真正有效的益生菌應具有：

1. 適度的益生菌種類
2. 足夠的數量
3. 良好的存活率
4. 能夠在腸道中產生對益生菌有益的物質
5. 壓力和不良環境的抵抗力
6. 足夠的耐熱性

對於和我家的寵物有益的健康功效：

1. 改善腸胃功能
2. 增強免疫系統
3. 促進消化健康
4. 增強腸道的抗炎特性
5. 改善腸道內的微生物平衡
6. 增強心理健康

常見問題

1. Lactobacillus GG是否適用於所有人？
   - 是的
2. Lactobacillus GG是否適用於所有人？
   - 是的
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   - 是的
6. Lactobacillus GG是否適用於所有人？
   - 是的

為什麼選擇Lactobacillus GG？

1. Lactobacillus GG是唯一獲國際認證的益生菌，擁有超過30年的研究背景。
2. Lactobacillus GG是唯一獲美國國家衛生研究院（NIA）認證的益生菌。
3. Lactobacillus GG是唯一獲國際益生菌協會（ISS）認證的益生菌。
4. Lactobacillus GG是唯一獲國際益生菌協會（ISS）認證的益生菌。
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What is a probiotic?
A probiotic is a beneficial germ, which when consumed in enough amounts, can give health benefits to the host.

What is LactoGG?
LactoGG is a probiotic. It is a good bacterium, which has been proven to promote health in humans. LactoGG's scientific name is Lactobacillus gasseri strain GG (ATCC 53103). This ATCC number is an identity number and guarantees its strain identity. It is now available in a variety of probiotic strains by the food industry. LactoGG is not only probiotic backed by over 500 scientific papers but also probiotics cultivated in laboratories throughout the world. LactoGG is proven to contain 3 billion live bacteria per capsule at the moment of manufacture.

Can we be sure that a probiotic really works?
Not every bacterium can exert its beneficial effect on health. The most important point about a probiotic is the identity of the strain. Every probiotic strain is specific and unique and every strain has its own health benefit. In 2001 the World Health Organization (WHO) published a report to guide consumers on how to evaluate a probiotic if it really works or not. It states that because a probiotic's health benefits are linked to the identity of the strain (e.g. "ATCC 53103"), a probiotic should have its DNA "fingerprint" to confirm its strain identity. Only when the strain identity is known can human studies be carried out to test if it has health benefits or not.

In order to qualify as a probiotic, a product must contain:
- LACTOBACILLUS
- ADEQUATE dose of bacteria
Every strain should have its own back-up research and human health studies from epidemiological studies. LactoGG contains LIVE bacteria at an adequate dose of 20 billion bacteria per capsule and has nearly 500 scientific and human studies to confirm its health benefits.

How can LactoGG benefit me and my family?
My child takes antibiotics very often. I've been told that this is bad for health. Is there any way I can help him?
Antibiotics can upset the balance of good germs in the intestines because they can kill off good intestinal germ as well as harmful ones. LactoGG is not killed by the common antibiotics so you can give it to your child to help restore the natural balance of good germs is not upset.

My child seems to fall ill all the time, especially now that he is in playschool. Is there something I can do to stop him from being ill?
Research has shown that Lactobacillus GG can stimulate the immune system. Taking LactoGG as a health supplement helps to increase his body defense and reduce his chance of contracting illness from playschool.

Is there anything we can take when bad germs attack our intestines causing diarrhoea and vomiting?
Besides taking rehydration salt solution, Lactobacillus GG can help to flush out the bad germs from the intestines and help in recovery from diarrhoea and vomiting.

My doctor keeps giving steroid creams to my child for eczema. Are these steroids good for the immune system? Can I help my child further?
Yes, all steroids can help the body to strengthen its own immune system. Studies have shown that Lactobacillus GG can stimulate the immune system away from being allergic. Taking LactoGG has a place in easing the symptoms of allergy.

Both my husband and I are allergic. My first child has allergic skin. I'm not expecting my second child. How likely is my new baby going to become allergic?
If all 3 of you have the same allergy (e.g. skin allergy), the risk of allergy in each new child developing the same allergy is about 70%. Lactobacillus GG given to pregnant mothers has been demonstrated to stimulate the immune system of the mother and the new baby away from becoming allergic during pregnancy and after birth, reducing the risk of allergy by 50%.

My greatest worry when I go on holiday with my family is that they may fall ill, especially catching diarrhoea and vomiting. How is something to help to keep them from falling sick when travelling?
When travelling, make sure you have some extra LactoGG with you. If you meet new germs so we can fall ill easily. LactoGG has been proven to have a beneficial effect on digestive health. These studies found 50% less diarrhoea and vomiting in those who took this good germ.

FAQs
Is LactoGG similar to yoghurt and yoghurt drinks?
No. LactoGG is a human PROBIOTIC. LactoGG drinks contain yoghurt starters which are not probiotics because they cannot colonise the human intestines.

Why is LactoGG packed in nitrogen-flushed double-aluminium blister packs?
A probiotic must be alive at the moment of consumption for it to colonise the intestines. LactoGG's special packaging keeps it moist and light to ensure maximum stability and keeps the probiotic in the blister packs alive for a few hours, not the other germs. It is the most suitable for the packaging for probiotics.

How can I take LactoGG and how safe is it?
Lactobacillus GG (ATCC 53103) has been extensively documented to be safe. It has been evaluated in humans ranging from extremely premature babies weighing 8 kg, pregnant and lactating ladies, to elderly individuals as old as 98 years old. LactoGG has been given to patients without any ill effects. Its safety is well-documented.

Can LactoGG be consumed long-term?
Yes, LactoGG can be consumed long-term basis. Taking LactoGG long term does not mean that this probiotic strain will “wash out” the other existing good bacteria from the body. In fact, introduction of LactoGG stimulates the growth of existing good bacteria as that the whole population of good bacteria increases in the presence of this probiotic!

Can LactoGG be consumed if there is cow milk allergy or lactose intolerance?
Yes. LactoGG does not contain cow milk protein, sugar or fructose.

After recovering from illness, can I or my children continue taking LactoGG?
Yes, continuing on LactoGG helps stimulate your immune system and build up your whole body. Each probiotic cannot just be taken one time or even two times. It is best to continue to take for a while so that the probiotic can work in your body and maintain the good balance of germs.

LACTOOGG BENEFITS
- Travellers
- Athletes
- Anyone taking antibiotics
- Anyone with poor intestinal health
- Anyone with diarrhoea and vomiting
- Children with poor appetite and weight
- Children with recurrent infections
- Expectant mothers who are nursing children
- Expectant mothers with an allergic background
- Expectant mothers going for Cesarean section

SUPPLEMENT AMOUNT
Adults take 1 capsule a day. Babies and children take 1/4 to 1 capsule a day. The capsule can be taken apart. Babies and young children may consume the LactoGG powder or capsule. The capsule can be added to room temperature food or milk. Consume LactoGG immediately after preparing it to ensure its safety. Continue LactoGG for at least another week after completing the course of antibiotics or after a diarrhoea event, to build back the good germs.

Doctors use LactoGG as a supplement (using good germs as part of treatment) as well as a long-term health supplement.

CHILDREN,LACTOOGG

LACTOOGG
LactoGG is Lactobacillus GG (ATCC 53103). LactoGG is the weight of evidence supporting probiotics. LactoGG is a probiotic. It is a good bacterium, which has been proven to promote health in humans. LactoGG is the world’s most researched and scientifically proven probiotic. It has a strain identity, which is “GG (ATCC 53103)”. This ATCC number is an identity number and guarantees its strain identity. It is now available in a variety of probiotic strains by the food industry. LactoGG backs by over 500 scientific papers and probiotics cultivated in laboratories worldwide. LactoGG is proven to contain 3 billion live bacteria per capsule at the moment of manufacture. LactoGG and CHILDREN, LACTOOGG