

## FACT SHEET - IMUNI Specialised Probiotics+

### What is IMUNI SPECIALISED PROBIOTICS+?

IMUNI Specialised Probiotics+ is a premium, high quality blend of probiotics designed to support the immune system to fight illness; reduce occurrence of symptoms of upper respiratory tract infections in healthy individuals; and relieve symptoms of medically diagnosed irritable bowel syndrome. Lemon balm is traditionally used in Western herbal medicine to relieve symptoms of mild anxiety and stress, as well as digestive discomfort, indigestion, abdominal cramping, bloating and distension.

Consult our website [imunihealth.com](http://imunihealth.com) for detailed information on the scientific evidence behind these probiotic strains.

### Ingredients:

Each vegan capsule contains:

- Saccharomyces cerevisiae (ibSium®) 250mg
- Lactobacillus rhamnosus GG 10 billion CFU
- Lactobacillus plantarum 10 billion CFU
- Bifidobacterium lactis BI-04 1 billion CFU
- Melissa officinalis (Lemon balm) leaf ext. dry conc 187.5mg from dry leaf 750mg

All ingredients are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts or genetically modified ingredients (GMO-free).

### Recommended dose:

Take 1 capsule daily for immune health and general probiotic maintenance. Take 2 capsules daily to relieve symptoms of IBS, mild anxiety, stress, and to reduce occurrence of symptoms of upper respiratory tract infections.

### Precautions/contraindications:

Consult your doctor or pharmacist before use if:

- You are pregnant, breastfeeding, or preparing for pregnancy.

### Warnings and adverse effects:

- If symptoms persist or worsen consult your healthcare professional.
- Dietary supplements should not replace a balanced diet.
- Store below 25°C in a cool, dry place away from direct heat and sunlight.
- IMUNI recommends refrigerating after opening as refrigeration can extend shelf life.
- Do not use if tamper evidence seal is broken or missing.

## Lemon Balm:

- Lemon balm seems to be generally well tolerated. Wheezing has been rarely reported.
- Lemon balm has Generally Recognized as Safe (GRAS) status in the United States.
- There is currently insufficient reliable evidence to ensure safety in pregnancy and lactating women. We recommend avoiding use if you are pregnant, preparing for pregnancy, or breastfeeding.

## Probiotics:

- When taken orally, probiotics included in this formula are generally well tolerated. Mild gastrointestinal adverse effects are possible.

## Interactions with medications:

### Lemon Balm:

- There is a theoretical risk of lemon balm having an additive effect with drugs or medications that suppress the central nervous system (CNS suppressants). IMUNI therefore recommends precaution when intending to use Lemon Balm in conjunction with substances like alcohol, benzodiazepines (e.g. Valium), and other sedative drugs.
- There is a theoretical risk of Lemon Balm interfering with thyroid replacement therapy (e.g. thyroxine). Precaution and close monitoring of thyroid function is advised.

### Probiotics:

- Drug interactions with probiotic strains included in this formula are unlikely. However, concomitant use with antibiotics may theoretically reduce effectiveness of some probiotic strains.

## References:

- TRC Natural Medicines Database [Internet]. TRC Healthcare [cited 03 Nov 2021]. Available from: TRC Natural Medicines Database <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements>