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Heat-treated Lactobacillus

House

House Wellness Foods Corporation

L-137™
Heat-treated Lactobacillus

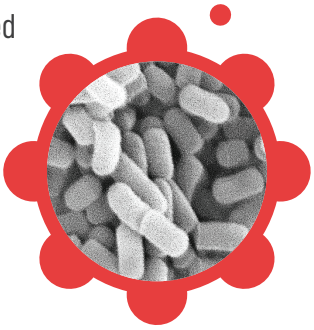
HK L-137 by House Wellness Foods

In the beginning, L-137 was isolated from Narezushi



Lactobacillus plantarum strain L-137 (the "HK" we added stands for "heat-killed — more on that later) was isolated from part of the ancient world's daily diet, a fermented dish called *narezushi*.

The full scope of its function in the body was yet to be learned, but it was clear to our researchers that the L-137 bacterium possessed a very unique ability to break down starch. We initially thought of its use for the natural fermentation and preservation of beverages and foods.



HK L-137

And what is Narezushi?

Southeast Asia's climate is warm, open sea is everywhere, and its residents eat a lot of fish. Before refrigeration they relied on fermentation to preserve their catch for the long term. Over time, preserved foods became more refined and delicious, and were even seen to offer other benefits to overall health. Narezushi, a preserved fish dish, evolved with refrigeration into what we know today as Japanese sushi, but it's still enjoyed in its original form in better Japanese restaurants worldwide.

Full-scale research on immunity began in the early 1990s



Throughout our early explorations into products that could support and improve the body's own innate immune functions we experienced intermittent success with various substances, but nothing came close to the efficacy of that one bacterium, L-137. When our clinical studies examined its immunostimulating power, as measured by IL-12 induction, there was just no comparison — it proved to far surpass everything we'd previously analyzed.

That research has since grown in every direction, and year after year clinical studies have proved that the immunomodulating potential we'd seen in L-137 is demonstrable and even more powerful than we'd imagined.

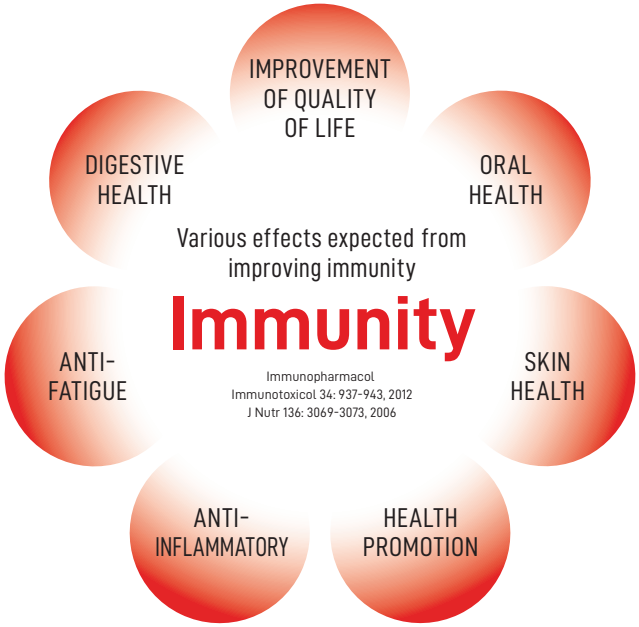
L-137™
Heat-treated Lactobacillus

As our early research identified a panoply of lactic acid bacteria promising nutritional benefits we numbered them in order. Many were worthy of study, but it was the 137th we encountered, the one predominant in that ancient "power food" narezushi, that had a characteristic others lacked, a powerful ability to break down starch. We determined it to be a bacterium belonging to the genus Lactobacillus and thus, Lactobacillus plantarum 137 — L-137.



WHY L-137?

Characteristics of heat-killed Lactobacillus plantarum strain L-137 (HK L-137)



1. Postbiotic bacterium — identified as immunobiotic because it **promotes immunity**.
2. **Effective at low volume**. All clinical studies use 10 mg of HK L-137 (small dosage).
3. Acid-stable, heat-stable, with a **long shelf life** (five years at room temperature).
4. **Enormous versatility**. Available in a wide variety of forms and applications: tablets • soft capsules • beverages • baked and processed goods • cereals... and more!
5. While a single microbial strain, **produces multiple, varied effects through enhancement of natural immunity**.