NutriDyn™

Probiotic Complete

Comprehensive Probiotic Blend for a Healthy Gut Microbiome♦

Probiotic Complete is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).♦ Contemporary clinical research demonstrates the proclivity of probiotics and healthy gut flora to support a healthy human gastrointestinal (GI) tract.♦ Moreover, research reveals that probiotics can support the immune system, promote healthy hormone functions, and even support healthy body mass.♦[1,2,3]

Probiotic Complete is gluten-free, dairy free, non-GMO, vegetarian-friendly, and manufactured with 22 billion viable cells per serving. Read on to learn more about how the probiotics in Probiotic Complete work and their benefits.

How Probiotic Complete Works

Research continues to demonstrate the emerging importance of probiotics and a healthy gut microbiome for promoting a healthy gastrointestinal tract and supporting healthy nutrition.[4] Moreover, probiotics promote healthy gut cell membrane and function by supporting the immune system and enhancing nutrient absorption from food.♦[5,6] These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.♦[7]

To promote gut health and overall wellness, Probiotic Complete contains 22 billion colony-forming units (CFU) of a potent seven-strain blend of probiotics per serving.♦

Lactobacillus acidophilus & Lactobacillus rhamnosus

L. acidophilus is a beneficial lactic acid bacteria often used to treat lactose intolerance and general gut microbe imbalances; it is also necessary for synthesizing vitamin B9 (folate) within the body.♦[8]

Similar to *L. acidophilus*, *L. rhamnosus* helps promote digestion of lactose by producing the lactase enzyme, as well as folate and vitamin B12—two vitamins that are key for healthy nervous system function.♦[9]

Bifidobacterium lactis & Bifidobacterium bifidum

B. lactis is a bacterium that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).[10] Like Lactobacilli, Bifidobacteria aid in the digestion of lactose and are critical for producing B vitamins, which serve a myriad of vital roles in the body.[11]

In addition to vitamin synthesis, *B. bifidum* is widely used to normalize gut bacteria function.♦ It has been shown to significantly promote a healthy digestive system and stool consistency.♦[12] *B. bifidum* has a range of enzymes that help digest many different oligosaccharides (small-chain sugars), which in turn allows the body to break down otherwise indigestible nutrients.

Lactobacillus plantarum

L. plantarum promotes a healthy gastrointestinal tract environment and proper mineral absorption.♦ A well-controlled study in 24 healthy women showed that *L. plantarum* supplementation increased iron absorption by 80% when consumed with a meal containing high amounts of phytic acid (a compound that hinders iron absorption).[13] It is surmised this effect is due to *L. plantarum* exposing iron molecules to the intestinal lining for an extended duration and therefore promoting intestinal absorption.♦

Other clinically significant findings suggest *L. plantarum* can help support healthy immune function.[14]

Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Lactobacillus paracasei UAL-pc-04™††	5.926 Billion CFU†	*
Bifidobacterium lactis UABla-12™††	5.185 Billion CFU†	*
Lactobacillus acidophilus UALa-01™††	4.444 Billion CFU†	*
Lactobacillus plantarum UALp-05™††	2.963 Billion CFU†	*
Saccharomyces boulardii DBVPG®†††	2 Billion CFU†	*
Bifidobacterium bifidum UABb-10™††	0.741 Billion CFU†	*
Lactobacillus rhamnosus UALr-06™††	0.741 Billion CFU†	*

Other Ingredients:

Microcrystalline cellulose, digestive resistant capsule (hypromellose, gellan gum), vegetable magnesium stearate.

† At time of manufacture.

†† These trademarks are the property of UAS Labs.

††† DBVPG® is a registered trademark material of Gnosis S.p.A

Directions:

Take one capsule daily or as directed by your healthcare practitioner.

***Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

GLUTEN-FREE DAIRY-FREE VEGETARIAN

GMO NON-GMO

cGMP PRODUCED IN A cGMP FACILITY

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

For more information, visit: ***www.nutridyn.com***

***Lactobacillus paracase*i**

L. paracasei is an integral bacterium in human flora and is particularly important for digesting oligosaccharides and supporting immune function.♦[15,16]

Saccharomyces boulardii

Saccharomyces boulardii is a nonpathogenic yeast strain. A contemporary meta-analysis contends that *Saccharomyces boulardii* supports gastrointestinal integrity by promoting healthy inflammatory responses in the intestines and colon of humans.♦[17]

Probiotic Complete Supplementation

Probiotic Complete contains some of the most embraced microbial strains for human wellness, with clinical evidence suggesting these beneficial probiotics may:

- Support a healthy gut microbiome♦
- Support a healthy inflammatory response♦
- Support immune function♦
- Support digestive function♦

References:

1. Turnbaugh, P. J., & Gordon, J. I. (2009). The core gut microbiome, energy balance and obesity. *The Journal of physiology, 587*(17), 4153-4158.

2. Evans, J. M., Morris, L. S., & Marchesi, J. R. (2013). The gut microbiome: the role of a virtual organ in the endocrinology of the host. *Journal of Endocrinology, 218*(3), R37-R47.

3. Kau, A. L., Ahern, P. P., Griffin, N. W., Goodman, A. L., & Gordon, J. I. (2011). Human nutrition, the gut microbiome and the immune system. *Nature, 474*(7351), 327-336.

4. Fijan, S. (2014). Microorganisms with claimed probiotic properties: an overview of recent literature. *International journal of environmental research and public health, 11*(5), 4745-4767.

5. Fooks, L. J., & Gibson, G. R. (2002). Probiotics as modulators of the gut flora. *British Journal of Nutrition, 88*(S1), s39-s49.

6. Gareau, M. G., Sherman, P. M., & Walker, W. A. (2010). Probiotics and the gut microbiota in intestinal health and disease. *Nature Reviews Gastroenterology and Hepatology, 7*(9), 503-514.

7. O'mahony, S. M., Clarke, G., Borre, Y. E., Dinan, T. G., & Cryan, J. F. (2015). Serotonin, tryptophan metabolism and the brain-gut-microbiome axis. *Behavioural brain research*, 277, 32-48.

8. Rossi, M., Amaretti, A., & Raimondi, S. (2011). Folate production by probiotic bacteria. *Nutrients, 3*(1), 118-134.

9. Malcolm W. Hickey, Alan J. Hillier, G. Richard Jago (1986)..Transport and Metabolism of Lactose, Glucose, and Galactose in Homofermentative Lactobacilli. *Appl Environ Microbiol.; 51*(4): 825–831.

10. Hyronimus, B., Le Marrec, C., Sassi, A. H., & Deschamps, A. (2000). Acid and bile tolerance of spore-forming lactic acid bacteria. *International journal of food microbiology, 61*(2), 193-197.

11. Karina Pokusaeva, Gerald F. Fitzgerald,Douwe van Sinderen (2011). Carbohydrate metabolism in Bifidobacteria. *Genes Nutr.; 6*(3): 285–306.

12. Whorwell, P. J., Altringer, L., Morel, J., Bond, Y., Charbonneau, D., O'mahony, L., ... & Quigley, E. M. (2006). Efficacy of an encapsulated probiotic Bifidobacterium bifidum 35624 in women with irritable bowel syndrome. *The American journal of gastroenterology, 101*(7), 1581-1590.

13. Bering S. et al., (2006), 'A lactic acid-fermented oat gruel increases non-haem iron absorption from a phytate-rich meal in healthy women of childbearing age'. *British Journal of Nutrition*, 96:80-85.

14. Cunningham-Rundles S. et al., (2000), 'Probiotics and immune response'. *Am J Gastroenterol*., 95:S22-25.

15. Makras, L., Van Acker, G., & De Vuyst, L. (2005). Lactobacillus paracasei subsp. paracasei 8700: 2 degrades inulin-type fructans exhibiting different degrees of polymerization. *Applied and environmental microbiology, 71*(11), 6531-6537.

16. Smokvina, T., Wels, M., Polka, J., Chervaux, C., Brisse, S., Boekhorst, J., ... & Siezen, R. J. (2013). Lactobacillus paracasei comparative genomics: towards species pan-genome definition and exploitation of diversity. *PLoS One, 8*(7), e68731.

17. McFarland, L. V. (2010). Systematic review and meta-analysis of Saccharomyces boulardii in adult patients. *World journal of gastroenterology: WJG, 16*(18), 2202.