



## FiveLac

### The Ultimate Defense! Against Occasional Yeast and Fungus Overgrowth

FiveLac is a nutritional-food supplement composed of five live strains of good bacteria: Bacillus Coagulans, Bacillus Subtilis, Enterococcus Faecalis, Lactobacillus Acidophilus, and Bifidobacterium Longum.

FiveLac is the culmination of many years of scientific research and is designed to provide beneficial intestinal micro-flora. Balanced intestinal micro-flora has been proven to remove foreign bodies from the intestine and thus fight infection such as yeast and fungus.

FiveLac also contains fiber, yeast (as food for bacteria), and vitamins, to support additional daily health and wellness needs.

**Benefits of Ideal Intestinal Micro-Flora** A person with ideal intestinal micro-flora has healthy bacteria to assist with the relief of occasional yeast and fungus overgrowth and its symptoms including: Melancholy, Anxiety, Irritability, Heartburn, Indigestion, Lethargy, Extreme food and environmental allergies i.e. Lactose intolerance. Acne, Dry skin, Itching, Jock itch, Vaginal Yeast Overgrowth, Menstrual problems.

#### FiveLac:

- Provides temporary relief from occasional yeast and fungus overgrowth
- Helps maintain intestinal micro-flora

**How to use FiveLac** Take one packet a day to start. Empty the packet contents into your mouth and follow with a few ounces of water. Or add powder to a few ounces of water and drink. If additional support is desired, you may build gradually to a higher number of packets for the first 60 days. The amount needed may vary from person to person. Packets may be taken at any time of day, with or without meals. After 60 days, you may reduce to maintenance of 1 packet per day, as desired. Store in a cool, dry location. Do not store in an area that will reach above 120 degrees Fahrenheit or in direct sunlight. Freezing or refrigeration is neither recommended nor required. Use individual packets within 24 hours of opening.

Discontinue use for 1 week after each 3 months of use. Flora Five is suggested for use during this 1 week period.

**What is Candida?** Candida is a dimorphic organism, meaning it can exist in two shapes and forms simultaneously. One form is a yeast-like state that is a non-invasive, sugar-fermenting organism. The other is a fungal form that produces very long root-like structures, called rhizoids that can penetrate the mucosa and is invasive.

**What makes Candida bad?** Actually, in its yeast form it is beneficial. We all have this form of Candida in our bodies. The Candida population should be low and indiscernible (no overt symptoms or cloudy saliva). "Friendly" bacteria and a healthy immune system prevent this yeast from becoming an infectious fungus. It is when our bodies lose their proper immune protection, or the intestinal pH is altered unfavorably, that the organism can change from the yeast form to the fungal form. When this happens, the now-parasitic fungal form penetrates the gastrointestinal mucosa and breaks down the boundary between the intestinal tract and the rest of the circulation in our bodies. This allows partially digested dietary proteins to travel into the bloodstream, where they exert a powerful antigenic (antibody-stimulating) assault on the immune system. It has been unofficially estimated that a startling 80% of the population may have candidiasis that is out of control!

**What causes the change from good to bad?** There are many theories. Most naturopaths concur that the conversion happens due to some sort of attack on our immune systems—either prolonged antibiotic use, taking steroids or oral contraceptives on a regular basis, or a high sugar diet. It could be a combination of these. It is also conjectured that Candida increases its numbers during periods of stress and lowered immune states.

**What are the symptoms of a Candida infestation?** Typical Candida symptoms may include jock itch, depression, dry, itchy, flaky skin, anxiety, recurring irritability or mood swings, heartburn, indigestion, lethargy, food and environmental allergies, joint soreness, chest pain, acne or other skin problems, migraine headaches, recurring cystitis/vaginal infections, premenstrual tension, and menstrual problems.

**How does FiveLac help?** As its name implies, FiveLac contains five forms of spore-forming lactic acid bacteria. These live microorganisms purge your intestinal tract of the parasitic, fungal form of Candida. At the same time, FiveLac helps to balance the pH levels in our bodies. The secret behind FiveLac's effectiveness is the micro-encapsulation process that gets the Candida-fighting live bacteria safely past the acidic environment in the stomach. These oxygen-friendly bacteria go to work "dining" on anaerobic problem organisms that you don't want.

**What happens when I take FiveLac?** You may be one of a small percentage of people who experience constipation. As the Candida organisms are dying off, they collect in the intestines, and your bowel becomes impacted. We recommend that you take a fiber product for the first few days when you start taking FiveLac. FiveLac is best used by taking it with your meal, and remember, drink plenty of water. If you are typical, you will experience more frequent bowel activity. Stool may be loose and/or more voluminous, as more bowel matter vacates the body.

**Will I need to change my diet?** There are no dietary restrictions. However, for general health reasons, use common sense and avoid processed sweets. Eat your sweets "raw." Eat a "good diet" rich in nutritious foods.

**What does FiveLac taste like?** It is a pleasant, lemon-tasting powder.

**Ingredients of FiveLac**

**Bacillus coagulans:** Helps with lactose intolerance, digestion problems, stomach conditions, and controlling normal levels of cholesterol. It also enhances the immune response and inhibits bacterial pathogens.

**Bacillus subtilis:** Is a strong probiotic that combats harmful microorganisms in the human body particularly pathogenic bacteria that cause dysentery.

**Enterococcus faecalis F-100:** The Enterococci constitute a major genus of the lactic acid bacteria (LAB). Some Enterococci strains are used successfully as human probiotics in health supplements, like FiveLac and ThreeLac. Their success as probiotics has been attributed to factors such as acid and bile resistance.

**Lactobacillus acidophilus:** Some strains of L. acidophilus are considered "friendly" bacteria. These healthy bacteria inhabit the intestines and vagina and protect against unhealthy organisms. The breakdown of nutrients by L. acidophilus produces lactic acid, hydrogen peroxide, and other byproducts that make the environment hostile for undesired organisms.

L. acidophilus also tends to consume the nutrients many other harmful microorganisms depend on. During digestion, L. acidophilus also assists in the production of niacin, folic acid, and pyridoxine. Some research has indicated L. acidophilus may provide additional health benefits, including improved gastrointestinal function, a boosted immune system, and a decrease in the frequency of vaginal yeast infections.

Lactose intolerance: It is known that lactose intolerant people can digest the lactose in yogurt better than the same amount of lactose in milk because of the Lactobacillus acidophilus.

**Bifidobacterium longum:** One of the most important residents in the human gastrointestinal tract, B. longum keeps the digestive system running smoothly, blocks the growth of harmful bacteria, and boosts the immune system.

<b>Supplement Facts</b>		
Serving Size: 1 Packet (1500 mg)		
Servings Per Container: 60		
	Amount Per Serving	% DV
Calories	1	
Total Carbohydrate	1 g	<1%
Sugars	300 mg	†
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin B6 (as pyridoxine)	.5 mg	20%
Vitamin B1 (as thiamine)	.5 mg	33%
Vitamin B2 (as riboflavin)	.4 mg	25%
†Percent Daily Value (DV) not established.		
<b>Other Ingredients:</b> Bacillus coagulans (500 Million CFU), Bacillus subtilis (500 Million CFU), Enterococcus faecalis (500 Million CFU), Bifidobacterium longum (500 Million CFU), Lactobacillus acidophilus (50 Million CFU), Refined Yeast Powder, Dietary Fiber as Galactomannan, Fructo-oligosaccharides (FOS), Beta Cyclodextrin, Erythritol, Lactose, Lemon Juice Powder, Silica, Canola Oil. Discontinue use for 1 week after each 3 months of use. Flora Five™ is suggested for use during the one week off.		
<b>WARNING:</b> KEEP OUT OF REACH OF CHILDREN. Do not use if packet is torn or damaged. Do not take while taking antibiotics. Pregnant or nursing mothers, if under medical care, or if you have a suppressed immune system, consult your health practitioner prior to use.		
FIVELAC is Manufactured in Japan. Distributed by: Global Health Trax Inc. • Vista, CA 92081 1-800-305-5710 • www.globalhealthtrax.com		

**FiveLac's other ingredients:**

- Vitamin C (as ascorbic acid)
- Vitamin B6 (as pyridoxine)
- Vitamin B1 (as thiamine)
- Vitamin B2 (as riboflavin)

**Expected Results:** Restoration of pH levels; a favorable pH is instrumental in the management of candidiasis. Offers relief from typical candida symptoms, which may include depression, anxiety, recurring irritability, heartburn, indigestion, lethargy, extreme food and environmental allergies, acne, dry, flaky, itchy skin, jock itch, migraine headaches, recurring cystitis/vaginal infections, premenstrual tension, and menstrual problems.

Results can start as early as the first day but should be noticed within seven to ten days.

Helps maintain intestinal micro-flora

Note: Children over two may take ThreeLac as stated above. Those who are pregnant, nursing or are taking antibiotics are specifically advised to consult their physician before taking ThreeLac or any nutritional supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**FiveLac (60 Packets per container) \$56.95 + S&H**



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