

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: *Lactobacillus acidophilus*

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BY: Luke R. Bucci, PhD

PRODUCT: Fred Meyer Acidophilus with Pectin (100c, 250c)

NUTRIENT AMOUNT: 25 mg mixed *Lactobacillus* species per serving (one capsule)
10 mg pectin

STRUCTURE/FUNCTION CLAIM:

Lactobacillus acidophilus and related organisms are normal inhabitants of the human gut, and have been called "friendly gut bacteria." *Lactobacillus* organisms are also present in yogurt, where they aid in digestion of milk sugar.

REFERENCES:

Martini, M., et al., Strains and species of lactic acid bacteria and fermented milk products (yogurts): effect on in vivo lactose digestion, *Am. J. Clin. Nutr.*, 1991; 54: 1041-1046.

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