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What is Bacillus coagulans?

Bacillus coagulans is a lactic acid-producing bacterial species within the genus Bacillus. Bacillus coagulans is a Gram-positive rod (0.9 by 3.0 to 5.0 µm in size), catalase positive, spore forming, motile, and a facultative anaerobe.

Bacillus coagulans is found in two forms, the vegetative form which is a regular bacterial cell similar in structure to other probiotic bacteria and the spore form, a naturally dormant form which can withstand many conditions such as heat, pressure, and extreme acid or alkaline conditions, any of which may kill vegetative bacterial cells.Bacillus coagulans

Leading the pack of resilient probiotics is Ganeden Biotech's Ganeden**BC^{30}** (Bacillus coagulans GBI-30, 6086). The composition of Ganeden**BC^{30}** differentiates itself from other probiotics by its ability to survive manufacturing processes, shelf life, stomach acids and intestinal bile. This allows Ganeden**BC^{30}** to be incorporated into a variety of foods ranging from frozen yogurt and baked goods to hot cereals and confections and even coffee and tea.

Safety and Efficacy

It is important to note that all data relating to probiotic strains needs to be related directly to that strain and not simply the genus and or species. All data relating to Ganeden**BC^{30}** has been generated through millions of dollars of research with best of class researchers around the globe and all of that data has been published in peer-reviewed journals.

Safety

Certainly the critical first step in evaluating a food ingredient is reviewing the data that which demonstrates its safety. Ganeden**BC^{30}** has undergone extensive published safety testing and has even been proven safe when consumed at levels that far exceed standard food product inclusion levels (Endres 2009, Endres 2011). Ganeden**BC^{30}** has a GRAS (Generally

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KRAS status.

Digestive Benefits

Remarkably there are ten times as many microbial cells in your intestine as there are cells in your entire body, and those microbes play a role in a countless number of biological and chemical functions. Balance among the hundreds of species of bacteria in the gut is crucial to helping control pathogenic microbes that would cause a disease or hold potential pathogens under control. Dysbiosis occurs when the balance is disturbed and the concentrations of some commensal bacteria increase while others decrease.

Of course, for a probiotic to be effective, it must survive the transit through the stomach and reach the intestines alive, where it confers a benefit. Using a validated gut model, it was demonstrated that Ganeden**BC^{30}** survives to populate and germinate in the intestines (Honda 2011a). When consumed daily, Ganeden**BC^{30}** has been shown in multiple studies to have a supportive effect on the digestive system. GBI-30 has been shown to decrease abdominal pain and bloating (Hun 2009), reduce the number of daily bowel movements (Dolin 2009) as well as decrease postprandial gas and bloating (Kalman 2009).

Immune Benefits

Research on Ganeden**BC^{30}** has shown that it supports immune system health in a variety of ways. One study found that it positively affected the actions of immune cells while also producing a cascade of cytokines, which are chemical messengers that coordinate the immune response, when after subjects had taken a daily dose of Ganeden**BC^{30}** for 30 consecutive days.

In additional studies Ganeden**BC^{30}** has been shown to have an immunomodulation effect on immune tissues (Jensen et al., 2010. Benson et al., 2012. Nyangale et al., 2014a). Besides a direct effect on the immune components of the intestine it has been recently demonstrated that this probiotic encourages the growth and maintenance of normal commensal bacteria known to be anti-inflammatory and whose presence is often drastically decreased in Crohn's disease and other forms of IBD (Nyangale et al., 2014 . Sokol et al., 2008).

*Make sure Ganeden**BC^{30}** is in your product!*

Fill out the form to the right and we'll answer any questions you may have.

* First Name