



BLOMMER CHOCOLATE COMPANY

HEALTH & WELLNESS

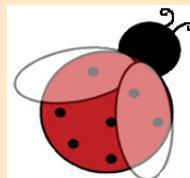
PROBIOTICS

Probiotic literally translates to “for life” and are a good type of bacteria that naturally resides in the intestinal tract that may confer positive health benefits for those that consume them. They keep the gut’s natural micro flora flourishing while impeding the growth of potential pathogenic bacteria such as E. Coli. Keeping the micro flora in balance is particularly important during times of stress, compromised immune systems and while taking antibiotics; probiotics may reduce the risk of gastrointestinal distress and diarrhea during these times. A further advantage for GI health is that probiotics can have positive effects on inflammatory bowel diseases such as Crohn’s. Probiotics have also been clinically tested to positively modulate immune functions. They have been clinically shown to reduce the risk of contracting disease as well as reducing the length of time with an illness; this is accomplished by increasing the activity of the body’s natural kill cells and by preventing pathogens from residing in the intestines.

A recent study has been released showing chocolate to be a superior carrier for probiotics over the typical dairy products. It is suggested that chocolate provides a stable anaerobic environment for the probiotics to move through the digestive track and deliver them to the intestines where they are needed. Chocolate is an exciting and improved way to deliver probiotics to the gut.

Because probiotics are bacteria, it is important to discuss its impact on plate count, which is a test we do for each lot of chocolate produced. The plate count tests for aerobic bacteria, which is an indicator of overall cleanliness in the plant. Probiotics are strict anaerobes, which means that they do not show up in a plate count. We did multiple blinded tests at three independent labs and the probiotics did not affect plate count or other standard tests. There are no cases of adverse health effects for bifidobacteria (the one we have been working with) and it is well tolerated even in people with compromised immune systems.

Blommer has partnered with Danisco to complete a 12 month shelf life study of Howaru Bifido probiotics in 4 different Blommer chocolates. Because the results were so encouraging, Blommer has decided to expand and repeat the trials in duplicate using a third-party lab. Upon the conclusion of the study, Blommer intends on releasing the results.



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