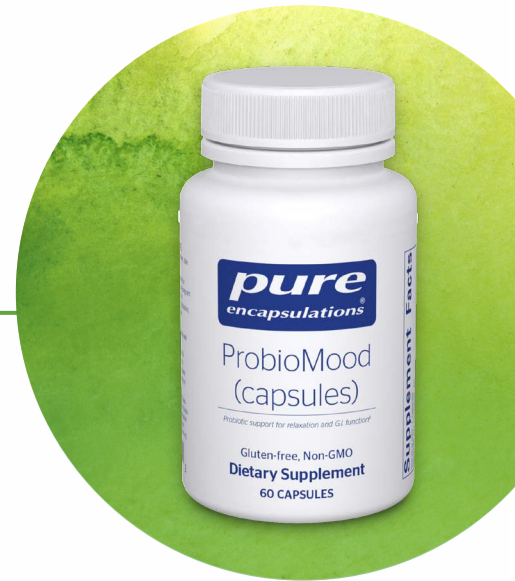


# ProbioMood

PROBIOTIC SUPPORT FOR MOOD AND EMOTIONAL WELL-BEING<sup>‡</sup>

ProbioMood offers a **clinically researched 2-strain probiotic combination** (*Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175) that promotes emotional well-being and relaxation. A patented microencapsulation process protects the probiotics from gastric acidity.



Promotes emotional well-being and relaxation<sup>1</sup>



Maintains healthy urinary cortisol levels<sup>1</sup>

## WHO IS THIS SUPPLEMENT FOR?

- Patients seeking support for positive mood, relaxation and emotional well-being

## MECHANISMS OF ACTION<sup>‡</sup>

**Intestinal barrier integrity.** In two preclinical studies, the blend of *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 promoted tight junction integrity at the intestinal barrier in conditions of acute stress.<sup>1,2</sup>

**HPA axis.** In a preclinical model of acute stress, this probiotic blend attenuated hypothalamic-pituitary-adrenal (HPA) axis and autonomic nervous system (ANS) responses.<sup>2</sup>

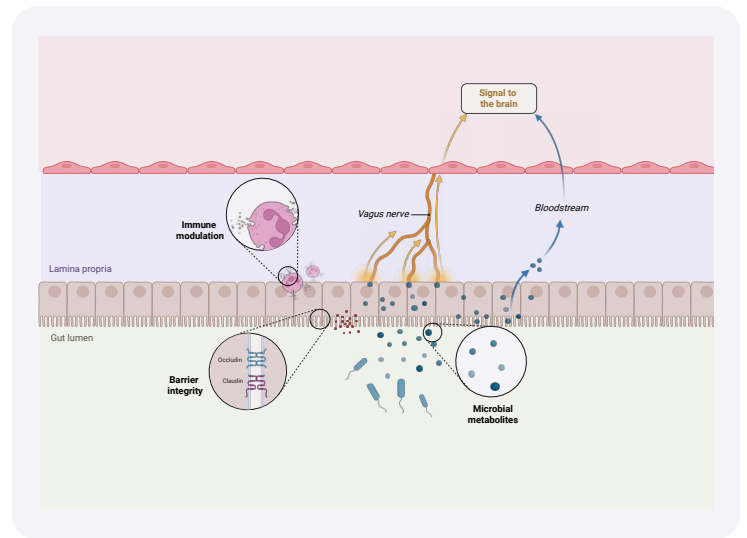


Image created with BioRender.com

Probiotics influence mood and emotional well-being by supporting neuronal and endocrine gut-brain signals. Probiotics modulate the immune response, maintain intestinal barrier integrity and produce beneficial metabolites that send signals to the brain via neuronal (via the vagus nerve) and endocrine (via the bloodstream) mechanisms that comprise the gut-brain axis.<sup>3</sup> These signals can modify neurotransmission in the central nervous system.



<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





## RELEVANT GENETIC POLYMORPHISMS

### FUT2 rs601338

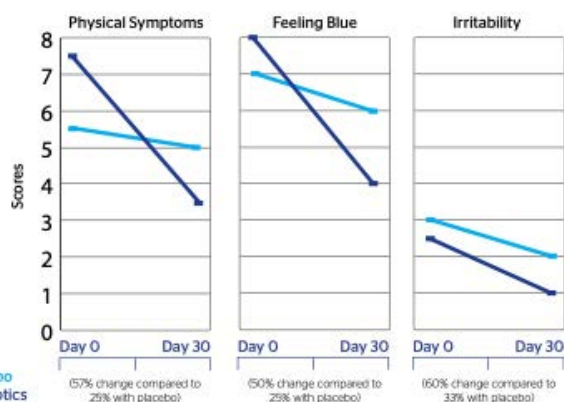
The fucosyltransferase 2 (FUT2) gene shapes the composition of the gut microbiome by controlling the attachment of fucose (a sugar) to ABO blood group antigens located on the intestinal epithelial surface. These sugar-antigen molecules have prebiotic effects and facilitate the adherence of certain microbiota to the intestinal mucosa. A polymorphism in the FUT2 gene (rs601338) has been linked to lower diversity ( $p < 0.0001$ ), richness ( $p < 0.0003$ ) and abundance ( $p < 0.05$ ) of Bifidobacteria, a major genus of friendly bacteria.<sup>7</sup> These individuals may benefit from probiotic support.

Learn about genetic testing and personalized nutrition at [pureinsight.pureencapsulationspro.com](https://pureinsight.pureencapsulationspro.com).

## RESEARCH HIGHLIGHTS<sup>†</sup>

In a randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 (3 billion total CFU/day), taken in combination for 30 days, significantly improved global mood and stress scores (HAD and HSCL-90 self-ratings) compared to controls.<sup>4</sup> A subgroup analysis of 25 probiotic-supplemented subjects with low baseline stress also found significant improvements in mood and relaxation scores over 30 days compared with controls. The probiotic blend also maintained healthy cortisol levels.<sup>5</sup>

### ProbioMood Supports Emotional Well-Being<sup>†</sup>



In a 30-day, double-blind, placebo-controlled study involving 55 subjects ages 30-60, the combination of *L. helveticus* (Rosell-52 ME) and *B. longum* (Rosell-175 ME) supplementation was associated with support for enhanced mood.<sup>4†</sup>

In a randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 (3 billion total CFU/day) moderated the normal gastrointestinal stress response.<sup>6</sup>

## REFERENCES

- Arseneault-Bréard J, et al. Br J Nutr. 2012 Jun;107(12):1793-9.
- Ait-Belgnaoui A, et al. Neurogastroenterol Motil. 2014 Apr;26(4):510-20.
- Messaoudi M, et al. Br J Nutr. 2011 Mar;105(5):755-64.
- Messaoudi M, et al. Gut Microbes. 2011 Jul-Aug;2(4):256-61.
- Diop L, et al. Nutr Res. 2008 Jan;28(1):1-5.
- Coccean AM, et al. Prog Neuropsychopharmacol Biol Psychiatry. 2024 Aug 30;134:111073.
- Wacklin P, et al. PLoS One. 2011;6(5):e20113.

0.866 in



## Supplement Facts

1 capsule daily, with or between meals.

Each capsule contains:

Probiotic blend

3 billion CFU

Providing:

*Lactobacillus helveticus* Rosell-52 ME

*Bifidobacterium longum* Rosell-175 ME

Other ingredients: maltodextrin, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Contains milk, soy

Gastrointestinal Health



ProbioMood (capsules)

Quantity Order Code

60

PBM6

Visit [PureEncapsulationsPro.com/quality](https://PureEncapsulationsPro.com/quality) for more information on our GMO policy.



Certified Gluten-Free by the Gluten-Free Certification Organization, [gluten.org](https://gluten.org)



800.753.2277 | [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com)

Pure Encapsulations is a registered trademark.

**pure**  
encapsulations®

<sup>†</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.