

**WARNING** Always consult your healthcare provider before using.

**STORAGE** Store tightly sealed in a cool place; refrigeration not necessary.

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.

Manufactured for:  
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## CHAMP PRO PLUS

CHAINED ALOE MUCOPOLYSACCHARIDES WITH  
PROBIOTICS PLUS BAOBAB PREBIOTIC



SUPPORT FOR A HEALTHIER MICROBIOME  
40 grams

**SUGGESTED DOSAGE** 1 scoop daily. Sensitive individuals should begin with ½ scoop daily 2 to 3 times per week, and build up to 1 scoop daily over time.

### Supplement Facts

Serving size: 500mg  
Servings per container: 80

Amount per serving	%DV
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A proprietary mix of Lactobacillus acidophilus and Bifido longum (10 billion CFU per gram), organic long and short-chained aloe mucopolysaccharides, and wild-crafted baobab powder. Free of dairy, soy and GMOs.	
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## NEW AND IMPROVED WITH MORE BAOBAB PREBIOTIC ADDED

- Baobab prebiotic generates butyrate—the preferred fuel of the colon cells to optimize intestinal motility, heal the mucosa and villi, and reduce "leaky gut"
- The Hadza in Africa eat this baobab powder and have a diverse and superior microbiome
- Lactobacillus acidophilus and Bifidus longum beneficial bacteria certified by ATCC Lab in Virginia
- Aloe for better cellular signaling and communication
- Order at [louisawilliamsnd.com](http://louisawilliamsnd.com)

**DR. LOUISA L. WILLIAMS**

# CHAMP PRO PLUS

## CHAMP = ALOE

The **CHAMP** in **CHAMP PRO PLUS** stands for the **CHAINED ALOE MUCOPOLYSACCHARIDES** derived from **aloe**, and the "**Pro**" indicates the two superior form of **probiotics** it contains, *Lactobacillus acidophilus* and *Bifidus longum*. The "**Plus**" stands for baobab powder—a rich prebiotic source of resistant starch and soluble, fermentable fiber that supports the growth of probiotic bacteria and energy-producing butyric acid in the gut. **CHAMP PRO PLUS** is unique in that it is the only probiotic that uses this non-allergenic and non-sugary baobab powder that has been proven for millennia as a superior prebiotic.

Aloe is a source of **acemannan**, a plant polysaccharide found in the inner leaf gel of this plant that has been shown in numerous research studies to reduce ulcerative colitis, Crohn's, irritable bowel syndrome, and other gut conditions. A further benefit of acemannan is that when it breaks down in the intestine to the monosaccharide **mannose**, glycosylation occurs which allows these mannose sugars to attach to proteins or lipids. This process results in **glycolipids** and **glycoproteins** that are needed to make up cell walls and are vital to intercellular communication. This more optimal and appropriate intercellular communication in the body can repair, and even potentially eliminate, the cellular miscommunication that underlies chronic autoimmune dysfunction and disease.

Modern research on aloe has thus proven what has been known since antiquity: That aloe is an astonishingly effective and healing herbal remedy for the gut. The only change in this new **CHAMP PRO PLUS** formula is that an even better source of aloe has replaced the former one that was used. This new source of aloe, still organic and non-GMO, is from the beautiful and pristine Hainan Island in the South China Sea.

## PRO = PROBIOTICS LACTOBACILLUS ACIDOPHILUS + BIFIDUS LONG

In addition to the acemannan and mannose constituents, high quality probiotic supplementation also helps regulate and optimize immune system functioning in the body through building a healthier microbiome (microbial gut environment). These probiotic strains have demonstrated the ability to neutralize dietary toxins and carcinogens by both lowering the pH of the colon and attaching tightly to the intestinal lining so that no disease-producing pathogens can gain a foothold. There these beneficial bacteria continue to compete against the overgrowth of infectious microorganisms such as *Staphylococcus aureus* and *Salmonella enterica*

(commonly trigger food poisoning), *Candida albicans* (cause bloating and yeast infections), *Helicobacter pylori* (overgrowth can lead to chronic gastritis and ulcers) and *Clostridium difficile* (can cause colitis and diarrhea). In addition, probiotics help support balanced blood sugar levels, can reduce obesity, synthesize vitamins A, B and K, increase the absorption of calcium, have been shown to decrease allergic symptoms, and can reduce anxiety and depression. More recent research has revealed that probiotics can even remediate environmental toxins and protect pregnant women against the absorption of mercury up to 36% and of arsenic by up to 78% (J. Bisanz, et al, mBio, Sept/Oct 2014).

The two probiotics, *Lactobacillus acidophilus* and *Bifidus longum*, which were in the original **CHAMP PRO**, are included in the new **CHAMP PRO PLUS** as well. It should be noted that in comparison to other probiotic supplements, these two bacterial species are the highest quality possible. Disturbing double-blind research studies have revealed that most probiotics are not only deficient in the bugs they claim to have on the label, but that many contain significant amounts of pathogenic bacteria as well. (S. Berman, D. Spicer. Safety and Reliability of *Lactobacillus* Supplements in Seattle, A Pilot Study. Internet Journal of Alternative Medicine, 2003, Volume 1, Number 2.) In contrast the *Lactobacillus acidophilus* and *Bifidus longum* in this formula are based on ATCC prototypical bacterial strains with confirmed molecular identity. The ATCC laboratory in Virginia is the largest repository in the world and the ultimate gold standard for probiotic bacteria. Molecular identity is based on 16sRNA sequencing and is confirmed with each batch to help ensure that only the highest quality and most functional microorganisms are included in each bottle.

### **PLUS = NEW BAOBAB PREBIOTIC**

Baobab prebiotic powder is the exciting newest addition to **CHAMP PRO PLUS**! "Prebiotic" is the term used for substances that support the implantation, growth and proliferation of probiotic bacteria such as *L. acidophilus* and *B. longum*. Baobab is classified as a "resistant starch." This means that it resists getting fully digested in the stomach and small intestine, and passes through relatively intact into the large intestine. There the bacteria digest it through fermentation and turn it into short-chain fatty acids (SCFA's). The most important SCFA is butyrate, which gives us energy and is the preferred fuel of the colon cells. Butyrate has been shown to help prevent inflammatory bowel disease, ulcerative colitis, and colon cancer.

The resistant starch found in the baobab fruit and the short chain fatty acids it yields have been shown in research studies to favorably change the composition of friendly versus pathogenic microorganisms in the gut, slow glucose absorption to help control blood sugar levels by reducing insulin resistance,

increase satiety and weight loss, reduce inflammatory allergic responses and improve immune system functioning (over 60% of the immune system is located in or around the digestive system). Several studies have demonstrated that this prebiotic fiber can additionally help support optimal cardiac functioning by reducing inflammation and blood pressure.

Baobab is exceptionally rich in nutrients including vitamin C (why it has a citrus-y flavor), thiamine, vitamin B6 and dietary fiber (75% of which is soluble). In fact, this "superfruit" has more vitamins and minerals than is typically found in oranges, bananas and even blackcurrants. Baobab contains as many as 18 minerals including calcium, magnesium, potassium and zinc—and a "virtual absence of heavy metals." (I. Baidoo, et al. "Major, minor and trace element analysis of baobab fruit and seed by instrumental neutron activation analysis technique," *Food and Nutrition Sciences*, 2013, Volume 4, 772-778.)

Baobab fruit has been eaten by traditional cultures all over the world for thousands of years as a daily food, and medicinally in greater amounts to reduce acute dysentery, as well as chronic diarrhea and constipation. It has also been recommended for pregnant and nursing mothers, and in some instances is included in baby food for infants. (A. Prentice, et al. The calcium and phosphorus intakes of rural Gambian women during pregnancy and lactation. *British Journal of Nutrition*, Volume 69, Number 3, 1993, 885-896.) The Hadza of Tanzania, often referred to as the "last true hunter-gatherers in the world," eat this baobab fiber daily. Recent studies have shown that the Hadza have an exceptionally healthy and diverse gut microbiome—far superior, in fact, to the US and European populations studied. (S. Schnorr, et al. "Gut microbiome of the Hadza hunter-gatherers," *Nature Communications*, 2014, Volume 5, Number 3654, 1-20.)

The baobab tree (*Adansonia Digitata* L.) grows plentifully in Africa and is often referred to as the "Ancient Tree of Life" since some of these trees have been reported to be up to 1000 years old. The fruit is unusual in that it is the only fruit in the world that dries out naturally while still on the branch of the tree. The benefit of this is that these dried fruit pods are easily harvested when they fall to the ground, which greatly reduces the amount of handling and processing of this natural supplement. In fact, the seeds only have to be mechanically separated from the pods, and the powder is then passed through a sieve to render a finely textured powder that mixes easily in water. Another benefit is that there are no baobab tree plantations; each tree is community-owned and wild-harvested. Thus, utilizing baobab powder supports rural communities and individuals—not big corporations.

For more information on **CHAMP PRO PLUS** please read the downloadable PDF or ebook, CASPERS Syndrome: A Naturopathic Doctor's Guide to Treating Chronic Autoimmune Stealth Pathogens Evolved from Resistant Bacterial Species, at [louisawilliamsnd.com](http://louisawilliamsnd.com).

## DOSAGE SUGGESTIONS

ADULTS – take 1 scoop (500 mg or ~ one-fourth of a teaspoon) mixed in a little water to dissolve, at least ten minutes away from meals (best first thing in the morning), daily or every other day. Sensitive or ill individuals may want to begin with a gentler dosage of less than 1 scoop, taken only one to three times a week initially, and then build up over time. Those with particularly chronic intestinal gas, discomfort and pain, constipation, or diarrhea often find that after the initial break-in gentle-dosing period, 2 scoops a day (1000 mg or ~ one-half of a teaspoon) can be more effective at reducing these symptoms.

INFANTS AND CHILDREN – 1 scoop taken approximately two times a week. If your child is ill and/or very sensitive, begin with less than one scoop one time only, and then closely monitor his/her symptoms (mood, energy and focus, bowel movements, etc.) in order to decide on the most appropriate future individualized dose. However, for an acute infection when stronger measures can be appropriate, a dosage of one scoop two times a day or more may be indicated as long as the child keeps improving. Then taper off by slowly reducing this acute dosage when symptoms begin to abate.