

# Acidophilus Extra 10

10 billion friendly bacteria per capsule\*

## Presentation

A white powder in a clear hard shell capsule.

### Each capsule delivers:

Lactobacillus acidophilus      10 x 10<sup>9</sup> (10 billion) live bacteria  
and Bifidobacterium bifidus

### Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agent (Stearic Acid).

**Disintegration time:** Special Delayed Release (DR) capsules.

**Suitable for vegetarians** 

\*at the time of manufacture

quantity  
30 & 60

type  
capsules

code  
8418



## Uses

Our digestive system is colonised by billions of bacteria and most of them are harmless. However, during times of stress, travel, illness, changes in the diet, and taking antibiotics, the unfriendly, pathogenic bacteria sometimes overwhelm the friendly bacteria.

Lamberts® Acidophilus Extra 10, is one of the UK's strongest live bacteria supplements. Each capsule contains 10 billion friendly bacteria (at the time of manufacture), with the advantage that only one capsule per day needs to be taken.

Lamberts® was one of the first companies to produce live bacteria capsules in the UK (over 30 years ago) and we have developed an expertise in this area. Protecting ingredients such as live bacteria from stomach acids to maintain potency is crucial which is why we have chosen to use special Delayed Release (DR) capsules. These innovative DR capsules target release after an extended time period, protecting the live bacteria from degradation in the stomach. Our DR capsules are vegetarian and made of plant-based cellulose with a 3 times lower moisture content than typical gelatin-based ones. This product is stored in refrigerated conditions until despatch to ensure maximum potency and we have a special desiccant built into the tube wall of our pot.

### Recommend to those people whose gut flora is unbalanced due to:

- Taking oral antibiotics • Illness • Stress • Irritable Bowel Syndrome (IBS) • Candida 'yeast infection'
- Travelling overseas • Bowel disorders associated with increasing age

### Usage and administration

1 capsule daily. Take with a glass of water, ideally first thing in the morning when the pH of the stomach is at its highest (i.e. not so acidic).

Do not swallow capsules with hot drinks; heat kills bacteria. Take at least 2 hours after antibiotic medication.

### Allergen advice

None (see page 194).

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place and protected from light, preferably in a refrigerator.

### Legal category

Food supplement.

