

Probiotic-Pro BB536® – Support for GI Health

About Probiotic-Pro BB536

- One of the most critical types of functional foods for human health is a type of substance called probiotics.
- Probiotics are friendly microbes found within our colon that benefit our overall health and well being.
- Most of us associate yogurt-type products as a source of probiotics. They are also available in supplemental form as powders or capsules.
- Probiotic-Pro BB536 is a highly potent probiotic, with a concentration of 10 billion cfu bacteria (cfu = colony forming units) per capsule of the species *Bifidobacterium longum*.
- Isolated from healthy human gastrointestinal (GI) tracts, *Bifidobacterium longum* has long been recognized to be a beneficial bacterium, constituting over 90% of the total GI bacteria in breast-fed infants.
- In human clinical research, BB536 has been shown to have multiple therapeutic actions including improving overall intestinal health, supporting immunity, reducing the symptoms of viral-induced diarrhea, decreasing the itchiness of eyes associated with seasonal allergies, and, even improving the symptoms of inflammatory bowel diseases such as Crohn’s colitis.
- Specially formulated with a patented technology to resist breakdown in the acidic conditions of the stomach and to dissolve smoothly in the non-acidic conditions of the intestine.
- Remarkably shelf stable with over 80% survival rate at 1 year at 25° Celsius
- Does not require refrigeration to maintain potency
- One of the most studied probiotic species in the world
- 70 scientific reports conducted, including 35 human clinical trials

How To Use Probiotic-Pro BB536

- 1–2 capsules 2–3 times daily or as directed by a health care professional.

Cautions and Contraindications

- Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use this product without supervision by a health care professional if you have an immune-compromised condition (AIDS, lymphoma, late stage cancer, undergoing long term corticosteroid treatment). Contains milk casein. It is not recommended for those with milk or casein allergies. Children over 12 years can take half the recommended adult dose. For those who have difficulty swallowing capsules, the contents of the capsule can be emptied and mixed into yogurt.

Drug Interactions

- No known drug interactions exist. Take Probiotic-Pro BB536 at least 2 hours away from antibiotic use.

Quick Tips

- Inulin, a natural fibre found in such foods as Jerusalem artichoke, onions and agave, may help to implant Bifidobacteria in the colon.
- Recent research suggests that a cup of red wine per day may help improve Bifidobacteria growth in the gut.
- Bifidobacteria supplementation may help reduce the gas, bloating and discomfort of irritable bowel syndrome (IBS).
- Some research scientists have noted that *Bifidobacterium longum* helps reduce inflammation in the body. Excess inflammation is associated with an increased heart disease risk.
- Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, and *Bifidobacterium longum* and *Saccharomyces boulardii* in an oral rehydration solution helped reduce the duration of diarrhea in young children infected with rota-virus.
- Elderly (average age 86 years) who receive a flu vaccine, and took BB536, had significantly fewer flu and fever episodes suggesting that the probiotic had enhanced their internal immunity.
- Fermented milk containing *Bifidobacterium longum* and *Lactobacillus acidophilus* together may help lower “bad” or LDL cholesterol.
- One study has recently noted that a yogurt containing *Bifidobacterium longum* was very helpful in relieving children of bowel constipation.
- Bifidobacterium longum* plus *Lactobacillus helveticus* may help reduce mild depression, anxiety, and anger without having any addictive properties or learning impairment associated with prescription drugs.

PATIENT NAME: _____

PRACTITIONER CONTACT INFORMATION:

PRACTITIONER NOTES
