



# IG Living Teleconference

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“Keep a Healthy Immune System with the  
Help of Probiotics”

Presented by guest speaker

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# Probiotics = Life

- The official definition of probiotics was developed by the Food and Agriculture Organization of the United Nations in 2001.
- Probiotics are microorganisms.
- Not all bacteria are probiotics.
- Probiotic strains must have scientifically proven health benefits.
- Probiotics have to be live. Foods that contain probiotics may be marked “live and active” on the label.
- Probiotics must be consumed in adequate amounts.
- Microorganisms that break down lactose are not probiotics.

All probiotics have three-part Latin names. The first part is their genus, the second is their species, and the third refers to their strain, for example, *Lactobacillus* (genus) *rhamnosus* (species) GG (strain). Different strains have different characteristics, just like the difference between dogs (*Canus lupus familiaris*) and common wolves (*Canus lupus lupus*).

# Body's Natural Microorganisms

Probiotics work hand in hand with the body's natural microorganisms:

- The body's microorganisms are called its microbiota and the specific composition of the microbiota differs from person to person.
- A healthy microbiota helps support the development of a strong immune system.
- Certain probiotics boost the overall health of the microbiota and gut barrier.

# Boost the Immune System

How probiotics may boost the immune system?

- A large percentage of the body's immune system is in the intestinal tract.
- An unhealthy or unbalanced microbiota is thought to contribute to the development of autoimmune diseases, diabetes, and other illnesses.

# Probiotics Might Work

- Improving communication between immune cells.
- Boosting T cells.
- Activating cells that stimulate immune responses.
- Stimulating IgA production.

# Additional References

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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3571638/>

3. [http://www.isapp.net/pp\\_intro.asp](http://www.isapp.net/pp_intro.asp)

4. <http://nccam.nih.gov/health/providers/digest/probiotics-science>

5. Sanders, et al. An update on the use and investigation of probiotics in health and disease. Gut 2013;62:787-796.

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6. <http://nccam.nih.gov/health/tips/probiotics>