The truth about probiotics:
Our bodies are homes to millions of bacteria – some of which are particularly nasty, and others which can play an important role in our overall health and wellbeing. Scientific research over the past 50 years has uncovered the benefits that good bacteria can provide, particularly in relation to intestinal health. It was discovered that regular doses of the ‘good’ bacteria that live in the intestines can have a positive effect on both specific health issues and a range of more general benefits. As a result of these scientific advances, a number of probiotic products are available, all of which are specifically targeted at improving the balance of intestinal bacteria.

However, while the improvement of the balance between good and bad bacteria in the intestine has some obvious and lasting health benefits, there are various other areas in our bodies that bacteria like to ‘set up camp’. The most obvious of these is the oral cavity. The ear, nose, throat and mouth act as the gateway to our bodies. They are exposed to a plethora of outside bacteria that can cause a number of adverse health conditions, so it makes sense that an oral probiotic be developed to assist in the improvement of the health status of these areas.

The types of bacterium found in the intestine are significantly different to those found in the oral cavity. It is for this reason that intestinal probiotics can provide a very limited benefit for oral health. While there are various products which claim to be providing a probiotic effect in the oral cavity, BLIS K12 is the only probiotic specifically designed to improve the bacterial environment in the mouth.

What is BLIS K12?
The oral cavity is integral to many aspects of our health – it is the gateway through which we nourish our bodies with food, drink and oxygen. As such, almost all bacteria that enter our bodies pass through the oral cavity. Our mouths contain a number of naturally occurring ‘good’ bacteria, which act as a first line of defence against infection and disease. One such bacterium is called Streptococcus salivarius. Studies have shown that people who have high levels of this particular strain have lower incidences of bacterial throat and ear infections.

Unfortunately, studies have also shown that almost 95% of people have very low levels of this naturally occurring bacterium – levels so low that it provides no health benefit. BLIS K12 contains s. salivarius K12, which will provide an effective ‘boost’ to the levels of this important oral bacterium. BLIS K12 is the world’s first oral probiotic produced specifically to improve the bacterial balance in the oral cavity.

But how does it work?
BLIS K12 is unique because it allows us to ‘clean out’ the oral cavity with a probiotic that works in two distinct ways. Firstly, BLIS K12 is a powerful probiotic, with each lozenge containing over 1 billion beneficial bacteria to help improve the bacterial balance. Secondly, and most uniquely, BLIS K12 has a powerful antibacterial weapon which destroys harmful bacteria. The ‘Bacteriocin-Like Inhibitory Substance’ (BLIS) contained in BLIS K12 increases the production of anti-bacterial proteins, which weakens the ‘bad’ bacteria. This allows the beneficial bacteria contained in BLIS K12 to take over the area that had been inhabited by the harmful bacteria. Hence, BLIS K12 provides a double benefit, by both increasing the number of good bacteria, and simultaneously decreasing the number of bad bacteria that are present in the oral cavity.
What health benefits does BLIS K12 provide?

Ear, Nose and Throat:
Most probiotics work by ‘overcrowding’ – successfully squeezing the bad bacteria out. This is only effective to a point because the bad, infectious bacteria are still present in the body. BLIS K12 is unique in that it destroys the bad bacteria, and replaces them with the beneficial bacteria that naturally occur in the oral cavity.
BLIS K12 effectively removes the bacteria that can irritate the nose, throat and ears, removing the need for the body to create an inflammatory response to fight the unwanted invaders.

Oral Hygiene and Fresh Breath:
A common cause of bad breath (halitosis) is an unhealthy oral environment. The halitosis causing germs are often able to quickly repopulate after the use of mouthwash because it kills both good and bad bacteria. BLIS K12 is a long term solution because it not only kills the germs that cause the halitosis, but replaces them with ‘good’ bacteria - effectively leaving no room for the halitosis causing germs to return. At the same time your teeth and gums are being exposed to a healthy environment for optimum care.

Improved Immune Response:
The immune system is a complex web of intertwining systems which work together to protect the body from unwanted invaders. The beneficial bacteria contained in BLIS K12 allow the environment in the oral cavity to be improved, resulting in a stronger ‘first line’ of defence for the whole body.

So, who should be taking BLIS K12?
BLIS K12 is safe for the whole family. Many of the studies that have been conducted have been with children, who have a susceptibility to bacterial throat and ear infections. All of these studies have shown that BLIS is a safe and effective protection.
There is also strong evidence to suggest the benefits of BLIS K12 for people who travel. The increased exposure to bacteria and germs in the close confines of modern transport systems makes BLIS K12 an excellent prophylactic option.
The safety of BLIS K12 has been determinately proven in both laboratory testing and commercially in products which contain it over the last six years. Copies of the comprehensive studies conducted on the safety of BLIS K12 in oral infections, ear infections, upper respiratory infections, halitosis, and immunity are available upon request.

How much BLIS K 12 should I take?
BLIS K12 should be taken on a daily basis, as bacteria are constantly competing for territory in your oral cavity. A daily dose of 2 lozenges will help to maintain the microflora balance in your ear, nose, throat and mouth. It will also improve your immunity against bacterial diseases. For optimal results, allow the lozenges to dissolve in your mouth. They can be taken at any time of the day, but will provide you with the best results if taken after brushing your teeth. This is because this is when the bacteria have been swept out of your mouth. If taking antibiotics, wait at least 2 hours before taking your BLIS K12.

REFERENCES