

# Acidophilus DDS-100

## (Lactobacillus acidophilus)

Acidophilus can improve your digestion and increase your bodies ability to absorb nutrients from the food you eat. It can strengthen your immune system and improve your bodies ability to heal. These are some of the know benefits of adding this powerful live bacteria to your diet. (Nutrition Reviews, Vol. 50 No.12 December, 1992, p. 375-81)



### How to Select an Acidophilus Supplement

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There is a growing consensus on the beneficial attributes of Lactobacillus acidophilus in human and animal nutrition and health. Its healing qualities and ability to increase energy have been recognized in many studies; however, it must be remembered that all acidophilus products are not alike. Just because the label says; "Acidophilus". This doesn't mean they have similar nutritional and therapeutic values. For consistent and positive results one should attempt to know the source of the acidophilus product before using it. Knowledge of product viability, implantation criteria and strain identification will help in the choice of the best available Lactobacillus acidophilus product.

### Strain; Manufacturing Technique

Since all acidophilus products are not alike, it is important that consumers select a strain that is stable and has good keeping properties. Freeze drying is a process that improves the stability of an acidophilus product. Further, absence of oxygen is a desired condition for the stability of acidophilus. It is a good idea to purchase an acidophilus product in which bottling containers have been nitrogen flushed.

### Shipping, Handling, & Storage

It is necessary to ship the product in an insulated container to avoid exposure to heat. Shipping the product by air, and in insulated containers assures the viability of the product. However, it should be noted that acidophilus products will not be spoiled with short exposure to heat. It can stand room temperature for weeks and it can stand normal shipping and handling. However, its viability rapidly declines at 120 degrees (F). Most manufacturers of acidophilus recommend that acidophilus be stored in the refrigerator. But some acidophilus products are listed as non-refrigerated products. Consumers should refrain from purchasing any acidophilus products not stored in the refrigerator.

Consumers of acidophilus ask if they need to refrigerate the acidophilus prior to opening the bottle. The answer is yes. Acidophilus supplements must be kept refrigerated under 40°F at all times. Do not freeze acidophilus. Freezing may affect it adversely.

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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During trips, when refrigeration is not possible, store the acidophilus in a cooler with ice. If ice is not available, keep the acidophilus in the coolest part of the room, preferably near an air conditioner. Remember, acidophilus kept at room temperature for two days will not spoil.

### **Glass Bottle vs. Plastic Bottle**

Packaging of acidophilus in glass bottles is recommended. Plastic bottles are porous. If the container is porous, it will allow oxygen into the bottle from the atmosphere. Glass bottles flushed with nitrogen are better.

### **Which Form Is Effective?**

Another commonly asked question is, "which form of acidophilus is the most effective"? The form is really not the issue, rather what you are getting in the supplement. For example, DDS-Acidophilus is available in capsules, tablets, and powder forms. All these forms have 2 billion colony-forming units(CFU\*) per gram, so they are equally potent. The consumer can choose the form he/she prefers. The capsules are the most popular. Because the tablets can be chewed, they are preferred by children as well as by many adults. Some people find it difficult to measure exact dosages with the powder. In addition, each time the powder bottle is opened, the contents are exposed to atmospheric contamination. The powder is oxidized, and it gets exposed to humidity as well as the contaminants in the atmosphere. The spoon used to measure the powder may add to the contamination if it is not sterile, as well as adding moisture to the powder. As you see, there can be rapid deterioration of powder when compared to capsules or tablets.

### **Guarantee/Assay**

Consumers sometimes wonder about the acidophilus guarantee on the label. Not all products offer a guarantee, others will guarantee a CFU range from thousands to billions. Acidophilus products with one to two billion CFU are usually good. Doctors normally recommend 1 to 2 capsules containing 1 to 2 billion CFU for daily use. The CFU count guarantee is based on the assay at the time of manufacturing. Consumers should avoid products without any guarantees. Some companies showing higher counts combine acidophilus with other bacteria. Higher numbers look better to consumers, and this is used as a marketing technique. Acidophilus is a slow-growing culture. Combining acidophilus with other fast-growing bacteria gives higher total numbers with very little expense.

### **Single Bacterium vs. Multiple Bacteria**

Selecting acidophilus products should be done carefully. If one bacterium is good, two or more are not necessarily better. Compatibility is an important factor. If the bacteria are not compatible, the supplement may not offer any benefits when it is ingested. While certain bacteria may be compatible, all strains of these bacteria may not be compatible

There is a great risk in combining many bacteria in one product unless compatibility and mutation studies are worked out thoroughly. The ratio of the bacteria in combination products must be totally acceptable to the body

### **Enteric Coating**

During the past two to three years, consumers of acidophilus have been misled by reports that acidophilus products need to be enteric-coated to survive stomach acid. This is not true. It is appropriate to mention that we have some acidophilus in our intestines naturally, which comes from the food we eat. We do not eat enteric-coated food. This illustrates that acidophilus survives stomach acid. The advice is, use an acidophilus that survives stomach acid, implants in the intestines and multiplies

## **When to Take Acidophilus.**

It is a good practice taking acidophilus before a meal (on an empty stomach) since the stomach acid is lowest at that time. This aids the acidophilus in passing through the stomach and implanting in the intestine.

## **Dosage**

Consumers ask frequently about the correct dosage. It depends on who is taking the acidophilus supplement and under what conditions the acidophilus supplement is taken. For example, in the case of DDS-Acidophilus, an adult should take two capsules or tablets, or 1/4 teaspoon of the powder daily on an empty stomach, preferably in the morning. The children's dosage is based on age and body weight. Those who have a yeast infection, or candidiasis, must take more as per the advice of doctors and/or nutritionists. Higher doses are recommended under conditions of digestive disorders following antibiotic therapy and other conditions when supplementation of acidophilus is necessary. Suggested dosage: one to three capsules each morning on an empty stomach; thirty minutes before breakfast

## **Benefits of Acidophilus**

The beneficial effects of acidophilus have been recognized since 1908 by the Russian scientist Metchnikoff. Reviews of further studies show acidophilus: 1) Produces B vitamins. 2) Produces lactase enzymes and helps digest lactose. 3) Helps digest food and corrects digestive disorders. 4) Prevents bad breath. 5) Produces lactic acid, hydrogen peroxide and natural antibiotics. 6) Possesses anti-cholesteremic factors to reduce cholesterol. 7) Inhibits and reduces candidiasis (yeast infection).

## **Conclusion**

In our world of antibiotics, chlorinated water, processed junk foods, and polluted environment, it is highly recommended that an acidophilus supplement be taken daily. Since all acidophilus products are not alike, it is important to depend on a product that is proven and effective.

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\*Editors Note.

What is meant by CFU (colony-forming units)? Acidophilus is a live bacteria. CFU's refers to the products availability of live bacteria at the time of manufacturing. Given the worse case scenario, acidophilus with a CFU of two billion will have at least two million CFU's per capsule by the time the consumer gets it home. Adding acidophilus to your diet can help with; constipation, chronic constipation, digestion, lazy bowels, diverticulosis, diverticulitis, irritable bowel syndrome (IBS), colitis, spastic colitis, and other causes. Healthy poop habits allow the body to cure, cures mean good, natural colon health. Acidophilus that is shipped 2nd day air to the retailer and stored in a refrigerator prior to purchase will have much higher CFU's. Ask your retailer how acidophilus is shipped to them and how it's stored. Be an informed consumer

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