

# PureGG 25B

Shelf-stable; highly researched probiotic to support immune, G.I., and overall health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy immune system support<sup>†</sup>
- G.I. support<sup>†</sup>

## BENEFITS

- Highly researched *Lactobacillus rhamnosus* GG to support immune, G.I., and overall health across all ages<sup>†</sup>
- Human origin strain, selected for its resistance to gastric acidity, adhesion properties, and ability to support healthy gut microflora<sup>†</sup>

## FEATURES

- Provides 25 billion CFU per capsule, one of the most characterized and clinically studied probiotic strains on the market
- Soy-free, dairy-free formulation
- Shelf-stable
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

*Lactobacillus rhamnosus* GG is one of the best characterized and widely utilized probiotic strains, with numerous clinical trials across all ages. It is a human origin strain, selected for its resistance to gastric acidity, adhesion properties, and ability to support healthy gut microflora. Studies involving infants and children suggest that supplementation with *L. rhamnosus* GG supports healthy G.I. colonization, G.I. function, and immune function, particularly related to skin and respiratory health.<sup>1,2</sup> In a study involving children ages 1-7 attending daycare, *L. rhamnosus* GG offered statistically significant support for respiratory and immune health.<sup>3</sup> Studies involving pregnant women suggest supplementation supports healthy gut microflora in the infant, as well as nutrient metabolism during pregnancy. In one study, infants whose mothers had received *L. rhamnosus* GG during pregnancy showed increased bifidobacterial diversity at Day 5 after birth.<sup>4</sup> *L. rhamnosus* GG is well known for its favorable effects on bowel function, particularly abdominal comfort, bowel motility and occasional diarrhea.<sup>5</sup>

Studies involving infants and children suggest that supplementation with *L. rhamnosus* GG supports healthy G.I. colonization and G.I. function.<sup>6</sup> It also promotes cytokine balance in the G.I. tract at the level of gene expression, and overall immunomodulatory support.<sup>7</sup> In a double-blind, crossover study, *L. rhamnosus* GG supplementation moderated the neutrophil and monocyte immune response in dairy-challenged, milk-sensitive subjects, while promoting immune function in non-sensitive subjects.<sup>8</sup> In another study, *L. rhamnosus* GG promoted healthy gene expression to support white blood cell (WBC) function. Elderly subjects supplemented for 28 days showed 95 differentially expressed genes related to cellular movement, cell-to-cell signaling, and cytokine response.<sup>9†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with or between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

Probiotics may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use.

## SOURCE

- *Lactobacillus rhamnosus* GG is a human origin strain, and grown on an allergen-free medium without gluten, dairy or soy.
- Hypoallergenic plant fiber is derived from pine.

## NOTES

Size 00 capsule

Bottle count 60

Order code PGG6

Bottle size 190 cc

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## REFERENCES

1. Manzoni et al. *Clin Infect Dis*. 2006;42, 1735-42.
2. Hatakka et al. *BMJ* 2001, 322(7298), 1327.
3. Hojsak et al. *Clin Nutr* 2010; 29, 312-6.
4. Gueimonde et al. *J Pediatr Gastroenterol Nutr*. 2006, 42, 166-70.
5. Guandalini et al. *J Pediatr Gastroenterol Nutr*, 2000;30(1), 54-60.
6. Sindhu KN, et al. *Clin Infect Dis*. 2014 Apr;58(8):1107-15.
7. Burton KJ, et al. *Br J Nutr*. 2017; May;117(9):1312-22.
8. Pelto et al. *Clin Exp Allergy* 1998;28(12), 1474-79.
9. Solano-Aguilar G, et al. *PLoS One*. 2016 Feb 9;11(2):e0147426.

## SUPPLEMENT FACTS

**1 capsule daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

*Lactobacillus rhamnosus* GG 25 billion CFU

Other ingredients: vegetarian capsule (cellulose, water)



PureGG 25B	Quantity	Order Code
	60	PGG6

<sup>†</sup>Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.