

# Immune For Life



forgotten **FACTORS** for lifelong health  
that are shaping the future of drugs and  
food

by Mary Ferrari

Amazon

# Probiotics For Specific Conditions and Probiotic Products

## Probiotics in Lifeway® Kefir

Lactobacillus Lactis. Lactobacillus Rhamnosus Streptococcus Diacetylactis Lactobacillus Plantarum Lactobacillus Casei Saccharomyces Florentinus Leuconostoc Cremoris Bifidobacterium Longum Bifidobacterium Breve Lactobacillus Acidophilus Bifidobacterium Lactis\* Lactobacillus Reuteri\*

## Probiotics in Siggi's Filmjölk (kefir)

Lactococcus lactis subsp. lactis, L. lactis subsp. cremoris, L. lactis subsp. lactis biovar diacetylactis, Leuconostoc subsp., S. thermophilus, L. delbrueckii subsp. bulgaricus

## Probiotics in Bravo Yogurt™

Probiotics in Bravo Yogurt Lactobacillus Salivarius, Lactobacillus Acidophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus, Lactococcus Lactis, Bifidobacteri. Active Cultures: Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis, Leuconostoc, Kluyveromyces, Saccharomyces, Acetobacter, Bifidobacteri.

## Probiotics in weareone MAF-maker

B. subtilis, B. bifidum, B. breve, B infantis, B longum, L acidophilus, L. delbrueckii, ssp. bulgaricus, L Casei, L plantarum, L Rhamnosus, L. helveticus, L Salivarius, S Thermophilus, L lactis, ssp lactis, colostrum Glyco Probiotic Yogurt (maf product) 42+ bacteria and yeast complex: cultures including strains of lactobacillus, Bifidobacterium, Streptococcus thermophiles, Leuconostoc, Kluyveromyces and lactic yeasts.

## Probiotics in natural yogurt starter culture

(L. Bulgaricus, S. Thermophilus, L. Acidophilus)

## Probiotics in Simply Nature® Organic Whole Milk Yogurt (Aldi's)

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidus  
L. casei

## Probiotics in Yoplait

Lactobacillus bulgaricus  
Streptococcus thermophilus  
sometimes: Lactobacillus acidophilus

## Probiotics in Chobani

Lactobacillus acidophilus  
Bifidobacterium bifidum  
Lactobacillus casei

## Probiotics in Stonyfield Farms

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidobacterium bifidum  
sometimes Lactobacillus rhamnosus

## Probiotics in Dannon

Lactobacillus bulgaricus  
Streptococcus thermophilus  
sometimes: Lactobacillus acidophilus  
Bifidobacterium lactis DN-173 010 in Activia  
Lactobacillus casei DN-114- 001 in DanActive

## Probiotics in Yakult

Lactococcus lactis subsp. lactis, L. lactis subsp. cremoris, L. lactis subsp. lactis biovar diacetylactis, Leuconostoc subsp., S. thermophilus, L. delbrueckii subsp. bulgaricus

## Probiotics in Fage

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidobacterium bifidum  
Lactobacillus casei

## Probiotics in Greek Gods Yogurt

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidobacterium bifidum  
Lactobacillus casei

## Probiotics in La Yogurt

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidobacterium bifidum  
Lactobacillus casei  
Bifidobacterium animalis BB12

## Probiotics in Voskos Greek Yogurt

Lactobacillus bulgaricus  
Streptococcus thermophilus  
Lactobacillus acidophilus  
Bifidobacterium bifidum  
Lactobacillus casei



# Probiotics For Specific Conditions and Probiotic Products

## Probiotics to restore antibiotic damaged microbiome

Lactobacillus acidophilus, bifidobacterium bifidum, bifidobacterium longum, infantis, rhamnosus, and lactobacillus salivarius, reuteri, casei, bulgaricus, sporogenes, laterosporus, and plantarum.

## Probiotics For IBD, SIBO and related disorders

An overview of treating SRB's with probiotics- genus Bifidobacterium species B. Adolescentis, B. bifidum, B. breve, B. catenulatum, B. dentium, B. infantis, B. longum or B. Pseudocatenulatum VSL strains

## Multi anti pathogenic probiotics including yeast

Bacillus Species but not limited to; Bacillus coagulans, Bacillus subtilis, Bacillus laterosporus and Bacillus laevolacticus VSL strains

## Anti fungal and algicidal probiotics

B. laterosporus  
VSL strains

## Probiotics for endotoxemia

Lactobacillus acidophilus or Lactobacillus fermentum

## Probiotics for SIBO

Lactobacillus plantarum, lactobacillus acidophilus, lactobacillus casei, bifido, rhamnosus VSL strains

## Probiotics for constipation children

L reuteri  
Lactobacillus Rhamnosus  
L Reuteri NCIMB 30242  
Bifidum

## Probiotics for constipation adults

Lactobacillus casei Shirota  
Bifidobacterium lactis DN-173 010 in Activia  
L Reuteri NCIMB 30242  
Bifidum

## Probiotics for mood boosting

Lifted Naturals® (specific strains proprietary info)

Bifidobacterium infantis  
Bifidobacterium longum  
Bifidobacterium lactis  
Lactobacillus brevis  
Lactobacillus plantarum  
Lactobacillus acidophilus  
Bifidobacterium animalis  
Lactobacillus helveticus  
Lactobacillus rhamnosus

## Probiotics for severe intestinal inflammation

Kluyveromyces marxianus

## Multi-Strain PROBIOTIC by InnovixLabs Broad Spectrum – 31 Diverse Probiotic Strains. 50 Billion live cultures.

Lactobacillus casei subsp casei SD-5842, Lactobacillus fermentum SD-5847, Lactobacillus plantarum SD-5870, Lactobacillus reuteri SD-5865, Lactococcus lactis subsp lactis SD-5848, Pediococcus acidilactici SD-5866, Bifidobacterium lactis BI-04, Lactobacillus paracasei Lpc-37, Bifidobacterium bifidum SD-5857, Bifidobacterium breve Bb-03, Bifidobacterium breve DSM 16604, Bifidobacterium infantis SD-6669, Bifidobacterium longum SD-5844, Bifidobacterium longum BI-05, Lactobacillus acidophilus DSM 21717, Lactobacillus acidophilus La-14, Lactobacillus brevis Lbr-35, Lactobacillus casei subsp casei Lc-11, Lactobacillus gasseri Lg-36, Lactobacillus gasseri CIRM-BIA 1447, Lactobacillus helveticus SD-5861, Lactobacillus johnsonii CIRM-BIA 650, Lactobacillus plantarum Lp-115, Lactobacillus rhamnosus SD-5839, Lactobacillus rhamnosus GG ATCC 53103, Lactobacillus rhamnosus LR-32, Lactobacillus sakei SD-6853, Lactobacillus salivarius SD-5851, Lactobacillus salivarius Ls-33, Streptococcus thermophilus SD-5849, Streptococcus thermophilus St-21

## New Rhythm 50 billion

Supplement Facts	
Serving Size: 2 Veggie Capsules	Servings Per Container: 30
Amount Per Serving	%DV
Proprietary Probiotics Blend 50 billion CFU**	
<i>L.acidophilus, L.rhamnosus, L.crispatus, L.plantarum, L.paracasei, L.bulgaricus, L.reuteri, L.casei, L.salivarius, L.helveticus, L.gasseri, B.lactis, B.bifidum, B.longum, B.breve, B.adolescentis, B.infantis, Leuconostoc mesenteroides, Lactococcus lactis, Streptococcus thermophiles.</i>	
Organic Prebiotic Fiber Blend	150 mg†
† Daily Value (DV) not established.	
Other Ingredients: Microcrystalline cellulose, Vegetable capsule.	

## Probiotics in Nexabiotic

Saccharomyces boulardii (S. boulardii).  
Bifidobacterium infantis (B. infantis).  
Lactobacillus acidophilus.  
Lactobacillus delbrueckii.  
Lactobacillus rhamnosus.  
Lactobacillus plantarum.  
Lactobacillus casei.  
Lactobacillus helveticus.  
Lactobacillus salivarius.  
Lactobacillus lactis.  
Lactobacillus paracasei.  
Lactobacillus brevis.  
Lactobacillus gasseri.  
Enterococcus faecium (E. faecium).  
Streptococcus thermophilus.  
Bifidobacterium bifidum.  
Bifidobacterium breve.

## Vie Naturelle's Advanced Probiotic 40 billion

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving		%DV
Proprietary Blend of Probiotic Bacteria:	40 Billion CFU	**
lactobacillus acidophilus (La-14)		
Bifidobacterium lactis (BI-04)		
lactobacillus plantarum (Lp-115)		
lactobacillus paracasei (Lpc-37)		
Marine Polysaccharide Complex		
Fructooligosaccharide		
** Daily Value (DV) not established		
Other Ingredients: Cellulose (Vegetable Capsule), Rice Maltodextrin, L-Lucine.		



## Renew Life Extra Care Probiotic, Ultimate Flora, 150 Billion

**Directions:** For best results, take one capsule daily, with or without food.

### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
<b>Extra Care 150 Billion Blend</b>		
<i>Bifidobacterium lactis</i> (5 strains)		***
<i>Bifidobacterium longum</i> (3 strains)		***
<i>Bifidobacterium bifidum</i> (3 strains)		***
<i>Bifidobacterium breve</i> (2 strains)		***
<i>Bifidobacterium infantis</i> (2 strains)		***
<b>Total Bifido Probiotic Cultures</b>	<b>88.5 billion</b>	
<i>Lactobacillus acidophilus</i> (3 strains)		***
<i>Lactobacillus casei</i> (2 strains)		***
<i>Lactobacillus paracasei</i> (2 strains)		***
<i>Lactobacillus plantarum</i> (3 strains)		***
<i>Lactobacillus brevis</i>		***
<i>Lactobacillus salivarius</i>		***
<i>Lactobacillus rhamnosus</i> (5 strains)		***
<i>Lactobacillus fermentum</i>		***
<i>Lactobacillus helveticus</i> (2 strains)		***
<i>Lactobacillus reuteri</i>		***
<i>Lactobacillus gasseri</i>		***
<i>Lactobacillus bulgaricus</i>		***
<b>Total Lacto Probiotic Cultures</b>	<b>61.2 billion</b>	
<i>Lactococcus lactis</i>		***
<i>Streptococcus thermophilus</i>		***
<b>Total Other Probiotic Cultures</b>	<b>0.3 billion</b>	
<b>Total Bifido/Lacto/Other Probiotic Cultures</b>	<b>150 billion</b>	

\*\*\* Daily Value (DV) not established.

Other Ingredients: Vegetable capsule (vegetable fiber and water) and cellulose.

Contains traces of **dairy**. May contain traces of **soy** from fermentation ingredients.

## Garden of Life - RAW Probiotics Colon Care

**\* contains actual kefir grains**

### Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

#### Amount Per Capsule

<b>Colon Care Blend</b>	<b>50 Billion CFU*</b>	<b>+</b>
ISS Bif™ <i>Bifidobacterium lactis</i> (SD-5219), <i>Lactobacillus acidophilus</i> (SD-5221), <i>Bifidobacterium lactis</i> (SD-5674), <b>RAW Whole Food Probiotic Blend:</b> Bulgarian Yogurt (milk) Concentrate, Eastern European Wild Kefir Culture containing <i>Bifidobacterium lactis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus brevis</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus fermentum</i> , <i>Lactobacillus helveticus</i> , <i>Lactobacillus kefirifaciens</i> , <i>Lactobacillus kefirgranum</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactococcus lactis</i> , <i>Lactococcus cremoris</i> , <i>Streptococcus thermophilus</i> , <i>Lactobacillus kefir</i> , <i>Lactobacillus parakefir</i> , <i>Lactobacillus plantarum</i> , <i>Lactococcus lactis</i> biovar <i>diacetylactis</i> , <i>Leuconostoc lactis</i> , <i>Leuconostoc mesenteroides</i> , <i>Leuconostoc cremoris</i> , <i>Leuconostoc dextranicum</i> , <i>Kluyveromyces marxianus</i> , <i>Brettanomyces anomalus</i> , <i>Debaryomyces hansenii</i> , <i>Saccharomyces unisporus</i> , <i>Saccharomyces turicensis</i> , <i>Saccharomyces cerevisiae</i> , <i>Saccharomyces exiguus</i> , <i>Torulaspora delbrueckii</i>		
<b>Colon Transit Support Enzyme Blend</b>	<b>50 mg</b>	<b>+</b>
Amylase, Proteases, Lactase, Glucoamylase, alpha-Galactosidase, Lipase, Pectinase, Pepsinase, Bromelain, Phytase, Hemicellulase, beta-Glucanase, Papain, Cellulase, Xylanase, Diastase, Invertase		
<b>Eastern European RAW Fruit &amp; Veggie Blend</b>	<b>45 mg</b>	<b>+</b>
Red Bell Pepper (Fruit), Green Pea (Seed), Carrot (Root), Plum (Fruit), Cherry (Fruit), Strawberry (Fruit), Raspberry (Fruit)		

+ Daily Value not established.

Other ingredients: Vegetable cellulose.

## **Multi-Strain PROBIOTIC (by InnovixLabs). Broad Spectrum – 31 Diverse Probiotic Strains. 50 Billion live cultures.**

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### **Probiotics in VSL**

Streptococcus thermophilus, Bifidobacterium breve Bifidobacterium longum\* Bifidobacterium infantis\* Lactobacillus acidophilus Lactobacillus plantarum Lactobacillus paracasei Lactobacillus delbrueckii subsp. bulgaricus \*\*  
\* Reclassied as B. lactis \*\*Recently reclassified as L. helveticus

**In fact, enzymes of certain strains of microorganisms contained in yogurt and kefir are able to convert milk Gc-protein into active DBPMAF.....**

ITALIAN JOURNAL OF ANATOMY AND EMBRYOLOGY macrophages of the mucosa-associated lymphoid tissue (malt) as key elements of the immune response to vitamin d binding protein-macrophage activating factor Stefania Pacini, Tiziana Punzi, Gabriele Morucci, Marco Ruggiero

**Many probiotics are capable of converting Gc to Gcmf via fermentation, including the most popular bifido strains. Some probiotics are capable of activating macrophages independently of Gc protein. Gc protein can be found in colostrum. Colostrum is an immune enhancing product independent of probiotic additions.**

**To learn more about how to use these and other natural oral immune therapeutics visit [alternavita.com](http://alternavita.com) to purchase Incredible Milk or purchase Immune For Life by Mary Ferrari on Amazon**