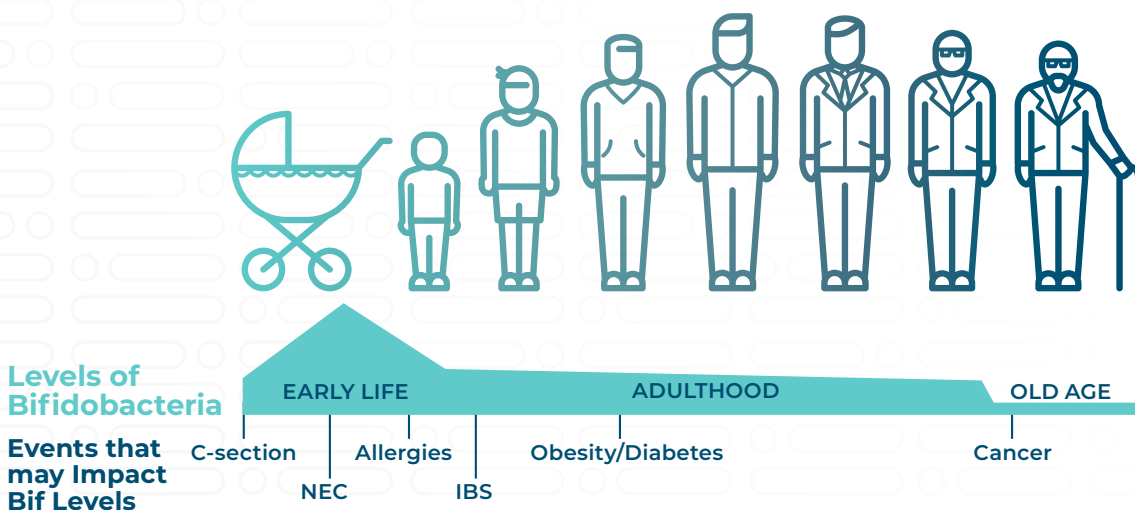


The Role of Probiotics in **Healthy Aging.**

***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 roll in a vast bacterial community in the gut. The number of species and amount of bifidobacteria that make up this community of bacterial in the gut is known to change as we age. In healthy breast-fed infants bifidobacteria dominates and species like *B. longum*, *B. breve*, and *B. bifidum* but in adults bifidobacterial levels are generally lower and relatively stable 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.** Daily supplementation with only 1 billion CFU's per day makes iVS-1® a safe, effective, and easy to formulate solution to increase bifidobacteria as we age.

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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)
 - 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

Solution to Increase Bifidobacteria as We Age.

Among other benefits, *B. adolescentis* iVS-1[®] has been shown to increase the total amount of bifidobacteria in the gut. Daily supplementation with only 1 billion CFU's per day makes iVS-1[®] a safe, effective, and easy to formulate solution to increase bifidobacteria as we age.

