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La Presse

## **Listeriosis : have you consumed recalled products?**

Monique Lacroix, researcher at the INRS in Laval, conducted a study a few years ago on the efficacy of probiotics in the fight of pathogenic bacteria, of which Listeria. According to her, there is no doubt: "eating food that contains probiotics really fights pathogenic bacteria in the body". A vulnerable person (a young child, an elderly or someone weakened by an illness) who ate a contaminated product, will benefit by consuming probiotics for a better recovery.

"Not only should everyone consume probiotics, but an efficient one", says this researcher. The study of Monique Lacroix was made with the Bio-K+ CL1285® supplement (produced in Laval), which proved that its bacteria survived the acidity of the stomach to then lead the battle through the bowel. This is not the case with many products that claim to contain probiotics.

The researcher advises the consumers to be vigilant, and to consult the scientific information sheets, often available on the sites of the manufacturers, to assess the efficiency of a commercial product.