BioFlora 20

ENCORE FORMULAS

DAIRY FREE



CLINICAL APPLICATIONS

- *Helps Maintain Gastrointestinal Balance*
- *Increases Secretory IgA for Enhanced Gut Immunity*
- *Supports Bowel Regularity*
- *Supports Digestion and Micronutrient Absorption*

BioFlora 20 is a unique probiotic formula designed to deliver active organisms shown to promote healthy gut microflora, protect intestinal integrity and boost immune function. Included in this formula is *Saccharomyces boulardii*, an extensively researched microorganism shown to help restore microflora balance by enhancing commensal organism function. Each BioFlora 20 capsule provides seven proven probiotic strains chosen for their ability to withstand the harsh gastrointestinal environment and adhere to the intestinal tract to deliver superior results.

Overview

The GI tract is a finely balanced environment where roughly 500 different strains of bacteria compete for space and nutrients. When there is a healthy balance (eubiosis), few symptoms exist. However, dysbiosis can occur when an overabundance of potentially harmful organisms prevail. The natural microflora balance can be upset by medications, excessive alcohol consumption, or poor dietary intake.

Probiotics have been extensively studied and are characterized as having broad GI and immune benefits, including (1) increasing the population of healthy bacteria following microflora imbalance; (2) supporting healthy bowel function; (3) increasing the production of short-chain fatty acids, which provide energy to the cells of the intestinal lining; (4) strengthening the gut-immune barrier by promoting a healthy gut mucosa; (5) aiding in the digestion of difficult-to-break- down compounds like lactose and casein; and (6) enhancing detoxification of harmful compounds.

Because probiotics are live organisms, there are many challenges associated with manufacturing and distributing probiotic supplements. For a probiotic to be effective, it must be shelf-stable through the expiration date and precisely delivered to the intestinal tract, where it can have maximum benefit. BioShield® technology is an innovative manufacturing process developed to ensure consistent and reliable results. The microorganisms in BioFlora 20® are protected, sealed and freeze dried away from moisture, heat, light and oxygen. This allows the bacteria to remain dormant until they are exposed to moisture in the GI tract. By utilizing advanced encapsulation technology, the probiotic organisms are preserved and released on-target for maximum benefit.

Lactobacillus acidophilus (La-14)†

Lactobacillus acidophilus is a beneficial bacterial strain that is normally found in the intestinal tract and mouth and is commercially used in dairy products for the production of acidophilus-type yogurt. L. acidophilus ferments various carbohydrates to produce lactic acid, which increases the absorption and bioavailability of minerals. This includes calcium, copper, magnesium and manganese. The production of lactic acid also promotes health by creating an inhospitable environment for invading bacteria.[1] L. acidophilus has been shown to protect intestinal cells by competing for adhesion space in the gut against harmful bacteria. The L. acidophilus strain in BioFlora 20® has been specifically chosen because of its strong adherence and survival attributes in the GI tract. It has been demonstrated in vitro to tolerate exposure to gastric acid and bile salts, and has the ability to withstand certain medications.[2]

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Lactobacillus paracasei (Lpc-37)†

Lactobacillusparacasei(L.paracasei) has an important role in helping to maintain the balance of microflora in the intestine. L. paracasei has been shown to protect against the harmful effects of bacteria such as Staphylococcus aureus (S. aureus),[3] and reinforce defense mechanisms that support an immune response.[4] L. paracasei is highly resistant to acids and enzymes in the GI tract and is known to produce short chain fatty acids for healthy intestinal barrier function.[5]

Bifidobacterium bifidum (Bb-06)†

Bifidobacteriumbifidum has been shown toeffectively compete with harmful bacteria, which suggests B. bifidum's lactic acid and acetic acid production provides an antagonistic action against such undesirable agents to help maintain microflora balance.[6]

Bifidobacterium lactis (BI-04)†

Bifidobacteriumlactis ispredominantly found in the colon. A double-blind, randomized placebo-controlled trial on subjects receiving B. lactis or placebo for eight weeks found that B. lactis supported a balanced immune response in individuals hypersensitive to environmental allergens.[7] Studies examining immune development and dietary supplementation with B. lactis have shown that it supports GI health by reducing intestinal permeability.[8]

Lactobacillus plantarum (Lp-115)†

Lactobacillusplantarum isa beneficialbacterial strain commonly found in fermented foods including sauerkraut, pickles, brined olives and sourdough. L. plantarum has been found to compete against specific strains of harmful bacteria, due to the production of bacteriocins (lethal proteins) that inhibit bacterial growth.[9] Studies have also demonstrated that L. plantarum helps boost the immune response by stimulating Th1-mediated immunity.[10]

Lactobacillus rhamnosus (GG)†

Lactobacillusrhamnosus has beenproven to have remarkable survivability in the acid and bile environments in the GI tract. L. rhamnosus is particularly useful because of its ability to adhere to cells, enhance microflora balance, and inhibit adherence of unwanted organisms. L. rhamnosus was also found to positively affect inflammatory and immune gene signaling of over 1,700 genes when administered in high doses.[10]

Saccharomyces boulardii†

Saccharomycesboulardii is aprobiotic yeast that was first isolated from the skin of the tropical fruits lychee and mangosteen in 1923 by French scientist Henri Boulard, following the observation that mangosteen consumption controlled occasional diarrhea in natives of Southeast Asia. S. boulardii plays a role in supporting immune defense by increasing levels of sIgA, creating a first line of defense that helps bind and clear harmful bacteria.[11]

Directions

1capsuleperday or as recommended by your health care professional.

Does Not Contain

Gluten,corn,artificialcolors or flavors.

Cautions

Ifyou arepregnant or nursing, consult your physician before taking this product.

Supplement FactsV5

Serving Size 1Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value
Proprietary Blend	133 mg (20 Billion CFU++)	
Lactobacillus acidophilus (La-14)		*
Bifidobacterium bifidum (Bb-06)		*
Lactobacillus rhamnosus (GG)		*
Lactobacillus paracasei (Lpc-37)		*
Bifidobacterium lactis (Bl-04)		*
Lactobacillus plantarum (Lp-115)		*
Saccharomyces boulardii	200 mg (3 Billion CFU++)	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Silicon Dioxide and Magnesium Stearate.
++Colony Forming Units

References

1. LipskiE.Digestive Wellness. New Canaan (CT): Keats Publishing; 1996. p. 60-61.
2. Danisco. Lactobacillus acidophilus La-14 probiotic identity card.
3. Bendali F, Madi N, Sadoun D. Beneficial effects of a strain of Lactobacillus paracasei subsp. paracasei in Staphylococcus aureus-induced intestinal and colonic injury. Int J Infect Dis. 2011 Nov;15(11):e787-94.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

4. Lee A, Lee YJ, Yoo HJ, Kim M, Chang Y, Lee DS, Lee JH. Consumption of Dairy Yogurt Containing Lactobacillus paracasei ssp. paracasei, Bifidobacterium animalis ssp. lactis and Heat-Treated Lactobacillus plantarum Improves Immune Function Including Natural Killer Cell Activity. Nutrients. 2017 May 31;9(6):558. doi: 10.3390/nu9060558. PMID: 28561762; PMCID: PMC5490537.

5. Barko PC, McMichael MA, Swanson KS, Williams DA. The Gastrointestinal Microbiome: A Review. J Vet Intern Med. 2018 Jan;32(1):9-25. doi: 10.1111/jvim.14875. Epub 2017 Nov 24. PMID: 29171095; PMCID: PMC5787212.

6. Singh A, Hacini-Rachinel F, Gosoniu ML, Bourdeau T, Holvoet S, Doucet-Ladeveze R, Beaumont M, Mercenier A, Nutten S. Immune-modulatory effect of probiotic Bifidobacterium lactis NCC2818 in individuals suffering from seasonal allergic rhinitis to grass pollen: an exploratory, randomized, placebo-controlled clinical trial. Eur J Clin Nut. 2013 Feb;67(2):161-7.

7. Lewis MC, Patel DV, Fowler J, Duncker S, Zuercher AW, Mercenier A, Bailey M. Dietary supplementation with Bifidobacterium lactis NCC2818 from weaning reduces local immunoglobulin production in lymphoid-associated tissues but increases systemic antibodies in healthy neonates. Br J Nutr. 2013 Oct;110(7):1243-52.

8. Schoster A, Kokotovic B, Permin A, Pedersen PD, Bello FD, Guarabassi L. In vitro inhibition of Clostridium difficile and Clostridium perfringens by commercial probiotic strains. Anaerobe. 2013 Apr; 20:36-41.

9. Chytilová M, Mudroňová D, Nemcová R, Gancarčíková S, Buleca V, Koščová J, Tkáčiková L. Anti-inflammatory and immunoregulatory effects of flax-seed oil and Lactobacillus plantarum - Biocenol™ LP96 in gnotobiotic pigs challenged with enterotoxigenic Escherichia coli. Res Vet Sci. 2013 Aug;95(1):103-9.

10. Evard B, Coudeyras S, Dosgilbert A, Charbonnel N, Alamé J, Forestier C. Dose-dependent immunostimulation of human dendritic cells by the probiotic Lactobacillus rhamnosus Lcr35. PLoS ONE. 2011 Apr 18;6(4):e18735.

11. Rodrigues AC, Cara DC, Fretez SH, Cunha FQ, Vieira EC, Nicoli JR, Vieira LQ. Saccharomyces boulardii stimulates sIgA production and the phagocytic system of gnotobiotic mice. J Appl Microbiol. 2000 Sep;89(3):404-14.

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.