



— Your Trusted Source —

# PureProbiotic (allergen-free)

Introduced 2010



## What Is It?

Each capsule of PureProbiotic (allergen-free) provides 5 billion CFU of *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Bifidobacterium breve*. Each strain is grown on a proprietary medium free of dairy, soy and other potential allergens to ensure tolerability in individuals with food allergies or sensitivities. The blend is designed to support microflora balance, GI health and immune cell function.\*

## Uses For PureProbiotic (allergen-free)

**GI and Immune Support:** PureProbiotic (allergen-free) contains a multi-strain blend of beneficial lactobacillus and bifidobacteria probiotic microorganisms. Probiotics have been shown to promote healthy cytokine production in the colon and maintain healthy GI barrier function, in part by supporting the mucosal lining of the GI tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, bowel regularity and GI comfort. A study involving elderly individuals indicated that a mixture of lactobacilli and bifidobacteria maintained healthy gut ecology. Probiotics also support immune health, enhancing B cell, T cell and NK cell function.\*

## What Is The Source?

*Lactobacillus acidophilus* (La-14 strain), *Lactobacillus plantarum* (Lp-115 strain), *Lactobacillus rhamnosus* (Lr-32 strain), *Bifidobacterium bifidum* (Bb-06 strain), *Bifidobacterium lactis* (Bl-04 strain), *Bifidobacterium breve* (Bb-03 strain) are grown on a proprietary dairy-free and soy-free medium. 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:

- Children ages 4 and up: 1 capsule daily, with or between meals
- Adults: 2 capsules daily, with or between meals

Powder may be removed from capsule and mixed into cold food or beverage

## Are There Any Potential Side Effects Or Precautions?

Probiotics may result in mild flatulence, which should subside with continued use. They may be contra-indicated 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 contra-indicated with immunosuppressant medications. Consult your physician for more information.

## PureProbiotic (allergen-free)

one vegetarian capsule contains  3

probiotic blend..... 5 billion CFU

- providing:
- Lactobacillus acidophilus (La-14 strain)
  - Lactobacillus plantarum (Lp-115 strain)
  - Lactobacillus rhamnosus (Lr-32 strain)
  - Bifidobacterium lactis (Bl-04 strain)
  - Bifidobacterium breve (Bb-03 strain)
  - Bifidobacterium bifidum (Bb-06 strain)

other ingredients: rice starch, vegetarian capsule (cellulose, water)

**Children ages 4 and up: 1 capsule daily, with or between meals**

**Adults: 2 capsules daily, with or between meals**

**Powder may be removed from capsule and mixed into cold food or beverage**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.