

WHY TAKE MICRO BIO MMUNE (MBM)?

Did you know that your GI tract is much more than a digestion center and is “home” to 80% of your immune system? And within your gut reside roughly 100 trillion living bacteria?

That’s more than 10 times the number of cells you have in your entire body – and maintaining the ideal ratio of “good bacteria” to “bad bacteria” is now gaining recognition as perhaps the single most important step you can take to protect your health and fat loss goals.

In fact, there are more than 200 studies linking inadequate good bacteria levels to more than 170 different negative health issues, including inflammatory diseases (ulcerative colitis, crohns disease, inflammatory bowel disease and irritable bowel syndrome), obesity and weight gain.

Virtually every study performed on the obese population analyzing gut bacteria found higher instances of “bad” bacteria and lower levels of “good” bacteria within these individuals.

Perhaps you yourself are already experiencing some of the more advanced signs that your intestinal bacterial balance is beginning to spin out of control, such as:

- Gas and bloating
- Constipation and/or diarrhea
- Acid reflux
- Skin problems
- Overall sickness
- Headaches
- Urinary tract infections
- Trouble sleeping
- An inability to lose weight
- Sugar cravings, especially for heavily refined carbohydrates

The ideal healthy ratio of “good” to “bad” bacteria is 85% to 15%, or 9 to 1.

Unfortunately, due to lifestyle and environmental factors, the vast majority of the population is severely lacking when it comes to good bacteria, throwing their gut flora ratio completely out of whack.

Believe it or not, the "bad bacteria" health-destroying bacteria further feeds and multiply on something you probably eat every single day such as:

- Sugar
- Artificial sweeteners of any kind (found in “diet” beverages and food items)
- Post exercise carbohydrate drinks
- Processed foods
- Chlorinated water
- Pollution
- Antacids
- Laxatives
- Alcoholic beverages
- Agricultural chemicals and pesticides, and...
- Antibiotics (from medications and/or antibiotics found in meat and dairy products that we ingest).

Research is now suggesting that supplementing with probiotics every single day is even more important to your health than taking a daily multi-vitamin.

The problem is that 93% of the probiotics contained in traditional probiotic supplements will be dead before they ever reach your gut and dead probiotics are completely worthless. Because probiotics are living bacteria, they are also extremely sensitive to even the slightest change in environmental conditions.

Due to the extreme acidic environment of the stomach most of the live probiotic cells will be killed off before reaching the intestine. In the end, traditional probiotic supplements, while claiming billions upon billions of active cells per dose, will only wind up delivering a very small % of what their label promises alive and well to your gut.

But here's the good news: You can correct this imbalance rather easily by incorporating in your daily diet Micro Bio Mmune (MBM) which is a gluten free fermented wheat germ extract.

MBM is a gluten free prebiotic containing mixture of biologically active materials including benzoquinones (The 2,6-dimethoxy-p-benzoquinone (2,6DMBQ) derived from different plant species is of special interest. The wheat (*Triticum vulgare*) is one of the largest known natural sources of these compounds. After the harmful proteins of gluten, fructans and toxins are eliminated, the wheat germ extract concentration allows the immunomodulatory effects of the substituted benzoquinones to be obtained without the consumption of impractically large amounts of wheat germ.

MBM aids in many metabolic processes of the body including weight maintenance, immune system stabilization, stress and oxidative factors, and more efficient food to energy conversion. Common Wheat Germ is estimated to have a beneficial food to energy conversion rate of 7% but the MBM conversion rate is estimated to be 78%. The vitamin E, vitamin B1, carotene and niacin content of the product are 2-3 times higher than normal wheat germ. MBM has also been shown to play a major role in the regulation of Immunoglobulin A (IgA), Immunoglobulin E (IgE), Immunoglobulin G (IgG), and Th1 and Th2 cells levels.

Oligosaccharides also aid in the digestion of macronutrients. This property has gained recent interest from the nutritional community because the human digestive system has a difficult time breaking down many carbohydrates. It is estimated that up to 90% of ingested carbohydrates escape digestion in the small intestine and reach the colon. Here MBM performs a different function. It acts as a prebiotic and prevents the cells from taking up the escaped sugar. Prebiotic is a fairly recently coined term referring to food components that support the growth of certain kinds of beneficial bacteria in the colon (large intestine). We're learning now that a whole other digestive system is happening in the colon, with important influences on the rest of the body.

Our understanding of the role of Prebiotics is based on scientists' rapidly expanding knowledge of how the micro biome—the large population of microbes, their genomes and the interactions between them within the GI tract—can significantly impact human health. Prebiotics are non-digestible ingredients that serve as nutrients for beneficial GI bacteria. Unlike probiotics, which attempt to add certain living microbes to the GI tract, prebiotics work primarily by providing the nutrition that these beneficial microbes need to grow and thrive. Since the huge number of microbes in the GI tract can overwhelm the

relatively small amounts of bacteria contained in probiotic supplements, many researchers believe that prebiotics may have a more significant and lasting impact on health.

MBM is a selectively ingredient that allows specific changes, both in the composition and/or activity in the gastrointestinal micro flora that confers benefits upon host well-being and health. In addition MBM contains short-chain fatty acids (SCFAs). New research has preliminarily demonstrated that SCFAs provide many benefits, both locally in the colon, and in the rest of the body. MBM also aids in the production of various butyrate (salts of butyric acid), which recently received attention as possibly colon tissues damage protector, including ulcerative colitis.

Additionally, there is some evidence that MBM may promote further absorption of some minerals that have escaped the small intestine, including calcium and magnesium.

The following benefits may be expected from using MBM:

- Increases in the immune system's ability to identify harmful cells for destruction
- It may help to regulate glucose metabolism at the cellular level, starving enemy cells that require excessive glucose
- It may help modulate the immune system's white blood cells for peak performance -- T cells, B cells, macrophages and NK cells
- It may help maintains healthy cell-mediated and humoral (Th1/Th2) immune balance
- It may help to regulate IgA, IgE, IgG levels
- Supports cell metabolic regulation
- Promotes immune system modulation
- It may enhances the ability of T-cells to respond to antigen presentation
- Helps to activate digestive enzymes
- Helps to lower cholesterol
- Helps to lower triglycerides
- Helps to improve insulin sensitivity and glucose metabolism
- Helps to detoxify the colon.

The statements made above have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. You should consult with a healthcare professional before starting any diet, exercise, supplementation program, before taking any supplement, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.

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