

ProbioMood

Introduced 2014



What Is It?

ProbioMood offers a clinically researched probiotic combination of strains designed to support emotional well-being and lessen occasional stress in convenient, shelf-stable, on-the-go, single-serving stick packs.*

Special Features

- Clinically researched probiotic combination of strains
- Developed using an innovative, patented microencapsulation process designed to protect the probiotic strains from harsh conditions, including gastric acidity
- Convenient shelf-stable, single-serving stick packs
- Can be taken with or without water

Uses For ProbioMood

Emotional Wellness: ProbioMood offers unique support for emotional well-being and relaxation. Research suggests that *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 support emotional health, in part by supporting healthy cytokine balance and intestinal integrity. In a randomized, double-blind, placebo-controlled trial, supplementation with the combination maintained healthy urinary cortisol levels, indicating the potential to lessen occasional stress. In a separate analysis, supplemented subjects reported positive mood, relaxation and enhanced cognitive function. In another randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 moderated the normal gastrointestinal stress response by 49%.*

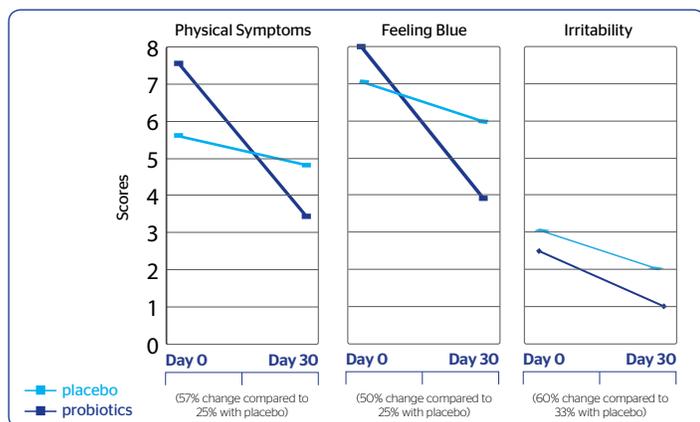


Figure 1. In a 30-day, double-blind, placebo-controlled study involving 55 subjects ages 30-60, ProbioMood supplementation was associated with support for enhanced mood.*

What Is The Source?

Lactobacillus helveticus Rosell-52 ME and *Bifidobacterium longum* Rosell-175 ME are grown on a medium that contains dairy and soy. Maltodextrin is derived from corn and is GMO-free.

Recommendations

Pure Encapsulations recommends 1 stick pack daily, with or between meals, with or without water.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Probiotics may result in mild flatulence, which should subside with continued use. They may be contraindicated for use with immuno-compromised individuals. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Probiotics may be contra-indicated with immuno-suppressant medications. Consult your physician for more information.

ProbioMood

each stick pack (1.5 g) contains V

probiotic blend3 billion CFU providing:

- Lactobacillus helveticus Rosell-52 ME
- Bifidobacterium longum Rosell-175 ME

other ingredients: xylitol, maltodextrin

Contains milk, soy

This formuls does not require refrigeration to maintain culture viability.

1 stick pack daily, with or between meals.