

Russian Choice Immune®



#55300 60 Vegetarian Capsules
#55670 200 Vegetarian Capsules
#55710 75 Grams Powder

The Possible Benefits of Russian Choice Immune®, a Dietary Supplement

- May stimulate and support both the innate and adaptive overall immune system responses*
 - May support the local immune response of the GI tract*
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Description

Russian Choice Immune® is a preparation of cell-wall fragments made from a specific strain of *Lactobacillus rhamnosus*, identified by independent DNA testing. This lactobacillus may have been previously identified by some researchers as *Lactobacillus delbrueckii ssp bulgaricus*. Such probiotic bacteria are known to stimulate both the innate and adaptive immune systems, and recently some scientists have begun calling them 'immunobiotics'.*

The evolution of the product that is now Russian Choice Immune® originates in Eastern European folk lore, which has long regarded cultured milk products as having immune-stimulating properties.* In the 1950s, Dr. Ivan Bogdanov of Sofia, Bulgaria, found strains of *Lactobacillus bulgaricus* capable of effectively stimulating both cellular and humoral immunity.* He also found that cell wall fragments from these bacteria had remarkable immune-stimulating properties.*

When the lactobacilli cells were lysed (broken apart), the resulting cell walls and cell wall fractions were found to be much more powerful than the cultured milk products.* When immunobiotic lactobacilli are lysed, the immune-active proteins that are usually sequestered inside the cells have

unimpeded access to trigger and magnify the immune system response.* Although probiotics and cultured milk products have immune supporting properties, these cell wall fragments appear to be much more powerful immune system stimulators.*

Immunobiotic lactobacilli cell-wall fragments for immune support have been widely used in Europe and Asia for many years, ever since Dr. Bogdanov published his results in the 1970s and 1980s. Such products have been reported to boost the immune systems of patients undergoing chemotherapy and radiation, allowing the patients to complete their therapies without the usual debilitating effects.* Patients taking intestinal bacteria cell-wall fragments looked and felt better, and had more energy.*

Following in this tradition, NutriCology® now offers Russian Choice Immune® in the United States. Over many decades of use, starting in Eastern Europe and then in Europe, Asia, and now the USA, lactobacillus cell-wall fragment materials have been shown to be generally safe and well tolerated.

Lactobacilli cell-wall fragments can stimulate the innate immunity, the "first responder" in the immune system hierarchy,

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helping to magnify the immediate response of the immune system.* Because they can drive mucosal immune mechanisms, immunobiotic cell wall fragments may also have effects beyond their location in the gut.* They may activate and regulate the common mucosal immune apparatus and help restore mucosal T cell balance, which can potentially enhance immunomodulation at distant mucosal sites.* The possible mechanisms of action include activating Peyer's patch T cells, potentially stimulating the circulating pool of T lymphocytes and macrophage phagocytosis; and changing the

cytokine balance, inducing TH1 cell-dependent activation of neutrophils, increasing INF- γ and decreasing IL-4, and enabling TH1 and TH2 cytokine response.

These cell wall fragments will not directly supplement the local live gut flora, but they may downregulate mucosal secretions and promote a healthy gut environment.* By activating the local immune response, they enhance the natural repair mechanisms of intestinal villi cells, and potentially support adhesion and growth of friendly bacteria.*

Capsules: #55300 60s, #55670 200s

Serving Size: 3 Vegetarian Capsules

Servings Per Container: 20 in #55300, 66 in #55670

Amount Per Serving:

Lactobacillus rhamnosus lysate powder

75 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose.

Suggested Use: As a dietary supplement, 1 to 3 capsules one or two times daily, or as directed by a healthcare practitioner.

Note: Keep in a cool, dry place, tightly capped. Refrigeration not needed.

Powder: #55710 75 Grams

Serving Size: ½ teaspoon (1.25 g)

Servings Per Container: 60

Amount Per Serving:

Lactobacillus rhamnosus lysate powder

1.25 g

Suggested Use: As a dietary supplement, 1/2 teaspoon two times daily, or as directed by a healthcare practitioner.

Note: Keep in a cool, dry place, tightly capped. Refrigeration not needed.



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