

# UltraBiotix Powder

## Comprehensive Gut Ecology Support



### PRODUCT BENEFITS\*

- Maintains healthy intestinal microecology, neutralizes certain bacterial toxins
- Supports balance of healthy intestinal flora
- Supports the natural immune response
- Supports bowel regularity
- Enhances integrity of mucosa and enzymatic activity of the intestinal cells
- Positively affects the production of cytokines

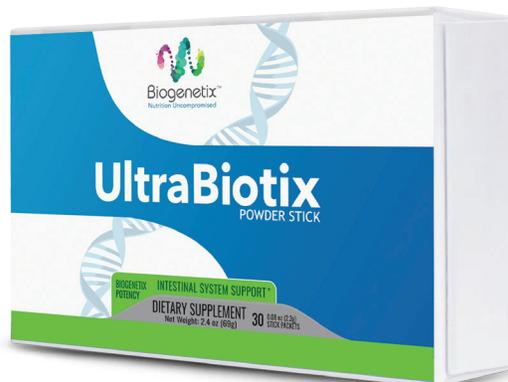
UltraBiotix Powder is an ideal combination of ingredients for individuals seeking a well-rounded supplement to address intestinal ecology, cellular health, and immunity. It features well-researched probiotic strains, *Saccharomyces boulardii*, a non-pathogenic yeast and arabinogalactan, a prebiotic. By combining these ingredients, the individual benefits of each component can be complemented by the mechanisms of the others.

### DISCUSSION

Supplementation with probiotics has many mechanisms of action that benefit health, including but not limited to: (1) supporting metabolic activity, such as the production of short-chain fatty acids and vitamins, nutrient absorption, and digestion of lactose; (2) adhering to intestinal epithelial cells to help maintain a healthy balance of organisms in the intestinal tract; (3) helping to establish populations of good bacteria after disruption in balance; (4) supporting immune function; (5) promoting intestinal epithelial cell survival; (6) supporting healthy bowel function; and (7) degrading oxalates.<sup>[1-8]</sup>

#### HOWARU® (*Bifidobacterium lactis* HN019)

Discovered in 1899, *B. lactis* plays a key role in the human microflora throughout a person's life. Researchers have identified strain HN019 as having excellent probiotic potential based upon its ability to survive the transit through the human gastrointestinal tract, adhere to epithelial cells, and



### SUPPLEMENT FACTS

|  | Amount Per Serving       | % Daily Value |
|--|--------------------------|---------------|
| Serving size: 1 Stick Pack (about 2.4 g)<br>Servings per container: 30   |                          |               |
| Calories   | 5                        |               |
| Total Carbohydrate   | 1 g                      | 0%            |
| Dietary Fiber  | 1 g                      | 4%            |
| Arabinogalactan (from <i>Larix laricina</i> )(heartwood)   | 1.5 g                    | **            |
| <i>Saccharomyces boulardii</i>   | 500 mg (10 Billion CFU*) | **            |
| Proprietary Blend<br>Lactobacillus acidophilus La-14 <sup>S1</sup><br>Bifidobacterium longum BI-05 <sup>S1</sup><br>Lactobacillus plantarum Lp-115 <sup>S1</sup> | 174 mg (15 Billion CFU*) | **            |
| <i>Bifidobacterium lactis</i> HN019 <sup>S1,S2</sup>   | 50 mg (15 Billion CFU*)  | **            |
| Daily Values based on a 2,000 calorie diet   |                          |               |
| ** Daily Value Not Established   |                          |               |
| † Colony-Forming Unit  |                          |               |

**Other Ingredients:** Silica.

**Does Not Contain:** Wheat, gluten, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

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**S2.** HN019TM is a trademark of Fonterra™ Limited and is licensed to DuPont Nutrition & Biosciences.

proliferate.<sup>[6]</sup> *B. lactis* HN019 has been extensively studied, and its safety and effectiveness are well-accepted.<sup>[7,8]</sup> To assess the impact of *B. lactis* HN019 supplementation on whole-gut transit time in adults, 100 subjects were given daily doses for 14 days of 17.2 billion colony-forming units (CFU), 1.8 billion CFU, or placebo. Decreases in mean whole-gut transit time over the 14-day study period were statistically significant in the high-dose group and the low-dose group, but not in the placebo group.<sup>[8]</sup> This level of dosing also supported other parameters of healthy GI function, as were self-reported by patient survey.<sup>[8]</sup> In another study of preschool-age children, supplementing milk for one year with 1.9 x 10<sup>9</sup> CFU per day *B. lactis* HN019 and 2.4 g/day of

*continued on next page*

\*To be provided by health care professionals only. The dosage recommendations are only for your health care provider's consideration. Please consult your health care provider for your individual dosing instructions. This product is for nutritional purposes only. It is not designed to diagnose, treat, reverse, cure, or prevent any disease. This product is not intended to replace or delay the use of prescription medication. These statements have not been evaluated by the FDA. All rights reserved © Biogenetix, LLC

prebiotic oligosaccharides supported both healthy iron status and weight gain.<sup>[9]</sup> In a randomized, double-blind, placebo-controlled human dietary intervention study in elderly subjects (>60 yrs.), supplementary *B. lactis* HN019 resulted in statistically significant increases in the beneficial organisms bifidobacteria and lactobacilli.<sup>[10]</sup>

### **Lactobacillus acidophilus (Lactobacillus acidophilus La-14)**

This common inhabitant of the human mouth, intestinal tract, and vagina is also found in some traditional fermented milks (e.g., kefir) and is widely used in probiotic foods and supplements. It has a history of safe human consumption. The *L. acidophilus* La-14 strain is of human origin and has been identified as a type A1 *L. acidophilus*. *L. acidophilus* shows excellent adhesion to human epithelial cell-lines.<sup>[11,12]</sup>

### **Lactobacillus plantarum (Lactobacillus plantarum Lp-115)**

This bacteria was isolated from plant material and is abundantly present in lactic acid-fermented foods, such as olives and sauerkraut. In vitro studies have shown that *L. plantarum* strain Lp-115 has excellent adhesion to epithelial cell lines.<sup>[13]</sup> In addition, *L. plantarum* is resistant to low pH conditions and survives the presence of bile at duodenal concentrations.<sup>[13,14]</sup>

### **Bifidobacterium longum (Bifidobacterium longum B1-05)**

The *B. longum* B1-05 strain is well-accepted as safe for human consumption. *B. longum* is resistant to low pH and bile salts and is well-suited to the intestinal environment.<sup>[14]</sup>

*Saccharomyces boulardii* is a natural, non-pathogenic yeast that has been shown to maintain and restore the healthy ecology of the small and large intestines. In a 2010 systematic review and meta-analysis of 31 randomized placebo-controlled treatment arms in 27 trials (encompassing 5,029 adult study patients), *S. boulardii* was found to be significantly efficacious and safe in 84% of those treatment arms. Extensively researched and published in European and American peer-reviewed journals, *S. boulardii* has demonstrated multiple mechanisms of action. These can be found by referring to DRS-109, which details Biogenetix' Saccharomycin DFTM. The *S. boulardii* used in this formula is processed by low temperature vacuum drying for improved stability.<sup>[15-17]</sup>

Biogenetix has also included the prebiotic **Arabinogalactan** in ProBioMax Plus DF. Present in many plants, arabinogalactan is a non-digestible, soluble dietary fiber that contains the monosaccharides galactose and arabinose. The generally recognized as safe (GRAS) source of arabinogalactan in this formula is the larch tree. In addition to its involvement in cellular communication and possession of immune-supporting properties, arabinogalactan minimizes ammonia synthesis and absorption, enhances production of short-chain fatty acids, and favorably alters gut microflora.

## DIRECTIONS FOR USE

Dissolve the contents of one stick pack in 1–2 oz pure water and consume one to three times daily, or take as directed by your health care professional.

Consult your health care professional prior to use, especially if you have severe immune suppression. Individuals taking antifungal or other medication should discuss potential interactions with their health care professional. Do not use if stick pack is damaged.

## STORAGE

Keep closed in a cool, dry place out of reach of children.

## REFERENCE LIST

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Additional References Available Upon Request