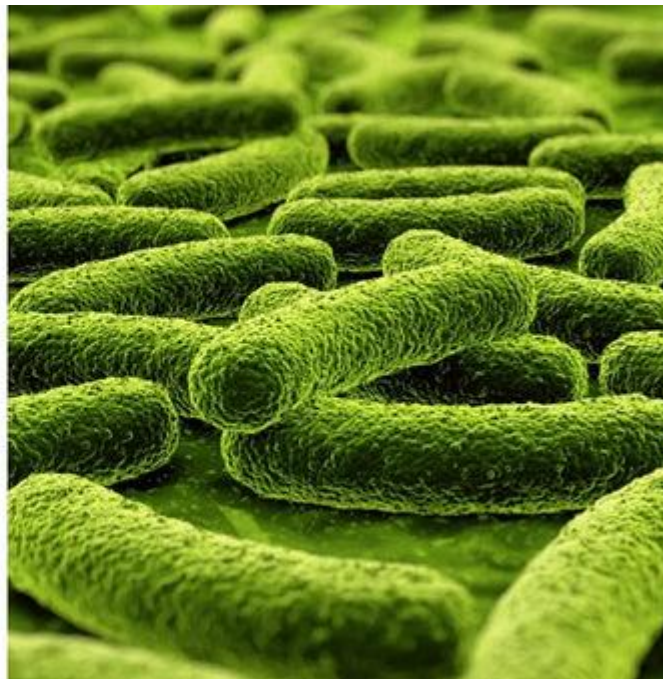


# Dr. Ohhira's Reg'Activ Formulas: Everything You Need to Know

by Carly Neubert, BA, NC on May 17, 2023



You may know [Dr. Ohhira's](#) because of their [whole-food probiotics](#). There is an additional line of probiotics that should not be overlooked. The Reg'Activ line includes 4 formulas and is short for "Active Regeneration." This probiotic line was named after the star probiotic strain *Lactobacillus fermentum* ME-3. It is a unique probiotic that makes and recycles glutathione. So, quite literally, this probiotic actively regenerates the master antioxidant in your body. Because this antioxidant is produced and reproduced over time, your body has higher levels of glutathione to work with. And who doesn't need more antioxidants in their body? From our stressful lifestyles to air pollution, and from poor diets to medications, we are all under a huge oxidative load that begs for abundant antioxidants.

	Reg'Activ Essential ME-3	Reg'Activ Cardio Wellness	Reg'Activ Detox and Liver Health	Reg'Activ Immune & Vitality
Lactobacillus fermentum ME-3	X	X	X	X
B vitamins		X		
CoQ 10		X		
NAC n-acetyl-cysteine		X		X
L-selenothione			X	
L-methionine			X	
Milk thistle			X	
L-carnitine				X
Vitamin C				X
Recommended for Metabolic concerns	X			
Recommended for heart health		X		
Recommended for detox and liver support			X	
Recommended for chronic illness				X

## Reg'Activ Essential ME-3

### What is ME-3 probiotic?

Lactobacillus fermentum ME-3 is the only ingredient in the flagship formula [Reg'Activ Essential ME-3](#). This unique strain was discovered in 1995. Dr. Marika Mikelsaar and her team were able to isolate it and have worked since to research the benefits that it provides.

### What is Lactobacillus fermentum ME-3 good for?

[Lactobacillus fermentum](#) is considered a lactic acid-producing bacteria and it is both an antioxidant and antimicrobial. In your body, it can increase antioxidant activity, and decrease bad (pathogenic) bacteria in your digestive system.

In one study, [patients with atopic dermatitis](#) showed improvement in blood and skin markers after taking Lactobacillus fermentum ME-3 in goat's milk yogurt. Another study found patients benefited from taking Lactobacillus fermentum ME-3 while treating an H.

pylori infection. ME-3 was also used in a [study alongside other probiotics](#) in suppressing E coli and Shigella infections. Lactobacillus fermentum ME-3 was used in combination with fluoroquinolone therapy to [eradicate Salmonella](#) infections in an animal study.

While most of us are not suffering from these serious infections, we can all benefit from ME-3's ability to recycle and increase our bodies glutathione levels. One study calls Lactobacillus fermentum ME-3 a "[complete probiotic system](#)" because it supports all forms of glutathione in synthesis, uptake and redox. You may recognize the word "glutathione" from my [other blog articles](#). [Glutathione](#) is the most important antioxidant that works to support your immune system response, the tissue in your cardiovascular system, and your overall liver function.

Lactobacillus ME-3 is also known for its antiatherogenic effects, which means it may [lower the risk of cardiovascular disease](#) (CVD) by reducing blood triglycerides (TG) and [reducing oxidative stress](#). This potent probiotic has also been shown to [improve glucose tolerance](#) and slow weight gain in diabetes. I recommend this probiotic to clients with Metabolic Syndrome, Non-alcoholic fatty liver, Diabetes, Syndrome X, insulin resistance, or prediabetes.

The suggested dosage for this formula is 1 capsule daily with a full glass of water, either with food or on an empty stomach.

## Reg'Activ Cardio Wellness

[This formula](#) pairs Lactobacillus fermentum ME-3 with B vitamins and Coenzyme Q10 to create a formula to address heart health.

The B vitamins in this formula include B5. Pantethine (B5) helps to maintain already healthy cholesterol levels. [A 2022 study](#) looked at the impact of B vitamins in preventing stroke. The decrease of [homocysteine](#) (an amino acid) can lead to stroke reduction. When levels of homocysteine are high, there can be an increased risk of damage to arteries and blood clot formation.

CoQ10 is a pivotal enzyme for heart health. This formula uses the fermented Kaneka ubiquinol which is recognized as the active and most usable form of CoQ10.

On top of the Lactobacillus fermentum ME-3 which aids in producing and recycling glutathione, [Reg'Activ Cardio Wellness](#) also contains N-acetyl-cysteine which is a building block for glutathione.

I recommend this formula for clients with heart disease or conditions.

The suggested dosage for this formula is 2 capsules daily, 30 minutes before a meal.

## Reg'Activ Detox & Liver Health

[Reg'Activ Detox & Liver Health](#) contains Lactobacillus fermentum ME-3 along with L-selenothionine, L-methionine, NAC, and Milk thistle extract.

[L-selenomethionine](#) is a form of selenium found in soybeans and Brazil nuts. Our bodies need this selenium form for thyroid function and to help with antioxidant functions. L-methionine also plays an important role in antioxidant functions in the body and N-acetylcysteine is a building block for glutathione. Milk thistle, with its liver super-nutrient silymarin, is included for conjugating and clearing toxins.

I recommend this formula to support clients with NAFLD (non-alcoholic fatty liver disease), Hepatitis, imbalanced hormones, or elevated liver enzymes.

The suggested dosage for this formula is 2 capsules daily, 30 minutes before a meal.

## Reg'Activ Immune & Vitality

Like the name suggests, [Reg'Activ Immune & Vitality](#) utilizes ingredients that can provide a boost to your immune system. In addition to Lactobacillus fermentum ME-3, L-Carnitine, B vitamins, and Vitamin C are included in this formula to support energy levels, immune health, and metabolism. I recommend this formula for general health or those recovering from chronic illnesses or long-haul covid.

The suggested dosage for this formula is 2 capsules daily, 30 minutes before a meal.

## FAQ

### **So... can I take my Reg'Activ product alongside a Dr. Ohhira's probiotic?**

Yes, you can! As these products have two distinct purposes, they can be used together or separately, depending on your health goals. [Dr. Ohhira's Essential Formulas](#) probiotics do not contain Lactobacillus fermentum ME-3. There are no overlapping probiotic strains in the Essential formulas and the Reg'Activ line. You can take a wholefood based Essential Formula and a [Reg'Activ formula](#).

### **Can I take glutathione and probiotic supplements together?**

Yes, you can take both supplements on the same day, but at different times. Glutathione and probiotics are best taken on a completely empty stomach. Glutathione and probiotic supplements are absorbed in the small intestines. I recommend you take them at different times so that they do not compete for absorption.

## Further Readings

Every day we are exposed to free radicals in our environment that can affect the way our bodies manage the effects on aging as well as other diseases like diabetes or heart disease. Being around cigarette smoke, toxic cleaners, and pollution exposes our bodies to increased free radicals. Your food choices, exercise, and hobbies can either cause or decrease oxidative stress (free radicals). Our jobs, as wise stewards of our bodies, are to avoid free radicals when we can and make up for free radical damage with diet, supplements, and lifestyle. This is important because it impacts how we balance free radicals and antioxidants

internally. Supplementation with antioxidants like glutathione can provide benefits, [according to a 2022 study](#). The Reg'Activ line of products can assist in the preservation of glutathione in your body so that antioxidant levels can remain at a high level to combat free radicals.

For a review on what glutathione can do for your body, check out this article [here](#).

## Concluding Thoughts

Glutathione is known by many to be the “Master Antioxidant.” Reg-Activ ME-3 probiotic strain is revolutionizing the way we look at antioxidants, probiotics, and optimal absorption. Through rigorous testing and continuing research, we are seeing new ways that we can address health concerns with targeted and natural solutions. If you’re interested in how Dr. Ohhira’s Reg’Activ product line can be an asset in your regime, [Schedule a consult with me, Carly Neubert BA, NC.](#)



*Carly Neubert*

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