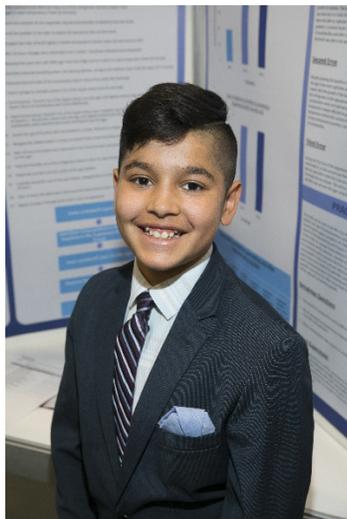


# CWSF 2017 - Regina, Saskatchewan



## Eshan Rasul

### Vitamins: Friend or Foe of Your Gut

**Challenge:** Health

**Category:** Junior

**Region:** Peel

**City:** Mississauga, ON

**School:** Mentor College

**Abstract:** The purpose of my project was to determine whether or not the vitamin supplements of Cholecalciferol and Ascorbic Acid help the Probiotic bacteria Lactobacillus Acidophilus withstand the effects of Penicillin, since Penicillin is proven to kill and inhibit this bacteria. I also wanted to find if vitamins actually help probiotics withstand the effects of antibiotics.

#### Biography

I'm 12 years old. I love to play tennis, ski and do science and math. When I grow up I want to be a medical researcher and try to help find a cure for colon cancer. I have won several swimming and tennis competitions. I won the Regional science fair with the second best overall score. I have been presented with numerous Academic awards at school. The inspiration for my project came from my desire to constantly learn more about the human body specifically about how probiotics and vitamins help the immune system. I was further inspired by the work my dad does in the large intestinal tract. For further investigations I would like to contact a medical researcher or mentor to help me to take my project to the next level and test my experiment in the stimulation of a human intestinal tract. Some advice that I have for students thinking about doing a project is that they should never give up no matter what obstacles they come across when running the experiments, because this how one learns the scientific method. A successful project is very rewarding and worth all the hard work that goes into it.

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 000