

# Core Probiotics

Comprehensive Probiotic Blend  
 for a Healthy Gut Microbiome\*

Core Probiotics is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).\*

Probiotics support healthy gut flora to support a healthy gastrointestinal (GI) tract.\* Moreover, probiotics may help support the immune system, promote healthy hormone functions, and even support healthy body mass.\*<sup>1,2,3</sup>

Core Probiotics is gluten-free, dairy free, non-GMO, vegetarian-friendly, and manufactured with 22 billion viable cells per serving. Read on to learn more about how the probiotics in Core Probiotics work and their benefits.

## How Core Probiotics Works

Probiotics support a healthy gut microbiome and promote a healthy gastrointestinal tract which may help support healthy nutrition.<sup>4</sup> Moreover, probiotics promote healthy gut cell membrane and function by supporting the immune system and enhancing nutrient absorption from food.\*<sup>5,6</sup> These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.\*<sup>7</sup>

To promote gut health and overall wellness, Core Probiotics contains 22 billion colony-forming units (CFU) of a potent seven-strain blend of probiotics per serving.\*

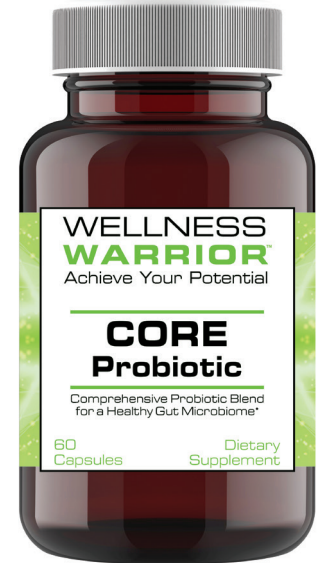
Lactobacillus acidophilus & Lactobacillus rhamnosus L. acidophilus is a beneficial lactic acid bacteria often used to treat lactose intolerance and general gut microbe imbalances; it is also necessary for synthesizing vitamin B9 (folate) within the body.\*<sup>8</sup>

Similar to L. acidophilus, L. rhamnosus helps promote digestion of lactose by producing the lactase enzyme, as well as folate and vitamin B12—two vitamins that are key for healthy nervous system function.\*<sup>9</sup>

Bifidobacterium lactis & Bifidobacterium bifidum B. lactis is a bacterium that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).<sup>10</sup> Like Lactobacilli, Bifidobacteria aid in the digestion of lactose and are critical for producing B vitamins, which serve a myriad of vital roles in the body.<sup>11</sup>

In addition to vitamin synthesis, B. bifidum is widely used to normalize gut bacteria function.\* It has been shown to significantly promote a healthy digestive system and stool consistency.\*<sup>12</sup> B. bifidum has a range of enzymes that help digest many different oligosaccharides (small-chain sugars), which in turn allows the body to break down otherwise indigestible nutrients.

Lactobacillus plantarum L. plantarum promotes a healthy gastrointestinal tract environment and proper mineral absorption.\* A well-controlled study in 24 healthy women showed that L. plantarum supplementation increased iron absorption by 80% when consumed with a meal containing high amounts of phytic acid (a compound that hinders iron absorption).<sup>13</sup> It is surmised this effect is due to L. plantarum exposing iron molecules to the intestinal lining for an extended duration and therefore promoting intestinal absorption.\*



**FORM:** 60 Capsules  
**SERVING SIZE:** 1 Capsule

Ingredients	Amount	%DV
Lactobacillus paracasei UAL-pc-04 <sup>***</sup>	5.926 Billion CFU <sup>*</sup>	*
Bifidobacterium lactis UABla-12 <sup>**</sup>	5.185 Billion CFU <sup>*</sup>	*
Lactobacillus acidophilus UALa-01 <sup>***</sup>	4.444 Billion CFU <sup>*</sup>	*
Lactobacillus plantarum UALp-05 <sup>***</sup>	2.963 Billion CFU <sup>*</sup>	*
Saccharomyces boulardii DBVPG <sup>****</sup>	2 Billion CFU <sup>*</sup>	*
Bifidobacterium bifidum UABb-10 <sup>***</sup>	0.741 Billion CFU <sup>*</sup>	*
Lactobacillus rhamnosus UALr-06 <sup>***</sup>	0.741 Billion CFU <sup>*</sup>	*

**OTHER INGREDIENTS:** Microcrystalline cellulose, digestive resistant capsule (hypromellose, gellan gum), vegetable magnesium stearate.

\* At time of manufacture.

\*\* These trademarks are the property of UAS Labs.

\*\*\* DBVPG<sup>®</sup> is a registered trademark material of Gnosis S.p.A

**DIRECTIONS:** Take one capsule daily or as directed by your healthcare practitioner.

**CAUTION:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



VEGETARIAN



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Other significant findings suggest *L. plantarum* can help support healthy immune function.<sup>14</sup>

- Provide micronutrients and bioactive compounds essential for healthy immune function\*

#### **Lactobacillus paracasei**

*L. paracasei* is an integral bacterium in human flora and is particularly important for digesting oligosaccharides and supporting immune function.\*<sup>15,16</sup>

#### **Saccharomyces boulardii**

*Saccharomyces boulardii* is a nonpathogenic yeast strain. A contemporary meta-analysis contends that *Saccharomyces boulardii* supports gastrointestinal integrity by promoting healthy inflammatory responses in the intestines and colon of humans.\*<sup>17</sup>

## **Core Probiotics Supplementation**

Core Probiotics contains some of the most embraced microbial strains for human wellness, these beneficial probiotics may:

- Support a healthy gut microbiome\*
- Support a healthy inflammatory response\*
- Support immune function\*
- Support digestive function\*

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