

When and why use Lactobacillus reuteri Protectis

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According to the World Health Organization probiotics are living microorganisms and are known as "*Good bacteria*". If applied in adequate quantities they have useful effect on the health of the host. In order to launch a new probiotic on the market, appropriate scientific research must be conducted and positive effect on health confirmed, i.e. proven effect for prevention or on certain diseases. Probiotics are defined by their genus, species and subspecies, and by a label denoting a specific strain. The use of probiotics has a positive effect on our health, but only if we use high quality products in the right way and at the right time. The latest generation of probiotics contains Lactobacillus Reuteri DSM 17938 Protectis, a bacterial strain that is part of the normal microflora of healthy mothers' milk and is the only probiotic isolated from breast milk.

Maintains a healthy gut microflora

The intestinal microflora is important for the maturation of the immune system, the development of a healthy intestinal mucosa, the maintenance of a healthy immune response to the inflammation, defence against allergens as well as possible attacks by pathogenic microorganisms. *L. reuteri* Protectis, due to its unique composition and origin, is particularly well adapted to the human digestive system. This is one of the first strains to settle in the healthy flora of the newborn, while most other strains of bacteria, which are introduced through food, only temporarily inhabit the digestive system. ¹

They reduce the frequency of side effects during the use of antibiotics

Inadequate and irrational use of antibiotics can lead to adverse effects (vomiting, diarrhoea, and bloating, abdominal pain). Adverse effects occur when inadequate use of antibiotics disrupts normal balance of "*good*" and "*bad*" bacteria in the intestinal microflora, which can lead to an increase in reproduction of "*bad*" bacteria. To avoid the adverse effects of antibiotics it is necessary to take the probiotic 2-3 hours before or after the dose of antibiotics. ²

Probiotics help protect against cold and flu

During the cold and flu season probiotics can help protect the human body in several ways: Immunologically by activating local macrophages, increasing the antigen presence of B lymphocytes and the production of immunoglobulins, both locally and systemically. ³

Probiotics help reduce the level of cholesterol in the blood

Scientists from the American Heart Association (AHA) have found that daily use of probiotics helps lowering the level of Low Density Cholesterol in blood by 12%, and as it is known, increased levels of LDC lead to blockage of blood vessels, which most often causes myocardial infarction. ⁴

References:

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