



## PROBIOMED™

HIGH-STRENGTH, SHELF-STABLE, DAIRY-FREE PROBIOTICS

### WHAT ARE PROBIOTICS?

Probiotics are naturally-occurring friendly bacteria that may enhance health in several key ways, including:

- Assisting with digestion and nutrient assimilation
- Helping inhibit the overgrowth of harmful bacteria
- Supporting the immune system
- Maintaining bowel health and assisting with proper elimination
- Helping restore and maintain balanced flora after antibiotics, which kill the beneficial gut flora

### WHY DO WE NEED PROBIOTICS?

Nearly 70% of the immune system is associated with the gastrointestinal (GI) tract through synergistic interactions with various bacteria colonies (flora) that reside in our GI tract to maintain its health and function. Imbalances in this gut flora—either an absence of beneficial bacteria or an overgrowth of unhealthy organisms—can interfere with our quest for optimal health. Abdominal pain, bloating, gas, constipation, diarrhea, and a struggling immune system are some common outcomes of imbalanced gut flora. Antibiotic therapy, illness, poor diet, stress, and environmental toxins affect the health of our gut flora. In the past, regular consumption of fermented foods helped to maintain healthy gut flora, but these foods are increasingly rare in our diet. The combination of unhealthy lifestyles and a lack of fermented foods in the diet makes probiotics an important supplement.

### WHY CHOOSE PROBIOMED™?

**TRANSPARENCY** Designs for Health discloses vital information required to confirm the efficacy of probiotic formulations, including:

- **The specific strains of each probiotic species.** There are many strains of a specific probiotic species, such as *Lactobacillus acidophilus*, but not all strains impart significant health benefits. Only select, rigorously studied strains are scientifically-proven to survive, adhere, and function in the GI tract.
- **The CFU count per probiotic strain.** CFU (colony-forming units) is the number of organisms able to survive and reproduce in the intestines. Some probiotic formulas may include several strains, but contain large quantities of inexpensive strains, while including insufficient amounts of the more vital strains.
- **The amount of excess CFUs added for each strain.** CFU overage ensures consumers are receiving not less than the stated dose of each probiotic strain, in the event that the initial CFU content decreases during production or storage.

**SURVIVABILITY** Many commercial probiotics are unable to survive the harsh journey to the intestines and are unlikely to attach to the intestinal walls, where they can grow and function effectively.

- **Acid/Bile Resistance:** ProbioMed™ probiotic strains have been shown to withstand the highly acidic stomach juices and the harsh bile salts they encounter in the small intestine.

- **Gut Adherence:** ProbioMed™ probiotic strains have been carefully selected according to their ability to securely adhere to the intestinal walls, where they can colonize and persist.
- **Shelf Stability:** Live probiotics are fragile organisms that naturally die after production and distribution. This results in many probiotic formulations losing their potency, delivering fewer numbers of beneficial bacteria than expected, and becoming less effective. ProbioMed™ is created with the latest state-of-the-art technology that ensures probiotic strains are alive and effective after packaging and storage for up to 24 months, without the need for refrigeration. Designs for Health guards against any potential loss of probiotic strains by adding extra quantities of each probiotic to guarantee consumers will receive no less than the stated number of strains in each dose.
- **Strain Specificity:** ProbioMed™ contains 10 of the most well-researched probiotic strains – each with a specific, functional strength that collectively enhances and maintains immune and digestive health.
- **Strain Amounts:** High doses of specific probiotic strains are helpful to assist with repair of damaged body systems. ProbioMed™ is designed with large quantities shown to be effective for replenishing the gut flora when intensive recolonization is needed due to antibiotic use and poor health.
- **Antibiotic Resistance:** The strains chosen for ProbioMed™ do not contain antibiotic resistant genes that could inhibit the effectiveness of necessary antibiotic therapy.
- **Innovative, Convenient Packaging:** State-of-the-art desiccant-lined bottles protect probiotics from damaging exposure to moisture, oxygen, and light to extend the shelf life of ProbioMed™ while eliminating the need for refrigeration. Similarly, the convenient stick packs are lined with a film that provides a barrier to moisture, oxygen, and light.
- **Capsule Technology:** 50 B & 100 B capsules feature delayed release technology for optimal survivability from stomach acid & properly timed release of probiotics in the lower GI tract.

#### PROBIOMED™ PROBIOTICS MAY BE USEFUL FOR:

- Digestive health
- Supporting healthy elimination
- Boosting immunity
- Rebalancing gut flora
- Recolonizing good microbes after antibiotic therapy

SPECIES	STRAIN	HEALTH BENEFITS
<i>Bifidobacterium animalis subsp. lactis</i>	(UABla-12™)	Supports gut health and immunity
<i>Lactobacillus plantarum</i>	(UALp-05™)	Supports digestive health and proper elimination
<i>Lactobacillus acidophilus</i>	(DDS®-1)	Supports immune health and proper elimination; helps maintain proper gut flora
<i>Lactobacillus casei</i>	(UALc-03™)	Supports proper systemic and mucosal (GI lining) immune responses
<i>Bifidobacterium breve</i>	(UABbr-11™)	Supports bowel function and proper elimination
<i>Lactobacillus paracasei</i>	(UALpc-04™)	Supports healthy gut flora and immunity especially following antibiotic therapy
<i>Lactobacillus salivarius</i>	(UALs-07™)	Supports gut and oral health
<i>Lactobacillus rhamnosus</i>	(GG)	Supports immunity; helps maintain proper gut flora
<i>Bifidobacterium bifidum</i>	(UABb-10™)	Supports bowel health and proper elimination
<i>Bifidobacterium longum subsp. longum</i>	(UABI-14™)	Supports immunity; maintains normal function of gut flora

**HOW TO TAKE:** ProbioMed™ 50 & 100: Take one capsule per day with a meal, or as directed by your health care practitioner.