Six years ago, we developed a product called Candex, which provides enzymes that kill candida albicans with none of the die off reaction caused by traditional antifungals. It is, quite simply, the most effective, natural candida solution ever offered.

Because probiotic supplements are vital for those with candida, health practitioners and health food retailers who have seen how wondrously Candex works have often asked why we don’t make one. Our answer was that we would do so only when we could make one that we consider superior. Now, at last, we can.

Living Flora provides all the strains needed to protect the entire digestive tract. All are human based, and specially prepared to survive the acids they encounter in the stomach. They are made as MiniCryoTabs to protect against heat during production. Each tablet is then packaged in its own foil pouch to protect against air, moisture and light, which, while rarely mentioned in the probiotic industry, are as damaging to these sensitive organisms as heat. It is stored and shipped in cooled containers for still further protection.

These steps enable us to guarantee that each tablet Living Flora will provide at least one billion CFU’s (live cell forming units) of probiotics—the amount that research shows is necessary to maintain healthy probiotic populations—at its date of expiration.
What Are Probiotics?

Probiotics are helpful bacteria that live in the intestinal tract, the stomach and the mouth. Also known as "friendly flora," such bacteria support digestion and immunity, and produce several "B" complex vitamins. They also help keep candida albicans from growing out of control.

While probiotics are essential for good health, they are destroyed by antibiotics, birth control pills, hormone replacement therapy, chlorinated water, etc. Because of this, using probiotic supplements is wise.

How Do I Choose A Probiotic Supplement?

There are several factors to consider when choosing a probiotic supplement.

1.) Which strains of probiotics to use.
2.) How much to use.
3.) The source, purity and safety of strains used.
4.) The delivery form of the supplement (tablet, capsule, etc.).
5.) How the product is packaged, stored and shipped.

Which Strains Of Probiotics Do I Need?

Many strains of bacteria have been used as dietary supplements. Some companies advocate the widest variety possible, while others suggest one at a time.

At Pure Essence, we combine six strains, so that a single supplement can support the entire digestive tract. These strains are all native to human beings, have been proven safe by research, and are specially prepared to survive the acids they encounter on their trip through the stomach.

Lactobacillus acidophilus: Inhabits small and large intestines. Suppresses hostile invaders, including candida albicans.

Bifidobacterium bifidum: Helps keep pH of intestines at levels that discourage parasites and candida.

Lactobacillus salivarius: Inhibits ulcers causing bacteria, like h. pylori.

Lactobacillus lactis: Inhibits gram positive pathogens like listeria.

Lactobacillus helveticus: Helps other species to grow, provides enzymes that help digest dairy products.

Streptococcus thermophilus: Also helps digest dairy products.

How Much Total Probiotic Value Should I Use?

Probiotic potencies are expressed as cell forming units (CFU’s). Each CFU is an organism that can live and reproduce in the body. Research shows that one billion CFU’s per day maintain healthy probiotic populations.

While probiotic labels often claim that many billions of CFU’s are present, these claims express the potency at the time the product was made. Because heat, air, moisture and light kill probiotics, most companies start with huge amounts, knowing that few will survive through production, shipping and storage. In a test conducted by an independent consumer group, one third of all products tested contained less than one percent of the number of CFU’s claimed. We suggest using only products that guarantee potency at time of use.

The Package is as Important as the Product.

Most probiotics are packaged like vitamins: as loose tablets or capsules in glass or plastic bottles. But, while vitamins are fairly stable, probiotics are not. They are quickly killed by air, moisture, light and heat, and loose tablets or capsules in bottles just cannot protect them against these things. For these reasons, better packaging options are needed.

Should I Use Tablets, Capsules or Powders?

Everyone has heard stories about vitamin tablets that pass through the body without breaking down. While this might happen with some rock-hard calcium products, it is unheard of in the health food industry. All well made tablets are laboratory tested to make sure that they break down efficiently. Pure Essence tablets, for example, are laboratory certified to break down in even the weakest stomach acid within 60 minutes. This is well beneath the two hour threshold required for maximum nutrient absorption. Living Flora tablets break down even quicker.

Capsules are really just tiny, clear, highly porous “bottles” into which loose powders are poured. Thus, they offer almost no protection from air, light or moisture (capsules themselves contain about 18% moisture). Since tablets are highly compressed, only the outer surface is exposed. The ingredients in capsules have ten thousand times more exposure to light, air and water than those in tablets. Despite this, probiotics are usually offered in capsules, because traditional tableting processes produce enough heat to kill them. Now, however, a new, patent pending, “cryo-tabletting” technology permits probiotics to be compressed into tablets without being exposed to heat. This type of tablet provides better protection than capsules.

Controlled Delivery Technology

As mentioned above, Living Flora contains various strains of probiotics so that it can protect the entire gastrointestinal tract. However, these strains would be of no value if we could not control when they are released in the body. If released too soon, some might be killed by stomach acids. If released too late, others would have passed beyond the part of the tract they protect.

Controlled delivery technology (CDT) is a patented process that lets us program the MiniCryoTabs to release different strains at different times. Thus, the lactobacillus salivarius is released in the stomach. The lactobacilli acidophilus, lactis and helveticus, along with the streptococcus thermophilus are released in the small intestine. The bifidobacterium bifidum is released in the lower intestinal area. This superb new technology combines with CryoTableting and the packaging advances already mentioned to provide the finest probiotic product ever offered.