ProSynbiotic

A Synergistic Blend of Proprietary Probiotic Strains and Prebiotic Fibers to Support Gut Flora and Overall Intestinal Health

Fermented food as a part of human diet isn't new. Some of these products date back 5,000 years. But despite their long presence on our menu, we're just beginning to understand the role they and the helpful bacteria in them play in human health. We know gut bacteria can significantly impact how the body works, and how we process nutrients. Our "good" bacteria have a mutually beneficial relationship with us: they get food and shelter, and we get a complex array of services ranging from vitamin synthesis to immune system modulation.

The bacteria in ProSynbiotic are designed to help maintain a healthy, balanced gut environment. The *Lactobacillus*, *Bifidobacterium*, and yeast inhabit different environments within the gastrointestinal tract, and together are designed as a comprehensive solution for balancing this diverse ecosystem. To maintain these populations and support our native colonies, ProSynbiotic provides inulin and galactooligosaccharides (GOS), prebiotic fibers that are indigestible to us but are used by our good bacteria for food.

This blend provides the basis for maintaining a healthy gut, so it is especially useful when gut microbes are challenged by internal or external factors. People who travel, take some prescription medications, need digestive support, are under stress, or who do not eat fermented foods regularly may find ProSynbiotic useful in maintaining a healthy, balanced gut microbiome.†

Clinically documented strains that work synergistically with prebiotic fibers

- ***Lactobacillus acidophilus* (LA-5®)**—*Lactobacillus* bacteria, in general, are found in the small intestine and have a long history of use in the fermentation of dairy products, meats, and vegetables. They produce compounds our body can use (like short chain fatty acids) and acidify their environment, making it more hospitable for them and less welcoming for other bacteria. In addition to acid production the LA-5 strain has been evaluated for its ability to interfere with the communication between other types of bacteria, thus promoting a healthy balance of microbes. The LA-5 strain was also among several other *Lactobacilli* that improved outcomes in constipated subjects, as well as those with lactose intolerance.†
- ***Lactobacillus paracasei* ssp. *paracasei* (L. casei 431®)**—This strain of lactic-acid-producing bacteria adheres to the intestinal tract and tolerates bile, important characteristics necessary to support the natural gut environment. This strain has been studied in humans and mice for its ability to support the gut during challenges, and for its ability to help maintain the body's natural immune response.†
- ***Bifidobacterium lactis* (BB-12®)**—*Bifidobacteria* are normally found in the colon, acidify their environment, and are very tolerant of both acidic conditions and environments that contain bile. *Bifidobacteria* use a range of carbohydrates for energy (including GOS) that provide a significant competitive advantage. *Bifidobacteria* don't produce gas and they can make a variety of water soluble vitamins. *Bifidobacteria* represent between 3% and 6% of the native microflora and vary depending on lifestyle (diet /exercise) and age. The numbers of this microbe tend to decline with age. Oral *Bifidobacteria* have been shown to temporarily colonize the gut, competing with other bacteria to effectively support the natural bacterial balance.†

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Introduced in 2010

GF

Content:
90 capsules

Suggested Use: Three capsules per day, or as directed.

Supplement Facts:
Serving Size: 3 capsules
Servings per Container: 30

	Amount per Serving	%DV
Calories	8	
Total Carbohydrate	1.8 g	<1%*
Probiotic Blend *S. boulardii, L. paracasei,* L.casei 431®, *L. acidophilus* LA-5®, and *Bifidobacterium,* BB-12® *(4 billion cfu).*	280 mg	
Inulin	1 g	
Galactooligosaccharide (GOS) (milk)	100 mg	

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

Other ingredients: Maltodextrin, gelatin, water, colors, calcium stearate, and sorbitan monostearate.

Special Information: *Store in a cool, dry place. Although research varies, our strains seem to work best when taken after a meal.*

Sold through health care professionals.

Whole Food Philosophy
Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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ProSynbiotic

- ***Saccharomyces cerevisiae* var. *boulardii*—**A yeast isolated from fruit skins. Historically, this microbe was used by indigenous people in Cambodia, Laos, and Vietnam to support normal stool consistency. In the gut, this yeast supports the growth of some bacteria and inhibits others through competition and environmental modification of the gut.†
- **Inulin—**A soluble, nondigestible fiber found naturally in many plants. In this product, inulin is derived from chicory root. Inulin is a complex carbohydrate which can be digested by certain microorganisms providing them with energy. Inulin also supports the absorption of calcium and magnesium.†
- **Galactooligosaccharide (GOS)—**A nondigestible carbohydrate used by certain bacteria as food. Research suggests that GOS is a preferred substrate for BB-12, and in mice, GOS supplementation supported the active proteins and cells in the gut mucosa, and increased the amount of short chain fatty acid and lactate in the gut.†

How ProSynbiotic Keeps You Healthy

The normal human ecosystem contains over 400 bacterial species, and can be affected by things like age, diet, genes, lifestyle, gender, and where we live. It is well accepted that gut bacteria significantly affect how the body works and how we process nutrients. So when the gut microbiome is unbalanced, it can lead to less than optimal health.

The probiotic strains in ProSynbiotic are designed to make the gut a more hospitable place for our distinctive gut communities. These supplemental microbes are transient helpers, helping to promote a more amenable environment for "good" bacteria so our own mix of microorganisms can support us. ProSynbiotic:

- Supports gut flora
- Maintains a healthy gut environment
- Supports normal bowel regularity and consistency
- Improves nutrient digestion/absorption
- Supports the body's natural immune response
- Contributes to absorption of calcium and magnesium

The prebiotic fibers are included to help the supplemental bacteria reach their preferred destination, as well as support our resident microbes.†

What Makes ProSynbiotic Unique

Product Attributes

- Complex synbiotic product with a combination of probiotic strains and prebiotic fibers (called a synbiotic) is designed to leverage the synergistic effect of these ingredients and give them a better chance to get where they need to go in the gut
- Research-validated health benefits for proprietary probiotic strains
- Combination of prebiotic fibers for the use of diverse probiotic microbes

Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. *See the supplement facts for ProSynbiotic.*

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