



Probio Flora, a probiotic designed to support intestinal health, has been upgraded and is now reintroduced as “Magnus Probiotics.”

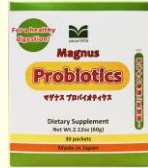
As we age, beneficial bacteria naturally decline and the balance of the intestinal environment can become more easily disrupted. This month, we are highlighting the important connection between the gut and the immune system. We invite you to incorporate Magnus Probiotics into your daily routine to help support a healthy intestinal environment. A well-balanced gut contributes to overall immune health and well-being.

June also includes Father’s Day, making it a perfect opportunity to support the fathers in your life with better gut health through Magnus Probiotics. “Magnus Probiotics” contains four types of probiotics, along with inulin, a prebiotic that nourishes beneficial gut bacteria. As a special offer this month, KERO GREEN—known for supporting regular bowel function—is included as a complimentary gift. We hope you take this opportunity to try it.

## MAGNUS PROBIOTICS

SRP\$45 /30 packets

Magnus Probiotics contains four types of highly studied probiotics suitable for people of all ages, along with other ingredients such as inulin, which serves as nourishment for beneficial bacteria. Because it comes in granule form and in yogurt flavor, it is easy and delicious for anyone to enjoy



The four types of beneficial bacteria included in “Probiotics” are:



### FEATURING

**Weizmannia Coagulans (Lacris -15®)** Advanced spore-forming probiotic technology, Designed for enhanced survivability

**Lactobacillus Paracasei K71** Japanese-researched lactic acid bacteria. Supports healthy skin from within

**Bifidobacterium Longum BR-108** A beneficial bacterium that primarily resides in the large intestine and is a naturally occurring resident of the gut. It plays a stable role within the intestines and helps improve bowel movements, suppress harmful bacteria, and maintain overall balance in the gut environment.

**Nano-type Lactic Acid Bacteria nEF®**

Nano-sized lactic acid bacteria are processed using advanced technology to enhance their absorption and stability, increasing the efficiency of uptake within the body.

## MAGNUS PROBIOTICS

Buy Magnus Probiotics and get 10 packets of Kero Green!



Buy 5 Magnus Probiotics and get 1 FREE PLUS 10 packets of Kero Green!



“Kerokko,” created by combining the best qualities of kale and broccoli, is not only delicious but also packed with even more nutrients than either vegetable alone. We carefully made this entire vegetable into a fine powder to preserve its natural goodness. It pairs exceptionally well with Probiotics, making it a perfect addition to your daily wellness routine. Enjoy this luxurious green drink with the rich, refreshing taste of a premium vegetable juice.

### KEROGREEN



Kero Green: SRP\$30 /32 packets

### The best way to take our Probiotics

Lactic acid bacteria found in foods such as yogurt are generally considered most effective when taken after meals. However, Magnus Probiotics contains a unique blend of lactic acid bacteria, bifidobacteria, nano-sized lactic acid bacteria, and spore-forming beneficial bacteria, so it can be enjoyed anytime, regardless of the time of day. If you are prone to constipation, we especially recommend taking it not only during the day but also in the evening, as the intestines undergo important repair and recovery processes during sleep. Most importantly, consistency is key. Please take it daily at a time that is easiest for you to remember and continue as part of your regular wellness routine.



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# The deep relationship between the gut and the immune system.



The intestines are not only organs for digesting and absorbing food. About 70% of the immune cells responsible for the immune system reside in the intestines (about 50% in the small intestine and about 20% in the large intestine). The reason immune cells are concentrated in the intestines is that, in addition to food, bacteria, viruses, and toxins from the mouth continuously enter the gut. If these harmful substances were absorbed as they are, it would cause serious problems. Therefore, many immune cells gather there to protect the body by blocking the invasion of pathogens. This is generally referred to as “gut immunity” or intestinal immune function.

## <Peyer’s patches>

In the walls of the small intestine and just beneath its mucous membrane, there are immune organs called “Peyer’s patches” (as shown in the diagram on the right). These contain many immune cells such as T cells and B cells, which gather to fight pathogens and cancer cells. In a sense, they function as a frontline base of the immune system.

## <Immune cells>

Helper T cells: immune “command center.”

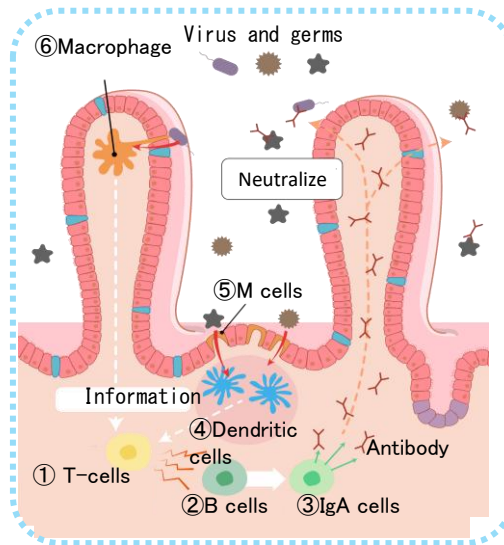
B cells: produce antibodies that neutralize viruses, toxins, and bacteria.

IgA: mucosal antibodies that block pathogens before they enter the body.

Dendritic cells: “scouts” that detect invaders and alert other immune cells.

M cells: “watchmen” that sample gut contents and relay foreign information. Macrophages: “clean-up” cells that engulf and destroy pathogens.

Flow: M cells detect → dendritic cells analyze → helper T cells command → B cells produce antibodies → macrophages eliminate invaders.



## <Intestinal Bacteria>



Beneficial bacteria (Good bacteria): Lactic acid bacteria, Bifidobacteria, butyric acid bacteria, etc. They improve the gut environment, positively influence immune cells, support overall health and immune balance, and help reduce inflammation.



Harmful bacteria (Bad bacteria): E. coli, Clostridium perfringens (Welch’s bacillus), etc. When they grow excessively, they worsen the intestinal environment and may contribute to disease and aging.



Opportunistic bacteria: These bacteria act in favor of whichever group—good or bad—is dominant in the gut environment.

The composition of gut bacteria changes daily depending on diet and lifestyle habits. It also varies significantly with age. Since intestinal (gut) immunity is strongly connected to gut bacteria, the relationship between immune cells and intestinal microbiota is very important. In fact, intestinal immune function cannot work properly without the presence of gut bacteria. Therefore, it is important to improve and maintain a healthy gut environment by reviewing dietary habits and, when appropriate, using supplements.



参考文献 : <https://bio-three.jp/contents/intestinal-flora-and-immunity>  
[https://sbimedic.tokyo/columns/column/lifestyle\\_habits/gut-immunity/](https://sbimedic.tokyo/columns/column/lifestyle_habits/gut-immunity/)  
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<https://brand.taisho.co.jp/contents/livita/559/>

## Age and the Microbiome

### Children (up to teens)

The gut microbiome is still developing, and the immune system is also immature. Bifidobacteria are “core bacteria” that are naturally abundant in children’s intestines. They are important for helping prevent and support allergic tendencies. This stage is mainly about building the foundation of gut and immune health. Supplements containing ingredients ② and ③ are recommended.



### Working age (20s–40s)

This age group is prone to disrupted gut health due to stress, irregular eating habits, and lack of sleep. Immunity also tends to decline more easily. Supplements containing ingredients ①, ②, and ③ are recommended.



### Perimenopause / Menopause (40–60s)

Hormonal changes can easily affect the gut, immune system, and metabolism. Bifidobacteria tend to decrease significantly during this stage, making constipation more common, along with lowered immunity and increased inflammation tendencies. Supplements containing ingredients ①, ②, ③, and ④ are recommended. Ingredient ③ is especially important.



### Seniors (60+)

Bifidobacteria in the gut decrease significantly. Gut microbial diversity declines, leading to more constipation, gas, and indigestion, and immune function also tends to weaken. Supplements containing ingredients ①, ②, ③, and ④ are recommended. Ingredient ③ is the most important.



- ① Weizmannia conagulans Lacris -15
- ② Lactobacillus paracasei K71
- ③ Bifidobacterium longum BR-108
- ④ Nano-type Lactic Acid bacteria nEF®

## MAGNUS

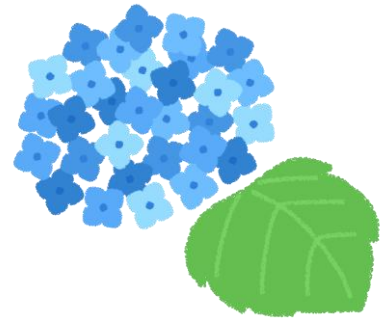
Probiotics: SRP\$45 /30 packets

Magnus probiotics contain four types of lactic acid bacteria and bifidobacteria needed at all ages, along with nano-sized lactic acid bacteria for easier absorption and dietary fiber that serves as food for beneficial gut bacteria. It comes in an easy-to-take yogurt flavor. Take one packet daily to support your everyday gut health.





## Message from Mr. Torii



When I think of June, I tend to associate it with Japan's humid rainy season, so it doesn't leave a very pleasant impression on me.

But when I wondered if there was anything good about June, I thought of the "June Bride."

I also looked into why so many people get married in June.

There is a European saying:

"A bride who marries in June will be happy for life."

It is said that the goddess Juno watches over and protects them.

Perhaps that is why weddings are so common around the world in June because of this tradition.

But these days, with the divorce rate being so high, I wonder — is it Lady Juno's fault, or is it that people simply lack patience?

This may be a bit of a side note, but when I feel anger, I try looking at my face in the mirror, or lately, I calm myself by taking several deep breaths.

If anger and pain are left unresolved and ignored, they only increase stress.

Stress is one of the greatest enemies of good health, because it can lead to illness.

When you feel stressed, look in the mirror.

And smile!

Furthermore, if we have compassion and consideration for others, our feelings should soften.

I believe that people who are kind to others and to nature are truly cultured and refined people.

When you look at the world these days, don't you think it is sad that so many people only care about themselves and the present moment, as long as they alone are satisfied?

Next month, I will turn 90 years old.

I am truly grateful that I have been able to live such a long and healthy life.

From now on as well, I intend to live each day with gratitude.

What each person feels grateful for may differ, but that is perfectly fine.

What matters is simply being able to feel gratitude.

I believe that the reason I have remained healthy and lived so long is because, without overthinking it, I genuinely feel this way.

It may sound like self-praise, but I am convinced that health supplements have contributed to my well-being.

Among them, I believe the shiitake mushroom mycelium product "Fukken" has especially helped me.

I am also grateful for the good fortune of obtaining the rights to cultivate and commercialize this shiitake mushroom mycelium product.

Shiitake mushroom mycelium helps provide the body with resistance so that illness may be avoided.

Avoiding illness depends on whether the body has sufficient resistance and vitality.

Some of you may think that I am promoting "Fukken" again, but even if you feel skeptical, I encourage you to give it a try.

I believe that my health is thanks to everyone who has supported over the years, as well as to Fukken.

At present, 35 patients challenging various health conditions are participating in tests involving shiitake mushroom mycelium.

I will share the results with everyone in three months.

I sincerely hope the results will be positive.

I am grateful for the kindness and cooperation of the chairman of Magnus Hospital in Korea who is a long time friend.

Natural disasters and illness come when we least expect them.

Health is ultimately influenced by our daily lifestyle habits.

Once illness develops, it may already be too late.

Let us all strive each day to improve our diet, exercise, and sleep.

Lastly, never underestimate the importance of a healthy gut.

I make it a habit to maintain regular bowel movements and to pay attention to signs such as stool color and odor, as they can reflect overall intestinal health.

Since a large portion of the body's immune cells reside in the intestines, keeping the gut healthy may help the body recover more quickly even during times of physical stress or fatigue.

Our newly upgraded "Magnus Probiotics" was specially developed with a focus on supporting intestinal immunity and overall gut balance.

We invite you to experience the benefits for yourself and support your health from within.

Please stay well and cheerful until next time!



**MAGNUS ENTERPRISES, INC.**

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## FIRST CLASS MAIL



### June Recipe

#### BEETS AND ONION SALAD INGREDIENTS

- 2 lbs small beets
- 2 large onions (thinly sliced )
- 2 garlic cloves (minced )
- salt and pepper (to taste )
- 1/2 cup olive oil
- ½ cup red wine vinegar
- Crumbled Feta cheese if desired



#### DIRECTIONS

- Trim stems from beets leaving 1/4 inch stem attached.
- Place beets in pan with enough water to cover.
- Boil , cover, reduce heat and simmer until tender about 25 minutes.(I have used whole canned beets and sliced them, works well.).
- Drain and cool. peel and slice in 1/4 inch slices.
- Arrange beets on a platter.
- Top with onions and sprinkle with garlic.
- Sprinkle with salt and pepper.
- Mix vinegar and oil and pour over beets.
- Add crumbled Feta cheese to taste. Refrigerate until well chilled.

### «From our Friends»

■ “Recently I’ve been hearing the term ‘gut immunity’ a lot, and I learned that the intestines play an important role in immunity. I wasn’t sure what I should take, but Magnus products seemed right for me, so I started taking them right away. They taste good even by themselves, so it’s easy to continue. My constipation has improved, and I feel like my skin looks better too. I used to eat yogurt every morning, but Magnus Probio Flora is simpler and more convenient, which really helps.”

— M. Kashiwada, 31

■ “I learned through Magnus News how important gut health is, and since then I’ve been taking Probio Flora continuously. I used to experience frequent bloating and gas, but that has improved, and I really like the product. Since my diet tends to be unbalanced, I always make sure to take both Royal Green Silk and Probiotics.”

— J. Kim, 68

■ “What I like most about Probio Flora is the taste. It’s very easy to take and delicious even without water. I have a 5-year-old son who dislikes vegetables and used to catch colds easily. We tried many children’s supplements, but he refused them because he didn’t like the taste. However, he says Probio Flora tastes good and eats it every day. Since then, he hardly catches colds anymore, so I think his gut immunity has improved.”

— S. Aoki, 38

\* Please note Probio Flora is now reintroduced as “Magnus Probiotics”

