

Poly-Prebiotic powder

Prebiotic/polyphenol blend to promote microbiome health for cellular, immune and G.I. function[†]

INDICATIONS

- Ages 18 and up
- Microbiome integrity support[†]
- Cellular and immune system support[†]

BENEFITS

- Supports microbiome integrity and healthy G.I. function[†]
- Provides immune system support[†]
- Polyphenol and prebiotic combination boosts *bifidobacteria* and microbiome diversity[†]
- Targets *Bifidobacteria* and *Akkermansia muciniphila* to support G.I. barrier function[†]

FEATURES

- Blend of researched prebiotics and polyphenols
- Pleasant-tasting fruit flavor
- Shelf-stable with low reported G.I. effects
- Part of the PureGI™ product line
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Prebiotics are nondigestible components of food that act to modulate and support the gut microbiota. Emerging evidence suggests that they may play an even more significant role than probiotics, performing beneficial metabolic, trophic and protective functions within the gut, leading to overall cellular, immune and metabolic support.¹ Changes to the diet have been shown to alter microflora within just a few days. Restricted diets typically decrease microbiome diversity, while varied and diverse sources of fiber and polyphenols increase microbiome diversity. High microbiome diversity has been linked to optimal health and resilience.² PreticX™ XOS (xylooligosaccharide) and BioEcolians® α-GOS (alpha-glucooligosaccharide) both promote short-chain fatty acid (SCFA) production in the colon and *Bifidobacteria* in the G.I. tract. *Bifidobacterium* is the predominant intestinal bacterial genus during the first year of life and is associated with healthy immune development and cytokine balance both in infants and later in life.³

In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PreticX™ XOS for eight weeks. The *Bifidobacterium* count increased 21% and 17% from baseline at Week 4 and Week 8, respectively. In contrast to many common prebiotics, XOS, α-GOS and polyphenols report very low incidence of gas, bloating or other intestinal side effects.⁴ In an in vitro study using clinical isolates from hospital patients, XOS was found to stimulate growth in all 35 *Bifidobacterium* strains tested.⁵ While XOS promotes the SCFA butyrate, a major energy source for the colonocytes, α-GOS promotes propionate to support both glucose homeostasis and satiety. Studies show XOS also supports bowel motility, nutrient metabolism and emotional wellness. In a randomized, double-blind, placebo-controlled trial involving 25 subjects, supplementation with 2 grams of α-GOS was found to support abdominal comfort by Day 7. Supplementation continued to offer increasing support throughout the 28-day period, including bowel motility and stool consistency. A significant increase in *B. longum*, *B. animalis* and *Lactobacilli* was also reported. In addition, BioEcolians supplemented increased secretion in the mucosa of the antimicrobial peptide β-defensins.⁶ These molecules moderate the adhesion of bacteria to the intestinal wall and support healthy cytokine balance in the intestine.⁷ The health benefits of polyphenols may be due to their effects on the microflora. These compounds, which are not completely absorbed, travel to the colon where bacteria convert them into easily absorbed metabolites. Polyphenols also support healthy gut microbial composition.⁸ In an animal study involving mice on a high-fat, high-sucrose diet, supplementation with cranberry polyphenols promoted microflora balance, healthy fat metabolism in the liver, insulin sensitivity and cytokine balance, while supporting healthy weight management[†]. It was also shown to markedly increase *Akkermansia muciniphila*.⁹ Animal models indicate a role for *Akkermansia* on gut barrier function, including increased mucus layer thickness and production of occludin, an essential component of tight junctions.¹⁰

Research suggests that polyphenols from blueberry and pomegranate support the growth of *Lactobacilli*

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and *bifidobacterium* in the colon, as well as cytokine balance in the G.I. tract.^{11†}

SUGGESTED USE

As a dietary supplement, take 1 serving, 1-2 times daily, mixed with a beverage or into food.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult a healthcare professional before use.

SOURCE

- PreticX™ xylooligosaccharide (XOS) is derived from corn cob and purified to be free of corn protein
- BioEcolians® α-glucooligosaccharide
- (α-GOS) is derived from sucrose
- Cranberry extract is derived from *Vaccinium macrocarpon* fruit and standardized to contain 12 mg proanthocyanidins (PACs)
- Blueberry extract is derived from *Vaccinium angustifolium* fruit and standardized to contain 4% polyphenols
- Pomegranate juice powder is derived from *Punica granatum* fruit
- Citric acid is derived from corn dextrose fermentation

NOTES

One 6.5 cc scoop (approximately 4.6 grams)

Servings per container approximately 30

Order code PPRP1

Bottle size 8 oz

REFERENCES

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4. De Angelis M, et. al. *Int J Food Microbiol*. 2016 Dec 19;239:125-132.
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9. Vetrani C, et. al. *Acta Diabetol*. 2020 Jul;57(7):853-860.
10. Anhe FF, et al. *Gut*. 2015 Jun;64(6):872-83.
11. Frugé AD, et. al. *J Acad Nutr Diet*. 2020 Apr;120(4):650-659.

SUPPLEMENT FACTS

1 serving, 1-2 times daily, mixed with a beverage or into food.

Serving size: 1 scoop (approximately 4.6 g)

Servings per container: Approximately 30

One scoop contains:

Calories	10
Total carbohydrate	3 g
Total sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
Cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit) (standardized to contain 12 mg proanthocyanidins [PACs])	1.2 g
Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit) (standardized to contain 4% polyphenols)	100 mg
Pomegranate (<i>Punica granatum</i>) juice powder (fruit)	500 mg
Other ingredients: citric acid, malic acid, stevia leaf extract	

Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

BioEcolians® is a registered trademark of Solabia.



Poly-Prebiotic powder	Quantity	Order Code
	4.9 oz (138 g)	PPRP1

[†]Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

Visit PureEncapsulationsPro.com for more information about our GMO policy.