Lactobacillus Plantarum

- Reduce oxalate levels in kidneys
- Encourage liver enzymes
- Increase the Th1 to Th2 ratio in the immune system
- Decrease intestinal permeability
- Reduce risk of infections including pneumonia, post-surgical, internal
- Reduce topical infections
- Reduce blood pressure
- Reduce fungal infections

Bifidum Infantis

- Reduce inflammation
- Reduce oxalates
- Colonize infant digestive tracts
- Increase production of SCFA indirectly in the large intestine
- Balance te ratio between Th1 and Th2 helper cells in the immune system
- Reduce allergic responses
- Increase the efficacy of polio vaccination
- Increase immunity in low-birth-weight infants
- Produce DAO which degredes histamine
- Reduce risk of death in low-birth-weight infants

Bifidum Breve

- Reduce inflammatory interleukin 10
- Decrease the risk factors for colon cancer in the large intestine
- Decrease gas
- Reduce acute diarrhea
- Improve IBS symptoms
- Reduce allergic symptoms
- Improve efficacy of the immune system
- Inhibit H. Pylori
- Inhibit Candida and other fungi

Lactobacillus Reuteri

- Reduce plaque
- Reduce gingivitis
- Reduce unfriendly strep bacteria in the mouth
- Decrease indigestion and heartburn
- Reduce gas
- Improve immunity
- Reduce eczema and dermatitis
- Decrease intestinal permeability
- Inhibit Candida and vaginal Candida infections
- Inhibit H. Pylori

Lactobacillus Salivarius

- Reduce cavities
- Improve inflammatry bowel diseases (ulcerative colitis)
- Reduce Mastitis in breast feeding women
- Reduce Streptococcus Mutans
- Reduce E. Coli
- Reduce Salmonella
- Reduce Candida Albicans
- Reduce the risk of strep throat

Lactobacillus Rhamnosus

- Decrease colon cancer risk factors
- Improve glucose tolerance and control
- Reduce constipation
- Reduce eczema
- Improve immunity
- Stimulate the immune system's cancer-killing NK cells
- Decrease leaky gut
- Inhibit H. Pylori
- Inhibit C. Difficile
- Reduce ear infections
- Reduce LDL Cholesterol

Lactobacillus Gasseri

- Degrade oxylates
- Increase immune response to sinus infections
- Possible reduce allergic response
- Decrease Staphylococcus Aureus in the vagina
- Produce hydrogen perioxide, inhibiting harmful bacteria

Saccharomyces Boulardii

- Decrease colon cancer risk factors
- Reduce symptoms of Chrons and Ulcerative Colitis
- Decrease leaky gut
- Inhibit H. Pylori
- Inhibit E. Coli
- Inhibit C. Difficile
- Decrease Candida Albicans
- Improve skin conditions (acne)

Lactobacillus Bulgaricus

- Reduce harmful oral bacteria
- Decrease inflammation
- Reduce overgrowths of intestinal bacteria
- Reduce symptoms of HIV
- Improve immune system recovery after chemotherapy
- Reduce leaky gut
- Inhibit E. Coli
- Increase phagocytosis
- Inhibit viruses, especially Herpes
- Lower LDL Cholesterol
- Lower triglicerides

Lactobacillus Paracasei

- Decrease pathogenic oral bacteria
- Decrease inflammation
- Survives well in the digestive system
- Decrease infections in the digestive tract
- Reduce infant diarrhea
- Have similar anti-bacterial and keaky gut benefits whether consumed live or heat-killed (this can be helpful for bacterial overgrowth and leaky gut situations where side effects prevent intake of live-probiotics)
- Stimulate cell death in unhealthy cells
- Improve symptoms of chronic fatigue syndrome

Bacillus Clausii

- Improve the health of the GALT (lymphatic system around the digestive tract)
- Produce protease enzymes
- Stimulate the immune system
- Decrease pathogenic bacteria in the small and large intestine
- Reduce small intestinal bacteria overgrowth
- Reduce the duration of recurrent lung infections
- Decrease recurrence of lung infections when taken as a supplement

Bacillus Subtillis

- Produce the enzyme Nattokinase that reduces blood clotting
- Produce vitamin K2
- Produce the proteolytic enzyme protease
- Produce the enzyme Amylase
- Activate macrophages and killer cells in the immune system
- Improve bacterial skin infections
- Have antifungal properties
- Protect plants from fungal infections in the soil

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Core Reset

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