

***Bifidobacterium lactis* (BI-04)[†]**

Bifidobacterium lactis is predominantly found in the colon. A double-blind, randomized placebo-controlled trial on subjects receiving *B. lactis* or placebo for eight weeks found that *B. lactis* supported a balanced immune response in individuals hypersensitive to environmental allergens.⁷ Studies examining immune development and dietary supplementation with *B. lactis* have shown that it supports GI health by reducing intestinal permeability.⁸

***Lactobacillus plantarum* (Lp-115)[†]**

Lactobacillus plantarum is a beneficial bacterial strain commonly found in fermented foods including sauerkraut, pickles, brined olives and sourdough. *L. plantarum* has been found to compete against specific strains of harmful bacteria, due to the production of bacteriocins (lethal proteins) that inhibit bacterial growth.⁹ Studies have also demonstrated that *L. plantarum* helps boost the immune response by stimulating Th1-mediated immunity.¹⁰

***Lactobacillus rhamnosus* (GG)[†]**

Lactobacillus rhamnosus has been proven to have remarkable survivability in the acid and bile environments in the GI tract. *L. rhamnosus* is particularly useful because of its ability to adhere to cells, enhance microflora balance, and inhibit adherence of unwanted organisms. *L. rhamnosus* was also found to positively affect inflammatory and immune gene signaling of over 1,700 genes when administered in high doses.¹⁰

***Saccharomyces boulardii*[†]**

Saccharomyces boulardii is a probiotic yeast that was first isolated from the skin of the tropical fruits lychee and mangosteen in 1923 by French scientist Henri Boulard, following the observation that mangosteen consumption controlled occasional diarrhea in natives of Southeast Asia. *S. boulardii* plays a role in supporting immune defense by increasing levels of sIgA, creating a first line of defense that helps bind and clear harmful bacteria.¹¹

Directions

1 capsule per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, soy, corn, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts^{v3}

Serving Size 1 Capsule

Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value
Proprietary Blend	133 mg (20 Billion CFU ⁺⁺)	
<i>Lactobacillus acidophilus</i> (La-14)		*
<i>Bifidobacterium bifidum</i> (Bb-06)		*
<i>Lactobacillus rhamnosus</i> (GG)		*
<i>Lactobacillus paracasei</i> (Lpc-37)		*
<i>Bifidobacterium lactis</i> (BI-04)		*
<i>Lactobacillus plantarum</i> (Lp-115)		*
<i>Saccharomyces boulardii</i>	200 mg (3 Billion CFU ⁺⁺)	*

* Daily Value not established.

[†] 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.

References

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