

Consuming *Lacticaseibacillus paracasei* Shirota increases good bacteria in the gut

Designed for healthcare professionals



***Lacticaseibacillus paracasei* Shirota (LcS)** is a probiotic, defined as “live bacteria which when administered in adequate amounts confers a health benefit on the host”¹. LcS was the first probiotic on the market. With over 85 years of research, there is sufficient scientific evidence to support the health benefits of this unique strain of bacteria.



Safe for human consumption²



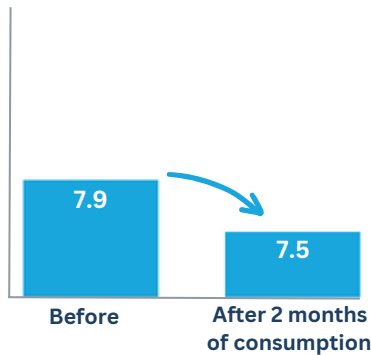
Reaches the gut alive leading to improved modulation of the intestinal microbiota³



Associated with strain-specific benefits³

► LcS consumption decreases harmful bacteria in the gut⁴

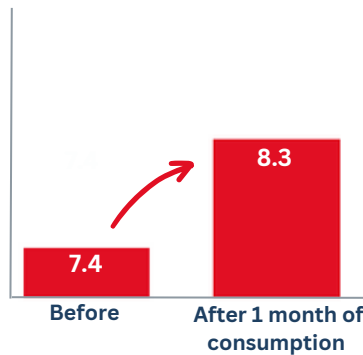
Enterobacteriaceae



Data presented as mean values (log₁₀ cells) per g of faeces

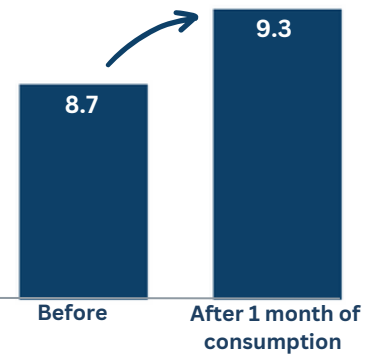
► LcS consumption increases good bacteria in the gut⁴

Lactobacilli



Data presented as mean values (log₁₀ cells) per g of faeces

Bifidobacteria



Data presented as mean values (log₁₀ cells) per g of faeces

Lactobacilli and bifidobacteria are generally considered to be beneficial in the gut because...



They can produce beneficial metabolites e.g., short-chain fatty acids, vitamins, monosaccharides



They support and modulate the immune system



They protect the host against pathogens by competitive exclusion and by promoting acidic conditions in the colon



They contribute to the maintenance of gut barrier function and integrity



They increase the alpha-diversity and the maintenance of intestinal balance



They support digestion and improve bowel movement, reducing constipation

References: [1] Hill et al. (2014) Nat Rev Gastroenterol Hepatol 11(8): 506-514 ; [2] Srinivasan et al. (2006) J Ped Gastroenterol Nutr 42: 171-173. ; [3] Touhy et al. (2007) J Appl Microbiol 102(4): 1026-1032. ; [4] Nagata et al. (2011). Br J Nutr 106(4): 549-556.