

Natural Probiotic Bacterial Strains in Human Gut

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DESCRIPTION

Human strain probiotics do not contain any human byproducts or ingredients. They are the beneficial bacteria strains which are discovered in the human gastrointestinal tract. This suggests that bacterial strains have already evolved to thrive in the human intestine. According to studies, bacteria that are native to the human intestinal tract are preferable to probiotics obtained from other sources.

Lactobacilli, which live in the small intestines, and *Bifidobacteria*, which live in the large intestines, are the two most common forms of native bacteria in gut and in human strain probiotic dietary supplements.

The gut microbiota comprises approximately 100 trillion bacteria, which are ten times more the number of cells in body. The gut microbiota has more than 3 million microbial genes, which are 150 times more than the total human genome. Humans cannot thrive without microbes.

Beneficial bacteria in the human intestine carry out a variety of critical functions. Not only human strains that normally exist in the gut, but also affect the microflora balance in the large and small intestines. They also aid digestion and maintain a healthy intestinal lining. The protection they provide against harmful bacteria, fungus, and viruses is most well-known function.

Organic compounds such as lactic acid, hydrogen peroxide, and acetic acid are produced by the body's own probiotics, which elevate the levels of acidity in the intestines. This aids in the prevention of the "bad" bugs proliferation. Probiotics also create bacteriocin, which is a natural antibiotic that kills bacteria and improves the immune system by increasing disease-fighting cells.

According to a research, the beneficial human strains that naturally prevalent in the gut, don't just keep diseases at away.

They also aid in the body's vitamin synthesis and nutrient absorption. They boost overall health by interacting directly with the immune system.

However, *Lactobacilli* and *Bifidobacterium* species in the gut may serve as health guardians. A variety of factors can endanger these beneficial bacteria. Antibiotics kill pathogens without discrimination, including those that cause disease and those that keep humans healthy.

Stress, ageing, a poor diet, chemical additions, and environmental pollutants, etc. are the factors that have the potential to harm beneficial bacteria. When this happens, harmful bacteria can flourish rapidly multiplying and eventually causing disease. Hence, it's critical to take a high-quality probiotic supplement every day to replace these beneficial natural bacteria.

Human strains *Lactobacillus gasseri*, *Bifidobacterium bifidum*, and *Bifidobacterium longum* are some of the probiotics in Wakunaga's Kyo-Dophilus supplements. This unique proprietary combination contains live strains that have been deposited in an internationally recognized culture bank, ensuring that the bacterial identity and characteristics have been well documented.

However, in order to the probiotic supplements to be effective, human strains must be included. A probiotic doesn't do any favour if it's dead on arrival when it hits intestinal tract. Probiotics from the Kyo-Dophilus genus can withstand acidic conditions which are found in the stomach, which can kill many other probiotics.

They are also shelf-stable, packaged in glass bottles, and guaranteed to be edible when opened. This guarantees that the probiotics are delivered to the gut with live beneficial bacteria. Independent testing has shown that the Kyo-Dophilus probiotic family provides genuine, measurable effects in the lab and, more importantly, in the body.

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