



Essential 8's Probiotic

Probiotic Supplementation

Probiotic is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).[†] Probiotics support healthy gut flora to support a healthy gastrointestinal (GI) tract.[†] Moreover, probiotics may help support the immune system, promote healthy hormone functions, and even support healthy body mass.^{†1,2,3}

Probiotic contains some of the most embraced microbial strains for human wellness, these beneficial probiotics may:

- Support a healthy gut microbiome[†]
- Support a healthy inflammatory response[†]
- Support immune function[†]
- Support digestive function[†]

How Probiotic Works

Probiotics support a healthy gut microbiome and promote a healthy gastrointestinal tract which may help support healthy nutrition.⁴ Moreover, probiotics promote healthy gut cell membrane and function by supporting the immune system and enhancing nutrient absorption from food.^{†5,6} These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.^{†7}

Probiotic contains 22 billion colony-forming units (CFU) of a potent seven-strain blend of probiotics per serving to promote gut health and overall wellness.[†]

Lactobacillus acidophilus & *Lactobacillus rhamnosus*

L. acidophilus is a beneficial lactic acid bacteria often used to treat lactose intolerance and general gut microbe imbalances; it is also necessary for synthesizing vitamin B9 (folate) within the body.^{†8}

Similar to *L. acidophilus*, *L. rhamnosus* helps promote digestion of lactose by producing the lactase enzyme, as well as folate and vitamin B12 - two vitamins that are key for healthy nervous system function.^{†9}

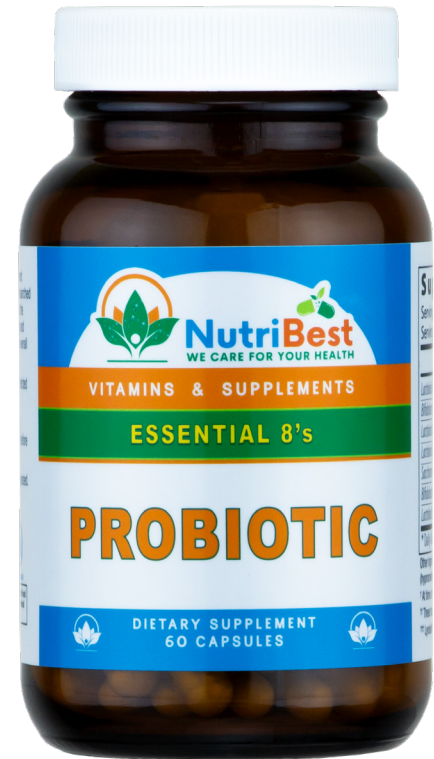
Bifidobacterium lactis & *Bifidobacterium bifidum*

B. lactis is a bacterium that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).¹⁰ Like Lactobacilli, Bifidobacteria aid in the digestion of lactose and are critical for producing B vitamins, which serve many vital roles in the body.¹¹

In addition to vitamin synthesis, *B. bifidum* is widely used to normalize gut bacteria function.[†] It has been shown to significantly promote a healthy digestive system and stool consistency.^{†12} *B. bifidum* has a range of enzymes that help digest many different oligosaccharides (small-chain sugars), which in turn allows the body to break down otherwise indigestible nutrients.

Lactobacillus plantarum

L. plantarum promotes a healthy gastrointestinal tract environment and proper mineral absorption.[†] A well-controlled study in 24 healthy women showed that *L. plantarum* supplementation increased iron absorption by 80% when consumed with a meal containing high amounts of phytic acid (a compound that hinders iron absorption).¹³ It is surmised this effect is due to *L. plantarum* exposing iron molecules to the intestinal lining for an extended duration and therefore promoting intestinal absorption.[†]



Other significant findings suggest *L. plantarum* can help support healthy immune function.¹⁴

Lactobacillus paracasei

L. paracasei is an integral bacterium in human flora and is particularly important for digesting oligosaccharides and supporting immune function.^{15,16}

Saccharomyces boulardii

Saccharomyces boulardii is a nonpathogenic yeast strain. A contemporary meta-analysis contends that *Saccharomyces boulardii* supports gastrointestinal integrity by promoting healthy inflammatory responses in the intestines and colon of humans.¹⁷

Supplement Facts

Form: 60 Capsules

Servings Size: 1 Capsule

Ingredients:	Amount	%DV
<i>Lactobacillus paracasei</i> UALpc-04™††	5.926 Billion CFU†	*
<i>Bifidobacterium lactis</i> UABla-12™††	5.185 Billion CFU†	*
<i>Lactobacillus acidophilus</i> UALa-01™††	4.444 Billion CFU†	*
<i>Lactobacillus plantarum</i> UALp-05™††	2.963 Billion CFU†	*
<i>Saccharomyces boulardii</i> Lynside®†††	2 Billion CFU†	*
<i>Bifidobacterium bifidum</i> UABb-10™††	0.741 Billion CFU†	*
<i>Lactobacillus rhamnosus</i> UALr-06™††	0.741 Billion CFU†	*

Other Ingredients: Microcrystalline cellulose, digestive resistant capsule (hypromellose, gellan gum), vegetable magnesium stearate.

† At time of manufacture.

†† These trademarks are the property of UAS Labs.

††† Lynside® is a registered trademark of Gnosis S.p.A.

Directions: Take one capsule daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

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* 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.

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