

Good bacteria can strengthen your immune system

Much has been said about probiotics or live cultures in promoting gut health. Known as good bacteria to laymen, probiotics can be found in natural foods like yoghurt or cultured milk, as well as in the form of supplements which is the active form. The different strains of good bacteria confer different functions. For example, some are for improving skin conditions such as eczema, while others could be for infant colic. Not so well known is that there are strains that can cause a strengthening of the body's immune system like Imustrong™. These combination of good bacteria has been clinically shown to strengthen the body's immune system.



(an organisation that educates consumer and medical practitioner on probiotics) the facts about what constitute a good probiotic are:

1 Not all probiotics are the same, meaning that each will have its own functions. Hence, a products should have a very clear indication of its usage.

2 More colony forming units (CFUs) does not necessarily mean it is better. This means that a probiotic with 30 billion CFU is not necessarily better than one with 2 billion CFU. This is because different strains would require different amounts to achieve their desired effects.

3 Consumer should choose a probiotic product from a trusted manufacturer. Imustrong is manufactured by a European company which is a member of the International Probiotic Association, and has been in business for 130 years.

WHY DO WE NEED TO STRENGTHEN OUR IMMUNE SYSTEM?

Research has shown that our immune system changes every minute, depending on various factors, such as stress, illnesses, medications especially antibiotics, nutrition, smoking and excessive alcohol intake. These factors can lead to the weakening of the immune system. The immune system is also said to be weaker in children and the elderly, who would benefit from taking supplements to strengthen their immune system especially if they face frequent bouts of running nose, blocked nose, sneezing or diarrhoea.

WHAT ARE THE PRODUCTS THAT CAN STRENGTHEN THE IMMUNE SYSTEM?

The most widely researched product that can strengthen the immune system is a German herbal combination of Thuja and Baptisia. This is available from local pharmacies under the brand name Esberitox®. However, for daily maintenance of the immune system, Imustrong™ is sufficient. For those who have poor nutrition, taking multivitamins and vitamin C maybe helpful.

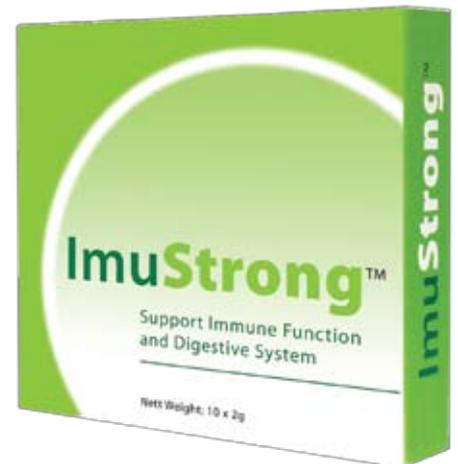
WHAT ARE THE BENEFITS OF TAKING IMUSTRONG?

Imustrong™, like other probiotics, is beneficial in balancing the gut, making it a boon for individuals suffering from constipation, viral diarrhoea and antibiotics-associated diarrhea. Additionally, Imustrong™ has an additional effect of strengthening the immune system when taken daily. Making it particularly useful for those who experience frequent recurrent infection of the respiratory tract and gastrointestinal tract. When using Imustrong™, the first effect you will notice is softer stool in one or two days. This is because of the more complete breakdown of the stool by the bacteria. Two to three weeks after taking Imustrong™, you will feel more energetic because of more complete digestion and absorption of the food.

WHAT IS A GOOD PROBIOTIC PRODUCT?

With the number of probiotic products available on the market, it's difficult for consumers to choose the right one. According to the International Scientific Association for Probiotics and Prebiotics

These guidelines are useful in selecting a probiotic for your daily use.



Article contributed by Quanstar Biotech Sdn Bhd. ImuStrong™ is available in most leading pharmacies and the following chain pharmacies—Caring, Constant and Alpha.