host by positively affecting the intestinal tract.* **PERQUE** utilizes synergistic groups of species that benefit each other, which are more economical and more convenient than single-species products. **PERQUE's** superior probiotic formulation includes billions of the two most important groups of probiotic bacteria, Lactobacilli and Bifidobacteria. **The nine beneficial probiotic strains contained within these groups are all grown on dairy-free, corn-free, soy-free culture media and described in detail below:**

■ **L. acidophilus R0052**, which is a proprietary culture of Institut Rosell, is of dairy origin and can metabolize 15 carbohydrates into lactic acid rather than the 11 carbohydrates typical of this species. A hardier strain, *L. acidophilus* R0052 displays superior production and survival capabilities and is able to balance the intestinal microflora because of its ability to combat intestinal pathogens such as *H. Pylori*, hemolytic *E. coli* (OH157), and salmonella.

■ **L. casei R0215** is often used to enhance and strengthen digestion as well as detoxify environmental chemicals. It is popular in Japan and has been the subject of research, including immune boosting effects in the GI tract, involving the inhibition of pathogens.

■ **L. plantarum R0202** is a remarkable species that survives aerobic and anaerobic conditions. It metabolizes 25 carbohydrates and survives high salt (10% solution), stomach pH, or bile acids better than any other lactobacillus species, and is capable of producing antioxidant activity. *L. plantarum* digests grains, grasses, and vegetables and is a normal part of the diet.

■ **L. rhamnosus type A R0011** produces prodigious amounts of polysaccharides, which aid adherence and stimulate immunity. This species was discovered and developed by the Institute of Immunobiology and Virology in Belgrade.

■ **L. lactis ssp. lactis R1058** is isolated from a Kefir culture (a fermented digestive aid from Caucasus) and has been reported to possess antimicrobial activity, *in vitro*, against several intestinal pathogens.

■ **B. breve R0070** is probably the most common bifidobacteria in infants, but it remains a resident throughout our lives. *B. breve* produces L+lactic acid, metabolizes over 20 carbohydrates, and shares other characteristics in common with *B. adolescentis*. It also readily adheres to human intestinal cells and blocks the adherence of pathogenic (hemolytic) bacteria like *E. coli* (including OH157).

■ **B. longum R0715** is of human origin and promotes bowel regularity and antagonizes pathogens.

■ **B. bifidum R0071** is one of the most frequently found bifidobacteria occurring naturally in the intestinal flora of infants and adolescents. It is highly resistant to gastric activity and is able to boost the immune system by upregulating the proliferation of immune healing cells.

■ **S. thermophilus R0083** is one of two bacteria required to make yogurt. It often only reaches the upper part of the intestine and can help lactase-deficient people to digest lactose due to the lactase they produce. In addition, *S. thermophilus* has been shown to be highly effective in modulating the immune response and creating favorable conditions for lactic acid bacteria.

Probiotic Organisms and Their Common Dietary Uses

Probiotic Bacteria Species	Uses	Note
L. acidophilus	Nourishes other healthy probiotics in the digestive tract	Able to implant in the small intestine and vagina
L. casei	Digests food and detoxifies toxins	Able to implant in the small intestine and mouth
L. plantarum	Digests food and enhances nutrient uptake	Antimicrobial activity
L. rhamnosus	Detoxifies environmental toxins	Able to implant in the small intestine
L. lactis ssp. lactis	Helps keep healthy metabolic balance in digestive tract	Transient; benefits digestion through enzyme activity
B. breve	Digests food and protects digestion	
B. longum	Detoxifies toxins and reduces distress	Able to implant in the colon of adults
B. bifidum	Digests foods and detoxifies toxins	Able to implant in the colon of children with especially high levels in infants
S. thermophilus	Replenishes healthy digestive organisms	Transient; needs to be consumed continuously for its effect

PERQUE Digesta Guard Forté and **PERQUE Digesta Guard Forté + FOS** are ideal for people who consume little fiber or metabolized foods, are taking antibiotics, have repeated intestinal or vaginal infections, or travel frequently. These **PERQUE** products not only improve digestion and ward off dietary toxins, but also effectively rehabilitate the digestive system by restoring the body's healthy digestive organisms and clearing out the intestines as well as help break down food more effectively.

Note: Even though some of the strains in **PERQUE Digesta Guard Forté** and **PERQUE Digesta Guard Forté + FOS** are of dairy origin, they are not grown on a dairy-containing medium, and therefore, do not contain any dairy antigen.

For more information about PERQUE Digesta Guard Forté and PERQUE Digesta Guard Forté + FOS or PERQUE's full line of uniquely potent supplements, please contact Client Services at 800.525.7372 or visit our web site at www.perque.com.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.