# Microbiome 80B

Source of Probiotics. Helps support intestinal/gastrointestinal health. Could promote a favorable gut flora.

#### What is Microbiome 80B?

Microbiome 80B is a high potency probiotic formula that is an evolution of our foundational probiotic, Nutridophilus Essentials. We've increased the dose of Lactobacillus plantarum and added Bifidobacterium lactis, which have both been shown to be supportive in IBS, particularly in constipation. Bifidobacterium are particularly important for healthy digestion because they are involved in properly digesting fiber and other complex carbohydrates, which is why Bifidobacterium longum, Bifidobacterium breve, Bifidobacterium infantis and Bifidobacterium bifidum were also added.

## Why take Microbiome 80B?

These species of microscopic organisms are naturally found in the human digestive tract. Friendly microorganisms are essential in helping to maintain the body's delicate microbial balance. A healthy colon naturally contains billions of bacteria, a combination of beneficial and detrimental microbes. Ideally, the majority of these bacteria or flora, should be of the health-promoting kind. Beneficial bacteria help prevent overgrowth of potentially disease-producing microbes, such as candida (yeast), E. coli, and various parasites which may enter the gastrointestinal tract.

## Who benefits from taking Microbiome 80B?

Taking broad spectrum antibiotics, hormones, cortisone and other prescription medications destroys friendly bacteria, leaving more opportunity for pathogenic bacteria, yeasts, and parasites to flourish. Individuals who experience constipation, diarrhea, gas, bloating, or chronic yeast infections can significantly benefit from Microbiome 80B.

## Free from Common Allergens

Microbiome 80B is free of wheat, gluten, crustaceans, eggs, fish, peanuts, nuts, soybeans, milk, celery, mustard, sesame, sulphur dioxide & sulphites, lupin and mollusks, making it a safe choice for those with sensitivities to these substances and for those without the capacity to digest and assimilate them.

#### NPN# 80095680

#### **Dairy and Gluten Free**

#### Each Capsule Contains:

80 billion CFU of 9-strain probiotic Lactobacillus plantarum 28.5 billion CFU

Bifidobacterium lactis 28.5 billion CFU

Bifidobacterium longum 2.3 billion CFU

Lactobacillus rhamnosus 4.6 billion CFU

Latobacillus casei 4.6 billion

CFU

Bifidobacterium Breve 4.6 billion

CFU

Bifidobacterium infantis 2.3

billion CFU

Bifidobacterium bifidum 2.3 billion

CFU

Lactobacillus Helveticus 2.3 billion

**CFU** 

Non-medicinal ingredients: Rice maltodextrin

**Directions:** Adults: take 1-2 capsules per day or as directed by your healthcare provider. If you are on antibiotics or antifungals, take at least 2-3 hours before or after. **Adult use only.** 

#### **Key Applications**

Source of Probiotics

Digestive Support Promoting Healthy Gut

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**Selected References:** Chapman, CMC et al. (2011) Health benefits of probiotics: are mixtures more effective than single strains? Eur J

Nutr 50(1): 1-17.

Gill, HS, Fuarner, F (2004) Probiotics and human health: a clinical perspective. 80(947): 516-26.

