



Probiotic 100 Billion 30 count

Supplement Facts		
Serving Size: 1 Vegetarian Capsule		
Servings per Container: 30		
	Amount per Serving:	DV%
Proprietary probiotic blend (100 billion cells per capsule)	421 mg	†
<i>Bifidobacterium lactis</i> (BI-04)		
<i>Lactobacilli acidophilus</i> (La-14)		
<i>Bifidobacterium infantis</i> (Bi-26)		
<i>Lactococcus lactis</i> (LI-23)		
<i>Bifidobacterium breve</i> (Bb-03)		
<i>Lactobacillus casei</i> (Lc-11)		
<i>Lactobacillus rhamnosus</i> (Lr-32)		
<i>Bifidobacterium longum</i> (BI-05)		
<i>Bifidobacterium bifidum</i> (Bb-06)		
<i>Lactobacillus salivarius</i> (Ls-33)		
<i>Lactobacillus plantarum</i> (Lp-115)		
<i>Lactobacillus bulgaricus</i> (Lb-87)		
Larch Arabinogalactan (Fiber Aid®)	25 mg	†
Fructooligosaccharides (FOS)	25 mg	†
* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.		

Other Ingredients: Vegetarian capsule (cellulose, water), cellulose, silica, magnesium stearate and calcium silicate

Contains No salt, dairy, wheat, gluten, preservatives, artificial colors or flavors

Suggested Use: Take one capsule daily during meals

For more information or to purchase, visit www.prologhealth.com

The Scientific Basis:

Probiotics are foods or supplements that contain live microorganisms. Many types of bacteria are categorized as “probiotics;” however, most are of one of the two following groups: Lactobacillus and Bifidobacterium. Both of these are found naturally in dairy products.

The successful colonization of “good” gut bacteria may improve health by allowing these bacteria to outnumber the potentially disease-causing bacteria, thereby decreasing risks of food-borne and other infections. Evidence for the health benefits of probiotics include preventing antibiotic associated diarrhea, reducing the duration of infectious diarrhea, decreasing morbidity and mortality of necrotizing enterocolitis in preterm, very low birth-weight newborns, regulation of gastrointestinal motility, improvement of blood lipids, relief of irritable bowel syndrome (IBS) symptoms, reducing the incidence of common upper respiratory tract infections and reduced atopic dermatitis in infants.

Benefits of prebiotics include reduced incidence and symptoms of travelers’ diarrhea, prevention of specific allergies, improved calcium and magnesium absorption, relief of IBS, reduction in energy intake and markers of insulin resistance and improved weight management, reduced appetite and increased satiety and possibly decreased risk for colorectal cancers.

To be most effective, probiotic species must be resistant to stomach acid and bile to survive transit through the upper gastrointestinal (GI) tract. Most probiotics do not colonize the lower GI tract in a durable fashion. Even the most resilient strains generally can be cultured in stool for only one to two weeks after ingestion. To maintain colonization, probiotics must be taken on a regular basis.

Well-designed, properly controlled and well-conducted clinical studies on various probiotic strains are lacking and there is only preliminary and often low-grade evidence for most probiotic health claims. Research is needed to clarify specific actions of specific bacterial strains, to clarify the magnitude of anticipated effects, to characterize responders and non-responders and to explore biological endpoints. Even for the most studied strains, few have been sufficiently investigated in humans to warrant approval by the Food and Drug Administration. It is quite possible that different strains have different effects on different people, and not all subjects may benefit from the use of probiotics.

Changes to the gut microbiome may cause complex bacterial interactions, and although probiotics are generally considered to be safe, some people, such as those with compromised immune function (e.g., HIV, cancer), indwelling central venous catheters, cardiac vascular disease and premature infants, may be at higher risk for adverse events. In severely ill people,

there is a risk for sepsis and for viable bacteria from the intestine to seed the bloodstream (bacteremia) to be passed to internal organs (bacterial translocation).

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14. Khalesi S, Sun J, Buys N, Jayasinghe R. Effect of probiotics on blood pressure: a systematic review and meta-analysis of randomized, controlled trials. *Hyperten (Syst rev & meta-anal)*. 2014, 64 (4): 897–903.

Some supplements may have side effects, may affect underlying medical conditions, or may interact with prescription medications. Therefore, Prolog Health vitamins and supplements are recommended for use under the direct supervision of your physician.

Disclaimer: None of the above statements have been evaluated by the United States Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease. Please consult your health care professional before taking any and all supplements. Individual results may vary.

Every Prolog Health product exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).

All products are made in the USA, with all ingredients from the USA.