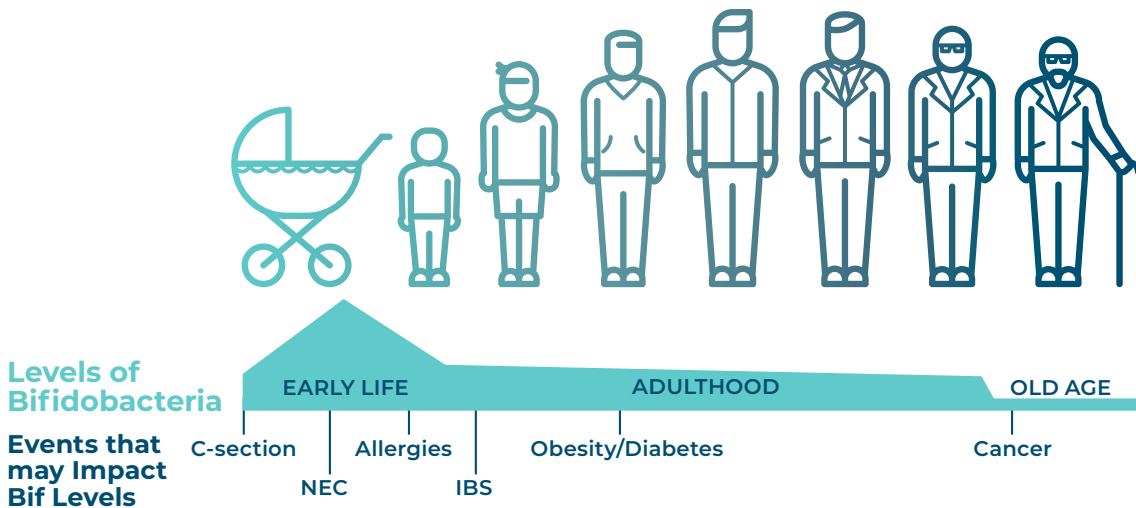


# The Role of Probiotics in Healthy Aging.

## ***B. adolescentis* iVS-1® has been shown to increase bifidobacteria!**

The intestinal microbiota has been shown to have a vital role in many aspects of human health and it is well understood that a healthy population of bifidobacteria plays an important role in a vast bacterial community in the gut. The number of species and amount of bifidobacteria that make up this collection of bacteria in the gut is known to change as we age. In healthy breast-fed infants, bifidobacteria dominate with species like *B. longum*, *B. breve*, and *B. bifidum*. But in adults, bifidobacterial levels are generally lower, with *B. catenulatum*, *B. adolescentis*, as well as *B. longum* being more prevalent.

Unfortunately, **as we enter our senior years, bifidobacteria levels have been shown to decrease significantly** due to many factors including diet, pharmaceutical use, and disease. Aging guts commonly experience ongoing low-level inflammation (also called ‘immunosenescence’), which can decrease the stability of the gut barrier. Poor gut barriers can let inflammation-causing toxins leak into the circulatory system and potentially cause improper immune responses throughout the body.



Among other benefits, ***B. adolescentis* iVS-1® has been shown to increase the total amount of bifidobacteria in the gut.** This is considered the “bifidogenic effect,” where a probiotic strain increases the overall bifidobacteria populations in the gut. Daily supplementation with only 1 billion CFU’s per day makes iVS-1® a safe, effective, and easy solution to increase bifidobacteria as we age.

## Why is it Important to Maintain a Healthy Population of Bifidobacteria?

Increasingly, evidence shows that supplementation with bifidobacteria can have a range of positive health benefits.

### Bifidobacteria are known to produce a number of health promoting metabolites including:

- Short Chain Fatty Acids (gut-barrier integrity)
  - Butyrate
  - Lactate
  - Acetate
- Conjugated Linoleic Acid (immune and metabolic)
- Bacteriocins (reduction of unhealthy bacteria)

### Bifidobacteria have been shown to:

- Support Systemic and Intestinal Immunity
- Helps Maintain a Healthy Immune System
- Increase gut barrier integrity and helps balance the microbiome which may support cognitive health
- Support a healthy gut and reduce harmful bacteria
- Increase microbiome diversity in the gut
- Support healthy digestive tract



Powered by the proprietary strain *Bifidobacterium adolescentis* iVS-1® this unique probiotic supports overall digestive health by increasing total bifidobacteria numbers and promoting gut barrier integrity, an important factor in metabolic and immune health.\*



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Uprêvma Health promotes optimal well-being and positive health outcomes for our clients through improved gut health. We offer superior, gut-health promoting nutritional supplements—that are scientifically based and backed by research.

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Let's Gut Healthy Together™