



NATURE'S SUNSHINE

L. Acidophilus

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **90 Capsules**ITEM # **1666**SERVING **1-3**SUPPLY **30-90 days**

DIRECTIONS FOR USE Take 1-3 VegCaps daily with a meal. Keep refrigerated or frozen.

— How the Key Ingredients Work

L. Acidophilus delivers one of the most well-studied beneficial bacteria on the planet — a naturally occurring strain that lives in your digestive tract and works quietly every day to keep your inner ecosystem balanced. When your gut flora is thriving, the ripple effects reach far beyond digestion, touching everything from comfort after meals to how balanced you feel overall.

Lactobacillus Acidophilus (Digestive Comfort) — This friendly bacterium has been shown in well-designed studies to help ease abdominal discomfort and reduce the severity of stomach pain. In a double-blind trial of 330 adults, the DDS-1 strain meaningfully improved pain scores compared to a dummy pill — making everyday digestion feel a whole lot more comfortable.

Lactobacillus Acidophilus (Heartburn & Reflux Support) — A 2024 randomized trial found that a formula containing the LA14 strain produced steady, measurable reductions in both the frequency and severity of heartburn over 28 days in people with mild-to-moderate reflux. That means fewer fiery moments after meals and more evenings spent relaxing instead of reaching for antacids.

Lactobacillus Acidophilus (Blood Pressure Balance) — Lactobacillus strains, including L. acidophilus, have been studied for their role in supporting healthy blood pressure. A meta-analysis covering 18 randomized controlled trials found that Lactobacillus supplementation was linked to meaningful reductions in both the top and bottom numbers of blood pressure readings, particularly in people who were already in borderline ranges.

Lactobacillus Acidophilus (Yeast & Candida Balance) — Keeping the body's natural microbial balance in check is one of L. acidophilus's standout talents. A thorough 2024 review of 25 clinical studies identified this strain as one of the most evidence-backed options for supporting a healthy yeast balance, particularly in the vaginal environment, by naturally limiting the conditions that allow Candida to overgrow.

Lactobacillus Acidophilus (Gut Microbiome Foundation) — Think of L. acidophilus as the anchor tenant of a healthy gut community. It is one of the most naturally abundant beneficial bacteria in the human digestive tract, and keeping its population strong helps crowd out less friendly microbes, supports the gut lining, and creates an environment where the rest of your digestive system can do its best work.

Lactobacillus Acidophilus (Immune System Ally) — A large portion of the body's immune activity is rooted in the gut, and L. acidophilus plays a supporting role there. By helping maintain a balanced microbial environment in the digestive tract, this strain contributes to the conditions your immune system needs to stay alert and responsive without being overworked.

Lactobacillus Acidophilus (Bloating & Gas Relief) — Occasional bloating and gas are among the most common digestive complaints, and an imbalanced gut flora is often part of the picture. L. acidophilus helps restore that balance, supporting smoother fermentation of food in the gut so you spend less time feeling puffy and uncomfortable after eating.

☎ (888) 510-7196 ✉ service@caringsunshine.com

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