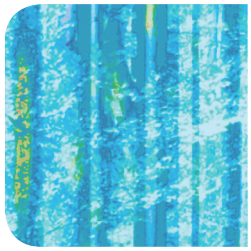

Double Strength
ULTIMATE MULTI PROBIOTIC
24 Billion Live Probiotic Cultures

NPN 80034114

RESEARCH INFORMATION

Feature summary

Natural Factors Double Strength Ultimate Multi Probiotic is a one-per-day 12-strain formula containing 24 billion live probiotic cultures per capsule right up to the expiry date. This high-potency formula provides friendly bacteria to support the health of the digestive and genitourinary tracts, a normal immune system, and the gut-brain connection.

Double Strength Ultimate Multi Probiotic is ideal for restoring intestinal balance, especially if upset by antibiotic use, poor diet, or stress. Every capsule provides eight strains of lactobacilli for small intestine support and four strains of bifidobacteria for large intestine (colon) support, alongside prebiotics for further support of beneficial bacterial populations. These probiotic strains are carefully selected from human, plant, and dairy sources for their ability to resist gastric acid as well as for optimal absorption and effectiveness.

Natural Factors Double Strength Ultimate Multi Probiotic is gluten free, non-GMO, and suitable for vegetarians. This one-per-day formula provides an easy and convenient way to help restore and maintain a harmonious balance of beneficial bacteria in the gut by inhibiting the colonization and growth of pathogenic organisms that can lead to diarrhea, constipation, bloating, gas, and cramps.

How it works

Lactobacilli and bifidobacteria are species of lactic acid-producing bacteria that make up a significant proportion of the microflora in the digestive and genitourinary tracts. These “friendly bacteria” help metabolize food, synthesize vitamins and fatty acids, support nutrient absorption as well as promote a normal immune system and a healthy intestinal barrier.

Lactobacilli and bifidobacteria, particularly *B. longum* and *B. breve,* compete with pathogens for binding sites in the gut, helping to counteract symptoms of dysbiosis such as diarrhea, cramping, flatulence, nausea, and abdominal discomfort.

By producing lactic acid and hydrogen peroxide, some strains of lactobacilli and bifidobacteria also lower gastrointestinal and genitourinary pH. This in turn helps prevent the overgrowth of yeasts and other micro-organisms, including *Candida albicans* and *Gardnerella vaginalis,* a pathogen associated with bacterial vaginosis and trichomoniasis.

A healthy balance of gut bacteria is also important for cognitive and emotional health, thanks to the gut-brain axis that connects the “head brain” to the “gut brain”. Probiotics can help support the synthesis of neurotransmitters and fatty acids, as well as the digestion and absorption of nutrients to support psychological well-being and reduce the gastrointestinal effects of acute stress.

Research

Although important for eradicating infectious pathogens, antibiotics also eliminate beneficial bacteria, which can create the condition for pathogen overgrowth and gastrointestinal disturbances. In a meta-analysis of 10 randomized, blinded, placebo-controlled trials including 1,862 patients, the use of lactobacilli probiotics resulted in a 65% reduction in the risk of antibiotic-associated diarrhea in adults (Kale-Pradhan et al., 2010).

Another meta-analysis of 34 randomized, blinded, controlled trials of probiotics for traveller's diarrhea found that probiotics reduced antibiotic-associated diarrhea by 52%, reduced the risk of traveller's diarrhea by 8%, and reduced the risk of acute diarrhea of diverse causes by 34% (Sazawal et al., 2006).

The regular use of probiotics is associated with enhanced immune system function, and in one study of 180 elderly patients with gastrointestinal and respiratory infections, supplementation of *Lactobacillus casei* reduced infections by 20% (Turchet, et al, 2003).

The probiotic strains in this formula can help keep yeast, viruses, and other pathogenic microorganisms at bay while supporting the body in eliminating these pathogens (Isolauri et al., 2002; Saavedra & Tschernia, 2002). Lactobacilli may help reinforce the intestinal barrier by improving epithelial health, thus reducing the likelihood of bacterial pathogens entering the bloodstream through a leaky gut (Lu & Walker, 2001).

Bifidobacteria do not form long-term colonies in the gut and appear to be excreted within two weeks; regular intake can, therefore, help maintain healthy levels of these probiotic strains (Lewis & Freedman, 1998). Bifidobacteria and lactobacilli appear to modulate immune function to encourage oral tolerance to foods, reducing the likelihood of hypersensitivity reactions (Ruiz-Moyano et al., 2013; Rautava et al., 2002).

Lactobacilli have a range of activities that support normal immune system function, including stimulating the activity of some immune systems cells such as lymphocytes and macrophages, and modulating production of pro-inflammatory cytokines with potential benefits for inflammatory conditions of the bowel (Miele et al., 2009, O'Mahony et al, 2005).

Lactic acid-producing bacteria may also increase levels of antioxidant enzymes such as glutathione-S-transferase, glutathione, glutathione reductase, glutathione peroxidase, superoxide dismutase and catalase (Kumar et al., 2010).

Ingredients

Each vegetarian capsule contains:
24 billion active cells* of the following specially cultured strains of probiotics:

Total bacterial culture ..... 24 billion cfu†
Lactobacillus casei
(HA-108) (whole cell) (human)..... 25% ..... 6 billion cfu†
Lactobacillus rhamnosus
(HA-111) (whole cell) (human)..... 12% ..... 2.88 billion cfu†
Bifidobacterium breve
(HA-129) (whole cell) (human)..... 10% ..... 2.40 billion cfu†
Bifidobacterium longum subsp. *longum*
(HA-135) (whole cell) (human)..... 10% ..... 2.40 billion cfu†
Lactobacillus acidophilus
(HA-122) (whole cell) (human)..... 10% ..... 2.40 billion cfu†
Lactobacillus plantarum
(HA-119) (whole cell) (plant)..... 10% ..... 2.40 billion cfu†
Lactobacillus rhamnosus (bifidus)
(HA-114) (whole cell) (human)..... 10% ..... 2.40 billion cfu†
Bifidobacterium bifidum
(HA-132) (whole cell) (human)..... 5% ..... 1.20 billion cfu†
Lactobacillus fermentum
(HA-179) (whole cell) (dairy)..... 5% ..... 1.20 billion cfu†
Lactobacillus salivarius
(HA-118) (whole cell) (human)..... 1% ..... 0.24 billion cfu†
Lactobacillus paracasei
(HA-196) (whole cell) (dairy)..... 1% ..... 0.24 billion cfu†
Bifidobacterium animalis subsp. *lactis*
(HA-194) (whole cell) (dairy)..... 1% ..... 0.24 billion cfu†

†cfu: colony forming units

*Guaranteed minimum 24 billion active cells per capsule at expiry date.
*Guaranteed minimum 40 billion active cells per capsule at manufacture date.

Dosage

Recommended adult dose: 1 capsule daily or as directed by a health care practitioner. Take at least 2–3 hours before or after taking antibiotics.

Cautions

May contain traces of milk and/or soy. Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g., diarrhea) occur, worsen, or persist beyond 3 days. Do not use if you have an immunocompromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Consult a health care practitioner prior to use if you have nausea, fever, vomiting, bloody diarrhea, or severe abdominal pain. Keep out of the reach of children.

References

Isolauri, E., et al. (2002). Probiotics: a role in the treatment of intestinal infection and inflammation? *Gut, 50,* iii54-iii59.

Kale-Pradhan, P.B., Jassal, H.K., Wilhelm, S.M. (2010). Role of *Lactobacillus* in the prevention of antibiotic-associated diarrhea: a meta-analysis. *Pharmacotherapy, 30*(2), 119-26.

Kumar, M., Kumar, A., Nagpal, R., et al. (2010). Cancer-preventing attributes of probiotics: an update. *Int J Food Sci Nutr, 61*(5), 473-96.

Lewis, S.J., & Freedman, A.R. (1998). Review article: the use of biotherapeutic agents in the prevention and treatment of gastrointestinal disease. *Aliment Pharmacol Ther, 12,* 807-22.

Lu, L., & Walker, W.A. (2001). Pathologic and physiologic interactions of bacteria with the gastrointestinal epithelium. *Am J Clin Nutr, 73,* 1124S-1130S.

Miele, E., Pascarella, F., Giannetti, E., et al. (2009). Effect of a probiotic preparation (VSL#3) on induction and maintenance of remission in children with ulcerative colitis. *Am J Gastroenterol, 104*(2), 437-43.

O'Mahony, L., McCarthy, J., Kelly, P., et al. (2005). *Lactobacillus* and *Bifidobacterium* in irritable bowel syndrome: symptom responses and relationship to cytokine profiles. *Gastroenterology, 128,* 541-551.

Rautava, S., Kalliomäki, M., Isolauri, E. (2002). Probiotics during pregnancy and breast-feeding might confer immunomodulatory protection against atopic disease in the infant. *J Allergy Clin Immunol, 109*(1), 119-21.

Ruiz-Moyano, S., Totten, S.M., Garrido, D.A., et al. (2013). Variation in Consumption of Human Milk Oligosaccharides by Infant Gut-Associated Strains of *Bifidobacterium breve. Appl Environ Microbiol, 79*(19), 6040-9.

Saavedra, J.M., & Tschernia, A. (2002). Human studies with probiotics and prebiotics: clinical implications. *Br J Nutr, 87* Suppl 2:S241-6.

Sazawal, S., Hiremath, G., Dhingra, U., et al. (2006). Efficacy of probiotics in prevention of acute diarrhoea: a meta-analysis of masked, randomised, placebo-controlled trials. *Lancet Infect Dis, 6*(6), 374-82.

Turchet, P., Laurenzano, M., Auboiron, S., et al. (2003). Effect of fermented milk containing the probiotic *Lactobacillus casei* DN-114001 on winter infections in free-living elderly subjects: a randomised, controlled pilot study. *J Nutr Health Aging, 7*(2), 75-7.