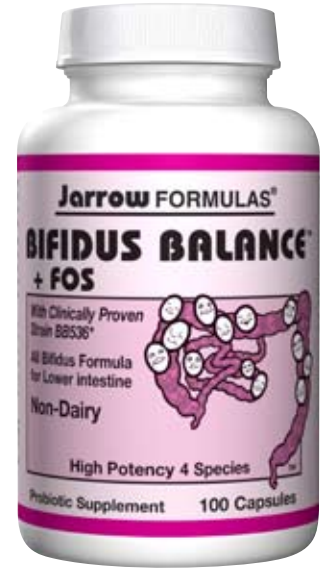


BIFIDUS BALANCE™ + FOS



With Documented Probiotic Strain *Bifidobacterium longum* BB536

- Suppresses intestinal putrefactive bacteria by producing lactic acid, acetic acid and bacteriocins
- Promotes regular bowel function
- Protects cellular replication
- Supports immune system response
- Protects the gut from damage caused by putrefactive bacteria

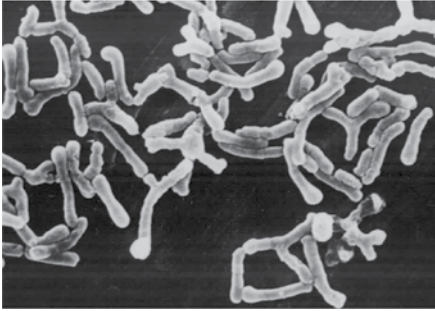
Bifidus Balance

Bifidus Balance™ contains 4 species of bifidobacteria found in infants and adults. Each **Bifidus Balance™** 280 mg capsule contains in excess of 1 billion organisms at time of manufacture as follows:

Inulin-FOS210 mg
<i>Bifidobacterium longum</i> BB536	... 40%	... 800 million (morinaga strain)
<i>Bifidobacterium breve</i> R0070 40%	... 800 million
<i>Bifidobacterium bifidum</i> R0071	... 15%	... 300 million
<i>Bifidobacterium infantis</i> R00335%	... 100 million

(*Bifidobacterium longum*) BB536 (morinaga strain)

Morinaga strain was originally isolated from a healthy infant and its beneficial effects have been studied extensively for thirty years.



Suppresses intestinal putrefactive bacteria by producing lactic acid, acetic acid and bacteriocins:

- Decreases count of putrefactive bacteria such as Enterobacteriaceae, Bacteroides, Clostridium, Candida, Pseudomonas and Streptococci.

Promotes regular bowel function:

- Increases water content and number of Bifidobacterium in feces

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- Increases water content and number of Bifidobacterium in feces

Protects cellular replication:

- Reduces ACF (aberrant crypt foci) formation Supports immune system response
- Increases production of intestinal IgA and TNF-a
- Enhances T cell and macrophage activity Protects the gut from damage caused by enzymatic pathways of intestinal pathogens:
- Decreases ammonia content by lowering certain enzymes (urease, amino acid deaminase, etc.) activities
- Reduces fecal Beta glucuronidase activity
- Lowers production of amines and hydrogen sulfides

Supplement Facts

Serving Size 1 Capsule

	Amount Per Capsule	% DV
Probiotic Bacteria	2 Billion Organisms	*
FructoOligoSaccharides	210 mg	*

* Daily Value not established

Superior Nutrition and FormulationSM by

Jarrow FORMULAS®

Los Angeles, CA 90035-4317

www.Jarrow.com

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

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Why Supplement Bifidobacteria?
Most of us do not have enough bifidobacteria in our intestines. First, most Americans do not consume 30 grams per day of soluble fiber, which is necessary to maintain the proper level of bifidobacteria. Additionally, in those who eat meat, consume coffee, colas, alcohol, are on antibiotics, or take birth control pills, the bifidobacteria are suppressed.

Children and seniors require primarily bifidobacteria supplementation. Teens and adults require more lactobacilli as found in **Jarrow-Dophilus™**. However, any probiotic may be taken at any age. Probiotics are for people of all ages!

Bifidobacteria are the primary intestinal residents of breast-fed babies. By the age of one year, the human flora is relatively stable all the way through adulthood. The amino glycan N-acetylglucosamine (NAG) is present in human milk (but absent from cow's milk) and is essential for bifido cell wall synthesis. Bifidobacteria constitute 92% of the intestinal microflora of breast-fed babies, but only 20% in bottle fed babies.

Bifido bacteria are special members of the probiotic family of friendly microorganisms. Because they are strict anaerobes, their primary habitat is the low oxygen environment of the lower intestines. **Jarrow FORMULAS® Bifidus Balance™** is encapsulated to protect the delicate bifido cultures as best as possible from oxygen.

Bifidus Balance™ + FOS

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- (1) Maintenance of normal intestinal flora, especially in infants and seniors
- (2) Improved lactose intolerance

Bifidobacteria have been researched in various areas:

Inhibited bacteria include Salmonella, Shigella, Clostridium, Bacillus cereus, Staphylococcus aureus, and Campylobacter jejuni (Anand SK et. al. 1985, "Antibacterial activity associated with [*Bifidobacteria bifidum*]." Cultured Dairy Products, 6-8.)



Bifidobacteria Species

Bifidobacteria constitute a genus (family) of probiotics. Other families of probiotics include lactobacilli and streptococci. The main species (individual types) of bifido in humans are B. longum, B. adolescentis, B. breve, and B. infantis. B. bifidum is of lesser importance than these other species. Also, the term bifidum is often used in a generic sense for all bifido species, as is the name acidophilus for probiotics.

Of the some 100 billion bacteria colonies per gram of wet feces, bifidobacteria should normally comprise 10 billion, lactobacilli 100 million and streptococci one billion. In seniority, the bifidobacteria of the human intestine decline and the numbers of pathogens increase. Supplementing one to three capsules per day of bifidobacteria will maintain an appropriate level of bifidobacteria in your large intestine.

Inhibiting Pathogens

There were two major alterations to our diet in the 20th Century: refrigeration and food processing. Before refrigeration, many more fermented foods were consumed because that is how foods could be preserved. Food processing has removed most of the fibers -- which are used by probiotic bacteria to grow -- along with many trace minerals and vitamins. Also, Caesarian births and bottle feeding reduce the opportunity for infants to acquire their initial flora as predominantly friendly bacteria, particularly the bifido.

If you take **Bifidus Balance™** with you on a trip, keep it out of the heat. The bacteria can survive for a reasonable amount of time out of the refrigerator; however, keep the product refrigerated whenever possible.

Take **Bifidus Balance™** 20-60 minutes after eating — stomach acidity is buffered by your meal and survival of bifidobacteria through the intestinal tract will be sufficient to ensure their replication and implantation. Keep **Bifidus Balance™** refrigerated!

Supplementing and Refrigerating Bifidus Balance

Bifidobacteria thrive on dietary fiber: Thirty grams per day of fiber will help assure both colon health and a high level of probiotic, lactic-acid producing bacteria.

Diet and Colon Flora

Take **Bifidus Balance™** 20-60 minutes after eating — stomach acidity is buffered by your meal and survival of bifidobacteria through the intestinal tract will be sufficient to ensure their replication and implantation. Keep **Bifidus Balance™** refrigerated!

Bifidobacteria vs. Lactobacilli and Streptococci

- (3) Suppression of undesirable bacteria
- (4) Reduced production of potentially harmful enzymes produced by putrefactive bacteria
- (5) Decoupling of bile acids, inhibiting reabsorption and enhancing their excretion
- (6) Improved digestion
- (7) Slight improvement of absorption of minerals
- (8) Production of short chain fatty acids (SCFAs) which provide energy to intestinal cells