



Probiotic G.I.

Introduced 2010



What Is It?

Probiotic G.I. is a shelf-stable probiotic blend designed to support gut associated lymphoid tissue composition and function, gastrointestinal cell health and immune response in the G.I. tract. Each capsule provides 10 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Streptococcus thermophilus*.*

Uses For Probiotic G.I.

Healthy Immune Response in the G.I. Tract: Probiotics are key players in gastrointestinal health, promoting intestinal integrity and comfort. Supplement use promotes colonization of the G.I. tract by competing for nutrients and attachment sites, and producing compounds which limit the ability of certain microbes to adhere. Research indicates that the strains included in Probiotic G.I. provide particular support for a healthy immune response within the G.I. tract. Beneficial microflora are crucial for proper gut associated lymphoid tissue (GALT) function and development. The GALT helps protect intestinal mucosa from allergens and toxins and is a major component of the body's immune system. Research indicates that probiotics may enhance B cell, T cell and NK cell function, phagocytic capacity and activity, and healthy cytokine production. It is estimated that more than 70% of the body's B lymphocytes are found in the GALT. Probiotics are believed to support healthy GALT composition, and in turn, support barrier function, G.I. epithelial cell health and T cell function within the G.I. tract. Some probiotic strains may also modulate local production of cytokines in the G.I. epithelium. *B. lactis* supports healthy T cell activity and cytokine production in the intestine, at least in part by regulating transcription of genes that encode for cytokines. *L. acidophilus* promotes healthy cytokine production in the colon. Research also suggests that metabolites produced from *S. thermophilus* may cross the intestinal barrier to support healthy cytokine production and immune response.*

What Is The Source?

Lactobacillus acidophilus (La-14), *Bifidobacterium lactis* (Bl-04) and *Bifidobacterium bifidum* (Bb-06), *Lactobacillus casei* (Lc-11), *Streptococcus thermophilus* (St-21) and *Lactobacillus salivarius* (Ls-33) are grown on a dairy and soy-free medium. Ascorbyl palmitate is

derived from corn dextrose fermentation and palm oil. Pure Encapsulations® probiotic products contain a unique form of rice starch produced through a natural enzymatic process. This proprietary starch has been extensively tested and is added to protect the viability of the probiotic organisms.

Recommendations

Pure Encapsulations recommends 1-2 capsules daily, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

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

Are There Any Potential Drug Interactions?

Probiotics may be contraindicated with immunosuppressant medications. Consult your physician for more information.

Probiotic G.I.

each vegetarian capsule contains  v O
 probiotic blend 10 billion CFU
 providing:
 Lactobacillus acidophilus (La-14)
 Lactobacillus salivarius (Ls-33)
 Lactobacillus casei (Lc-11)
 Bifidobacterium lactis (Bl-04)
 Streptococcus thermophilus (St-21)
 Bifidobacterium bifidum (Bb-06)
 other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula does not require refrigeration to maintain culture viability.

Natural color variations may occur.

1-2 capsules daily, in divided doses, with or between meals.