



THE FRIENDLY TRIO

The many pros of probiotics! Enerex's **The Friendly Trio**[®] contains 2 billion live cultures of *beneficial bacteria* called *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium longum*. Enerex chose these bacteria because they have been researched to be the optimum friendly bacteria for a healthy, balanced intestinal environment. The Friendly Trio[®] are obtained from living micro-organisms in the human body, and have been perfected through decades of laboratory culturing. Today these particular strains are used in over 30,000 hospitals and clinics worldwide. The Friendly Trio[®] cultured strains have been carefully processed to retain viability at room temperature, meaning unlike many other probiotics supplements, they do not need to be refrigerated.

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OVERVIEW

Germ warfare? Win with friendly bacteria

Although the word “bacteria” is often associated with illness, you have probably heard that balancing your digestive system’s bacteria keeps you healthy, and that adding good microbes to the mix can help. Specific strains of beneficial bacteria – also called probiotics – are your allies in the fight to keep your body in harmony.

The good, the bad, and the ugly...

You carry around about three pounds of bacteria in your intestines all of the time, and even bad bacteria like E.coli and salmonella live happily inside you all of the time without making you ill.

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In fact, these “alien” (non-human) life forms make up 90% of you — there are 10 times more bacterial cells in your body than human cells. These also include good bacteria, without which you wouldn’t survive.

The problem is that the good and bad can get out of balance because the lurking undesirables increase in numbers. This happens due to daily life situations – such as eating too much sugar or processed food, which feed destructive microbes, or even touching a door knob infected with a virus. And it’s caused from abuse of antibiotics, from pollution, and changes to our soil, which traditionally provided healthy bacteria.

Invasions from bad bacteria, also called pathogens, disrupt not only your digestive system, but your immune system, your weight, allergic reactions, skin problems, fatigue, and even autoimmune diseases.

Enerex’s The Friendly Trio® probiotics supplement contains 2 billion live cultures of bacteria called *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum*. Enerex chose these three types of bacteria because L. Acidophilus, B. Bifidum, B. Longum have been researched to be the optimum friendly bacteria for a balanced intestinal environment.

The Friendly Trio® are obtained from living micro-organisms in the human body, and have been perfected through decades of laboratory culturing. Today these particular bacteria strains are used in over 30,000 hospitals and clinics worldwide. The Friendly Trio® cultured strains of human origin have been carefully processed to retain viability at room temperature, meaning unlike many other probiotics supplements, they do not need to be refrigerated. (See more about probiotics under Features.)

What are probiotics?

“Pro biotic” means “for life.” Probiotics are lactic-acid producing bacteria that live in your intestinal (GI) tract, on your skin, and on mucus membranes (i.e. your mouth, nose, anus, vagina). The functions are so important that scientists designated these lactic bacteria as “probiotic,” or agents that protect life

There are about 1000 different bacterial species that can be found in and on the human body, and types and combinations vary within each person depending on your body’s needs, your health, your lifestyle, and even your mother’s health when she gave birth to you.

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These personalized bacteria work to: aid digestion, make nutrients (some vitamins are made within the gut), reduce infection and diseases in the intestinal tract, and support your immune system to fight all diseases.

How do they work?

Lactic acid bacteria are able to help protect you, their host, against bad bacteria

When billions of live, active bacteria cells from a probiotic supplement enter your intestines, they reach “receptor sites.” After they stick to these receptor sites, they create a protective shield that stops harmful pathogens from attaching, and stops those already attached from growing in numbers. Also, since probiotics are living organisms, they consume nutrients, which reduce the amount of nutrients available for harmful bacteria to “eat.”

NOTE: The cultured human strains of The Friendly Trio[®] have been carefully processed to retain viability at room temperature, meaning unlike many other probiotics supplements, they do not need to be refrigerated.

A gut reaction?

Adding friendly bacteria to your diet has been most well researched for its effects in alleviating digestive issues.

Studies have shown that probiotics can help to relieve inflammatory bowel disease (IBS), reduce inflammation in ulcerative colitis, prevent and lessen diarrhea, and decrease constipation in children, adults and the elderly.

In the intestine, there are two main groups of these bacteria: Lactobacilli and Bifidobacteria. Within these two groups there are various species and strains, each with their own unique benefits. See more information about these two strains under Features.

Antibiotics are “anti life”

Although antibiotics have greatly helped to eliminate diseases, and are one of the most important discoveries in medical science, the misuse and overuse of these drugs are also a detriment to health.

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Taking antibiotics can create a putrefactive environment (like rotting of food) and the growth of infectious microorganisms in your gut that generate toxins. Prolonged use of antibiotics also destroys good, friendly lactic bacteria in the digestive system, leaving it defenseless.

When does diet come into play?

You need a constant and reliable supply of lactic bacteria

This is especially important due to lifestyle habits – like eating junk food, not getting the right daily nutrients, smoking, and lack of sleep, and life situations – like illness, stress, and eating contaminated or under cooked foods that all change your bacterial environment.

Certain foods can increase the numbers of good bacteria in your system: fermented foods such as sauerkraut, kim chi, and miso, fibre found in vegetables such as onions and leeks, and types of plain, lesser processed, unsweetened probiotic yogurt.

INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

Medicinal Ingredients:

<i>Lactobacillus acidophilus</i> (KS-13)	1.6 billion cfu
<i>Bifidobacterium bifidum</i> (G9-1)	0.2 billion cfu
<i>Bifidobacterium longum</i> (MM-2)	0.2 billion cfu

Non-Medicinal Ingredients:

FOS* (fructo-oligosaccharides), Chicory 100 mg hypromellose (vegetarian cellulose-complex capsule)

There are no other ingredients added to this formula.

*FOS (Prebiotic) increases the quantity of The Friendly Trio® in the digestive tract by 5 to 10 times.

The Friendly Trio® is a registered trademark of Wakunaga of America Inc.

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**Directions:**

ADULTS, ADOLESCENTS, CHILDREN (1 year and older): Take 1 capsule 3 times daily with meals or as directed by a health care practitioner.

FEATURES

Despite their microscopic size, the story behind probiotics is enormous.

They may be small and simple-celled, but the health effects of probiotics reach almost every aspect of the body. Since the discovery of their potential health benefits in 1908 (which won the Nobel Prize), probiotics have been explored by scientists around the world.

Lactic bacteria are your body's companions

Lactic bacteria include *Acidophilus*, which lives in the upper part of your small intestine to the lower part of the small intestine, and *Bifidobacterium*, which exists from the lower part of the small intestine to the large intestine or colon.

Although scientists have not uncovered all there is to know about various species' abilities they do understand certain aspects of the two most common groups of lactic acid bacteria. These microorganisms, which have the ability to transform sugars into lactic acid and acetic acid, decrease the pH level of (meaning they increase the acidity in) the intestines and produce substances that suppress harmful bacteria. This, of course, is good.

As mentioned earlier, these lactic bacteria are normally present in the digestive tract, on the skin, and in sensitive, tender, mucous membranes like the nose and vagina. There they fulfill numerous functions and protect against harmful microbes.

Enerex The Friendly Trio® contains 2 billion live cultures of: *L. Acidophilus*, *B. Bifidum*, *B. Longum*, said to be the optimum friendly bacteria for balanced intestinal flora.

The three bacterial strains were originally derived from living micro-organisms found in the human body, and were then perfected through decades of laboratory culturing. Today they are used in over 30,000 hospitals and clinics worldwide. These especially cultured human strains are carefully processed to retain viability at room temperature. This means that, unlike many other formulations, they don't need to be refrigerated to survive.

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Why do supplements have to use bacteria derived from other humans to add to your army?

Human strains of probiotic supplements are preferred over dairy or soil based sources.

Since each mammal, including humans, has unique intestinal flora that helps protect the host from pathogenic bacteria, it is not always effective to introduce bacteria from one mammal into another. Benefits tend to be brief and unreliable. Human strains have been shown to resist stomach acid when taken with food, and are more adapted to the internal environment of the human digestive tract. They are the supplement of choice since they are more likely to survive and colonize the human digestive tract and do not illicit and immune response.

Friendly bacteria with fibre

The Friendly Trio® is formulated with Inulin (FOS). Inulin is a very healthy fibre made from chicory root.

It serves as “food” for bacteria, and promotes the growth of The Friendly Trio® bacteria in the colon, increasing as much as 5 to 10 times in quantity. FOS (which stands for fructo-oligosaccharides) is a prebiotic that encourages the growth of friendly bacteria in the digestive tract, especially *Bifidobacterium* and *Lactobacillus acidophilus*.

Inulin is soluble fibre that is found in more than 35,000 plants and vegetables throughout the world. Because it is a natural plant that humans have been widely exposed to, the risk of allergic reaction or intolerance to it is low. And since Inulin is soluble fibre, it also helps maintain normal bowel function, decreases constipation, lowers cholesterol and triglycerides, and helps normalize blood sugar levels.

Research

What does modern science say about good bacteria?

1. Infections and immune system

A) A 2004 review states that encouraging evidence is emerging which shows that probiotics may prevent and manage skin diseases, and prevent postoperative skin infections.

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In relation to immunity, the review states, “There is also strong evidence that certain probiotic strains are able to enhance immune function, especially in people with less than adequate immune function such as the elderly.” It also says there is unequivocal evidence that probiotics can be effective in treating acute infectious diarrhea in children, and preventing diarrhoea caused by antibiotics. However, major gaps exist in scientific knowledge regarding how they work, the optimum dose, and length of treatment for different probiotic strains.

(HS Gill, F Guraner, “Probiotics and human health: a clinical perspective,” *Postgrad Med Journal*, 2004;80:516-526, Department of Primary Industries, Victoria, Australia, Massey University, Palmerston North, New Zealand, and University Hospital Vall d’Hebron, Barcelona, Spain)

B) As we age, there are gradual decreases in numbers of Bifidobacteria in the intestine, a factor that may reduce our resistance to infections.

A 2001 study also wanted to find out whether supplementing with the known immune-stimulating probiotic *Bifidobacterium lactis* could increase the abilities of the immune system in elderly people. Thirty healthy volunteers 63 to 84 years participated in a trial lasting nine weeks, in which they drank milk twice daily, or consumed milk supplemented with *B. lactis*.

Results showed changes in their leukocytes, phagocytes, and tumor-cell-killing activity in blood samples. T-lymphocytes and the tumour-reducing activity of natural killer cells also increased after *B. lactis* was consumed. The greatest changes were found in people who had the poorest immune response before treatment. Therefore the researchers concluded that *Bifidobacterium* may be an effective dietary supplement for increasing some aspects of immunity in the elderly.

(Harsharnjit S Gill, Kay J Rutherford, Martin L Cross, Pramod K Gopal, “Enhancement of immunity in the elderly by dietary supplementation with the probiotic Bifidobacterium lactis HN019,” *Am J Clin Nutr*, 2001, vol. 74 no. 6 833-839, Massey University, New Zealand, and New Zealand Dairy Research Institute, New Zealand)

2. Diarrhea

According to this 2010 American study, Lactobacillus and Bifidobacterium species work by lowering the pH of the intestines, decreasing colonization of invading pathogens, and changing the host’s (the person’s) immune system response to invaders

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Probiotic benefits of one species or strain do not necessarily hold true for others. The study states that the strongest evidence for the effectiveness of probiotics has been to treat acute diarrhea, most commonly due to a virus.

It advises that a probiotic should contain several billion microorganisms (indicated on the label) to increase the chance that the good bacteria will take up residence in the gut, displacing the bad bacteria. The study concludes, “Probiotics have demonstrated efficacy in preventing and treating various medical conditions, particularly those involving the gastrointestinal tract, and are generally considered safe and well tolerated.”

(Nancy Toedter Williams, Pharm.D., “Probiotics”, *American Journal of Health-System Pharmacy*, March 15, 2010 vol. 67 no. 6 449-458, College of Pharmacy, Southwestern Oklahoma State University, OK. doi: 10.2146/ajhp090168)

3. Dermatitis/eczema

To prove effectiveness of probiotics in treating or preventing atopic dermatitis (eczema) in children, 13 trials were reviewed in this 2008 study:

Four trials showed a significant decrease in eczema after probiotics were given to infants and children for one or two months, while two other trials’ results showed that eczema was significantly reduced after treatment with *Lactobacilli* only in children with a type called “IgE-associated eczema.” In four of six trials, improvement was shown, with decreased inflammation.

Regarding prevention of rashes in babies, in two trials, infants at high risk for eczema who received probiotics developed it less frequently during the first 2 years of life than infants who didn’t. In these trials, mothers were given *Lactobacillus* with or without other probiotics peri-natally, followed by treatment of the infants with probiotics for the first six months of life. “Probiotics seemed to be effective for the prevention of dermatitis, and were also found to reduce the severity of it in half of the children evaluated, but more studies need to be conducted.”

(Betsi Gregoria, Evangelia Papadavid, Matthew Falagas MD, “Probiotics for the Treatment or Prevention of Atopic Dermatitis”, *American Journal of Clinical Dermatology*, April 2008, Volume 9, Issue 2, pp 93-103)

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4. IBS symptoms

Recent studies have shown that there are differences in the type/makeup of the intestinal bacteria between people with IBS and healthy individuals

This review states that manipulating the intestinal microbes with probiotics, prebiotics or antibiotics can affect intestinal functions that occur from IBS. The review studied several trials comparing the effects of probiotics in IBS, and despite differences in dosages and probiotic species used, they all showed improvement in IBS symptoms. Some studies that use probiotics in children with IBS also show there may be benefits.

(Ringel, Yehuda MD*; Ringel-Kulka, Tamar MD, MPH, “The Rationale and Clinical Effectiveness of Probiotics in Irritable Bowel Syndrome”, *Journal of Clinical Gastroenterology*, December 2011, Volume 45, Issue – p, S145–S148, doi: 10.1097/MCG.0b013e31822d32d3)

5. Ulcerative Colitis

The aim of a 2007 study was to evaluate how effective probiotics is for mild to moderate symptoms of colitis.

Twenty patients with colitis took probiotics for 4 weeks. Clinical symptoms and fecal samples were examined before and after probiotics were taken, and then results were analyzed. Results showed remission in 45% of patients; some positive effect was shown in 10%; no response was found in 40%, and 5% had worsening symptoms. The biggest difference was that their bacterial environment increased in *Bifidobacteria*, a primary good bacteria for a healthy gut.

(Yukiko Tsuda, Yasushi Yoshimatsu, Hiroshi Aoki et al., “Clinical effectiveness of probiotics therapy in patients with ulcerative colitis refractory to conventional therapy”, *Scandinavian Journal of Gastroenterology*, 2007, Vol. 42, No. 11, Pages 1306-1311, Sakura Medical Center, Toho University, Japan)

6. Vaginal Yeast Infections

Probiotics have been researched as a possible preventative for those that have recurrent vaginal Candidiasis (also called *Candida albicans* or yeast infections).

A 2006 review of studies showed vaginal candidiasis was associated with low *Lactobacilli* in the vagina and that *Lactobacilli* can reduce the growth of *Candida albicans* and/or its adherence on the vaginal wall. The results of some clinical trials support the effectiveness of *Lactobacilli*, especially *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, and *Lactobacillus fermentum*, taken either orally or intra-vaginally.

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This is done to colonize the vagina with good bacteria and/or prevent the infection of the vagina by *C. albicans*. This review states that the available evidence for the use of probiotics to prevent recurrent vaginal yeast infections is limited, however, probiotics may be considered in women with frequent recurrences (more than three times per year), especially for those who have adverse effects from using antifungal creams.

("Probiotics for prevention of recurrent vaginal candidiasis: a review"
Journal Antimicrob. Chemother, 2006, 58 (2): 266-272. doi: 10.1093/jac/dkl246)

AILMENTS

Digestive & Gastro-Intestinal (G.I. Tract)

Many friends make you healthier! Adding friendly bacteria to your diet has been well researched for its effects in alleviating digestive issues such as ulcerative colitis, diarrhea and constipation. **Enerex's The Friendly Trio®** contains 2 billion live cultures of *bacteria* called *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum*. Enerex chose these bacteria because they have been researched to be the optimum friendly bacteria for healthy, balanced intestines. The Friendly Trio® are obtained from living micro-organisms in the human body, and have been perfected through decades of laboratory culturing. These particular strains are used in over 30,000 hospitals and clinics worldwide.

Probiotics & Bowel Health

The many pros of probiotics! **Enerex's The Friendly Trio®** contains 2 billion live bacteria from strains called *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum*. Enerex chose these bacteria because they have been researched to be the optimum friendly bacteria for healthy, balanced intestines, and because they relieve IBS symptoms, diarrhea and constipation. The Friendly Trio® are obtained from living micro-organisms in the human body, and have been perfected through decades of laboratory culturing. These particular strains are used in over 30,000 hospitals and clinics worldwide.

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PACKAGING

Why should you care about Enerex The Friendly Trio's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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