AbsoBiome

Clinical Applications

- Supports a healthy GI microbial balance*
- Supports immune health in the GI tract*
- Supports gut health *

AbsoBiome *is a targeted blend of nutrients and botanicals with a long history of use for supporting a healthy microbial balance within the gastrointestinal (GI) tract. * This proprietary blend of botanicals includes Tribulus extract, berberine, bearberry extract, black walnut powder, barberry extract, artemisinin, along with magnesium and caprylic acid from magnesium caprylate. Research shows that the bioactive constituents in these botanicals possess properties that may help promote a healthy balance of normal gut flora. **

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Tribulus Extract (Tribulus terrestris) is an annual shrub native to warm, subtropical, and desert climates such as Southern Europe, Southern Asia, and the Middle East. It has been used medicinally in traditional Chinese and Indian medicines for centuries.[1] It contains many bioactive compounds including saponins and alkaloids that may have health-promoting properties, such as the support of GI microbial balance.*[1] Tribulus has been shown to exhibit antibacterial activity against several types of pathogenic bacteria and yeast, including Enterococcus faecalis, Staphylococcus aureus, Escherichia coli, Candida albicans, Salmonella typhimurium, Proteus vulgaris, Corynebacteria diphtheria, and Pseudomonas aeruginosa.[1-6]

Berberine Sulfate (Berberis aristata) and Barberry Extract (Berberis spp.) Berberine is a bitter-tasting, yellow plant alkaloid found in the roots, rhizomes, and stem bark of various plants, including Oregon grape, barberry, and goldenseal. Berberine has been shown to have antimicrobial, antiviral, and anti-parasitic properties, including properties against potential pathogens in the GI microbiome.[7-13] It has been shown to inhibit the growth of Giardia lamblia, Vibrio cholera, and Entamoeba histolytica.[8,9] Studies have also demonstrated its potential to inhibit yeast and several species of bacteria, including C. albicans, S. aureus, E. coli, and P. aeruginosa.[10]

A systematic review and meta-analysis reviewed 13 randomized controlled trials that added berberine in doses ranging from 120 mg to 500 mg to standard triple therapy treatment for 1 to 2 weeks for Helicobacter pylori eradication. The researchers found that the addition of berberine significantly improved H. pylori eradication rates. It also increased the healing rate of peptic ulcers, supported the relief of clinical symptoms, and reduced the incidence of adverse events compared to standard therapy.[7] Studies have also demonstrated the potential for berberine to be effective against Clostridium difficile, including as an adjunct therapy alongside vancomycin, helping to prevent a relapsed infection of C. difficile.[14,15] Berberine may support GI health by strengthening intestinal tight junctions and reducing gut permeability, an effect observed in human intestinal epithelial cells in vitro.[16]

Artemisinin (Artemisia annua; Sweet Wormwood is derived from the inner bark of the Artemisia annua tree. Its common name was dubbed “wormwood,” owing to its noted ability to kill parasitic worms. This compound has long been used as an antimalarial.[17] It contains many bioactive compounds that may promote health and support a healthy microbial balance, including flavonoids, eriodyctiol, luteolin, and quercetin.[18] Studies have demonstrated its efficacy against parasites that induce GI symptoms and various pathogenic bacteria and fungi, including S. aureus, Staphylococcus epidermidis, E. faecalis, Enterobacter cloacae, E. coli, S. typhimurium, and C. albicans.[18,19] It has also been shown to be effective against a range of viruses, including human cytomegalovirus, Epstein-Barr virus, herpes simplex type 1, and hepatitis B and C.[20-22] Artemisinin also supports antioxidant status and immune function.[18]

Black Walnut Extract (Juglans nigra) has a long history of use as an intestinal antiparasitic (vermifuge, anthelmintic) in botanical medicine. It also possesses activity against common bacterial and fungal pathogens that occur in GI dysbiosis. There have been at least six distinct bioactive compounds with antibacterial effects identified in black walnuts, some of which are also antiviral, antifungal, and antiparasitic/antiprotozoal.[23,24] These include glansreginin A, azelaic acid, quercetin, and eriodictylol-7-O-glucoside.[23] Black walnut extract is effective against S. aureus.[23] Black walnut extract also has potent anti-inflammatory effects and was shown to inhibit the secretion of several inflammatory cytokines in cultured human promonocytes.[25]

Bearberry Extract (Arctostaphylos uva-ursi) grows in subarctic northern climates in Asia, North America, and Europe, and its medicinal use dates to the 13th century. Uva-ursi contains a compound called arbutoside, which is converted in the gut and liver to hydroquinone. Hydroquinone has antiseptic effects on the GI and urinary tracts.[26,27] Uva-ursi has been shown to have antibacterial action against pathogenic organisms including P. aeruginosa.[27,28]

Caprylic Acid is a medium-chain fatty acid containing eight carbon atoms found naturally in coconut and palm kernel oils and breast milk. Due to its relatively short chain length, caprylic acid can penetrate and disrupt bacterial cell membranes and reduce biofilm formation.[29,30] It is effective in inhibiting the growth of C. difficile. [31] It has also been found effective in inhibiting C. albicans and its biofilm formation.[32]

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Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Magnesium (from Magnesium Caprylate)	10 mg	2%
Tribulus Extract (*Tribulus terrestris*)(aerial) [standardized to contain 40% saponins]	200 mg	*
Magnesium Caprylate (yielding 120 mg caprylic acid)	150 mg	*
Berberine Sulfate (*Berberis aristata*)(root)	100 mg	*
Bearberry Extract (*Arctostaphylos uva-ursi*) (leaf)[standardized to contain 20% arbutin]	100 mg	*
Black Walnut Powder (*Juglans nigra*)(hull)	100 mg	*
Barberry Extract (*Berberis spp.*)(bark) [standardized to contain 6% berberine]	50 mg	*
Artemisinin (from Sweet Wormwood) (*Artemisia annua*)(herb)	15 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate, silicon dioxide.

Contains treenuts (walnuts).

Directions

Take one capsule per day on an empty stomach or as recommended by your health care professional.

Cautions

Contains treenuts: Walnuts.

Does Not Contain

Gluten, corn, yeast, artificial colors, and flavors.

References

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