

BENED LIFE PATIENT FACT SHEET

Managing neurological conditions from the gut

Neuralli is a medical probiotic for the dietary support of neurological conditions such as autism spectrum disorder (ASD). It contains the unique, neurologically active probiotic *L. plantarum* PS128, which can help your microbiome support a healthy mind and mood.



A NEUROLOGICALLY ACTIVE PROBIOTIC AT CLINICAL STRENGTH



Backed by clinical science

Three clinical studies of the probiotic in Neuralli, conducted with Autistic people, have been published by three different research groups. They each found improvements in key areas such as anxiety, communication, social cognition and personal autonomy in many study participants.¹⁻³

The mighty microbiome

The trillions of microbes inside your gut play a crucial role in healthy gastrointestinal function and also in your overall health. Scientists have long known about the link between gut bacteria and the immune system. Now we know that a healthy microbiome can also lead to a healthier brain.



The gut-brain connection

L. plantarum PS128 in Neuralli has neurological health benefits. Preclinical studies suggest that PS128 can influence the production and/or regulation of "happy hormones" like serotonin and dopamine in the brain. Serotonin and dopamine can positively affect attention span and/or a sense of well-being.



Ingredients: *L. plantarum* PS128, inulin, microcrystalline cellulose, silicon dioxide, magnesium stearate, and vegetable capsule.

NEURALLI QUICK FACTS

-  Take two capsules of Neuralli per day with water. If needed, capsules can be opened, and the contents mixed with cold water or cold food.
-  Neuralli is designed to be taken under the supervision of a health care professional. A healthcare professional should be consulted prior to starting Neuralli with any drugs modulating serotonin and dopamine.
-  For best results, always keep Neuralli in its original bottle in the refrigerator. If you must store your bottle of Neuralli at room temperature for a short period, keep it in a cool, dry place away from direct sunlight.
-  Clinical trials with the active ingredient PS128 have not reported allergic reactions or serious adverse events. Neuralli does not contain allergens such as gluten, nuts or milk (lactose).
-  Minor adverse effects such as gas, bloating, or changes in bowel movements are common when first taking a new probiotic. If they occur, symptoms should resolve within a few days. Consult with your health care provider if symptoms do not go away within 1-2 weeks.

IMPROVEMENTS IN KEY AREAS



THREE CLINICAL STUDIES

Two randomized, double-blind, placebo-controlled clinical trials have been conducted with PS128 in people with autism.¹⁻²

-  A 4-week RCT showed reductions in anxiety behavior and improvements in attention, social cognition, and opposition/defiance behavior in the PS128 group.¹
-  A longer term RCT showed greater improvements when used in addition to another intervention.²
-  In a six-month "real-world" study,³ 87% of Autistic participants taking PS128 daily showed improvement, including increased shared attention, communication skills and personal autonomy.

References:

- Liu YW et al. *Nutrients*. 2019;11(4):820.
- Kong XJ et al. *Nutrients*. 2021;13(5):1552.
- Mensi MM et al. *Nutrients*. 2021;13(6):2036.

The Bened Life team is here for you!
Have questions or concerns?
Contact us at:
hello@benedlife.com

Ready to try
Neuralli?
Purchase online at:
www.benedlife.com

