



spotlight on health

Help Yourself To Better Health, Help Your Inner Defenders

(NAPSA)—You may not realize it, but right now millions of microscopic organisms are living inside your body. These tiny microorganisms help you digest your food, get more benefits from your vitamins and fight off infections and other diseases.

Yet these “good” bacteria that generally thrive in your digestive tract can be weakened or even killed off, undermining their effectiveness in helping you maintain healthy intestinal function. This can come about because of an illness, medication used to treat an illness and even stress.

But doctors have discovered a way to reintroduce the good organisms that help promote regular intestinal function—to help avoid such difficulties as diarrhea and constipation. The important lactobacillus acidophilus bacteria in the digestive tract can be replaced with an easy-to-take supplement called Probiata®, available at drug and food stores.

Listed below are answers to some frequently asked questions about probiotics, which are organisms or substances that help to restore the balance of beneficial bacteria in the intestinal tract.

Q. How do probiotics such as Probiata work in the body?

A. Probiata produces lactic acid, which creates a favorable environment for beneficial organisms and an adverse condition for “bad” bacteria. The acidophilus in Probiata helps promote a healthy intestinal pH level, which encourages intestinal regularity.

Q. I’m taking antibiotics. Would it be helpful to take a lactobacillus acidophilus supplement?

A. Yes, but only after you have finished your course of antibiotics. Though often necessary to combat virulent bacteria that have invaded the body, antibiotic use can also result in a reduction of lactobacillus acidophilus in the intestinal tract. Probiata reintroduces one billion acidophilus organisms, per tablet, into the intestinal tract to help restore regularity.

Q. What effect could Probiata have on intestinal function?

A. Diarrhea or constipation can occur when the natural flora

Choosing a quality supplement is easy when you know what to look for:

- * Heat resistant
- * Dairy Free
- * Packed in glass



Tiny microorganisms that live in your intestine can make a big difference in your health and happiness.

balance in the intestine is disrupted. Probiata is cultured from the acidophilus strain indigenous to the human intestinal tract. This means it can more easily adhere to the intestinal tract, where it can colonize to help restore intestinal regularity.

Q. What about the bacteria in dairy products such as yogurt?

A. Dairy foods can offer some temporary relief from a loss of intestinal flora, but they don’t provide the strain of acidophilus found in the human intestine. Probiata not only can colonize to help restore regularity, but also has been shown to withstand the harsh conditions produced by acids found in the stomach.

Q. How can I be assured that Probiata is a high quality product?

A. Stability and safety are essential to guarantee quality probiotics. Probiata is formulated under Good Manufacturing Practices established by the World Health Organization to set quality standards for the worldwide pharmaceutical industry. Also, the cultured organisms in Probiata have been commercially available for over 25 years of safe use.

Probiata can help provide the lactobacillus acidophilus you need to help you feel better. You can learn more about the microorganisms that help you maintain beneficial, balanced intestinal flora from your doctor or pharmacist and from the experts at Boehringer Ingelheim Consumer Healthcare, marketers of Probiata, at 888-285-9159.