



MICROBIOME
SUPPORT

Features of ProSynbiotic:

- Useful in maintaining a healthy gut microbial environment*
- Helps support the body's natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body's natural immune system response function
- Contains inulin (a nondigestible soluble fiber from chicory root) and galactooligosaccharides (non-digestible carbohydrates), both of which are used by probiotic bacteria as food*



Supporting the Microbiome: Pre- and Probiotics

ProSynbiotic incorporates four clinically studied probiotic strains with two prebiotic fibers to support a healthy microbiome in the gut. It contains a synergistic blend of probiotics which include Lactobacillus and Bifidobacterium - two bacteria strains with strong scientific support and safety records - as well as Saccharomyces cerevisiae var. boulardii. It also incorporates two well-researched prebiotics: inulin and galactooligosaccharide (GOS).

Seventy percent of the human immune system is thought to reside in the gut.¹ Over 39 trillion bacterial cells reside within the human body, particularly in the GI tract, which is close to a 1:1 ratio of human to bacterial cells.² When the gut microbiome (aggregate of all microbiota) is out of balance, this is called dysbiosis: a condition linked to several health concerns. A well-balanced microbiome can support healthy digestion, absorption, elimination, and support overall immune function.

NOTES

Prebiotics and probiotics both can contribute to the total balance of the microbiome. Probiotics may produce short-chain fatty acids (SCFA) that further convert to butyrate. Butyrate has an influence on the gut's immune function and other body systems.^{3,4}

Key Definitions

- **Microbiome** is the whole habitat that includes all microorganisms and their genomes and the conditions of the environment.^{4,5}
- **Probiotics** consist of microorganisms that have a perceived health advantage to their human host. Probiotics are ingested either as a food (in yogurt or other fermented foods) or through a supplement.⁶
- **Prebiotics** are food components or supplements that cannot be digested by the human host, typically as a fiber. Not all fibers are prebiotics nor are all prebiotics fibers. Prebiotics have been described as a food source for the beneficial bacteria.⁶
- **Fiber** is defined as a non-digestible carbohydrate that is either soluble or insoluble in water. The recommendation for fiber is between 20-28 grams per day for adult women or 25-30 grams for men.⁷

Supplement Facts

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Serving Size: 3 Capsules Servings per Container: 30		
	Amount per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2g	<1%
Dietary Fiber	2g	7%
Proprietary Blend	1,689mg	
† Inulin (chicory root fiber), galactooligosaccharides (GOS) (milk), yeast (Saccharomyces boulardii), Lactobacillus acidophilus, Lactobacillus paracasei, and Bifidobacterium (190 mg live microorganisms, 4 billion CFU).		
*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.		

Other Ingredients: Gelatin, maltodextrin, water, calcium stearate, sucrose, sodium ascorbate, and sorbitan monostearate.

With Lactobacillus acidophilus LA-5®, Lactobacillus paracasei L. casei 431®, Bifidobacterium BB-12®.

Available Size:

- Prosynbiotic 90 Capsules

Please consult the actual product label for the most accurate product information

Probiotics

Lactobacillus acidophilus (LA-5®)

Lactobacillus acidophilus (LA-5) was first isolated from the human gastro-intestinal tract in the early 1900s.⁸ It is a well-characterized probiotic strain with over sixty clinical studies,⁸ and has been utilized in the food industry and as capsulated probiotics for many years. As a lactic acid-producing bacteria, it helps to promote a healthy microbiome.⁸⁻¹⁰

LA-5 and *Bifidobacterium lactis* (BB-12®) have often been studied synergistically and have shown multiple GI benefits.⁸⁻¹⁰

Bifidobacterium lactis (BB-12®)

BB-12 is the best characterized probiotic available in the market with over 300 overall studies, including 130 human studies.^{11,12} *Bifidobacterium* is a lactic acid-producing bacteria isolated from a human gastro-intestinal tract in 1899. BB-12 easily gains access to the colon, allowing the bacteria to attach to the intestinal lining supporting the immune system, barrier protection, and to promote a healthy microbiome.^{11,12} BB-12 has been shown to support bowel regularity in a randomized, double-blind, placebo-controlled trial (n=1,000).¹³

Lactobacillus paracasei paracasei (L. casei 431®)

This a well-characterized lactic acid-producing strain with over twenty clinical studies.^{14,15} This strain has been studied across the human lifespan, showing support for acute immune function and overall immune function.¹⁴⁻¹⁷

Saccharomyces cerevisiae var. boulardii

Yeast has been utilized for many centuries in fermented foods and traditionally used to support GI health. *S. boulardii* has been studied to support the immune system, overall bowel health, and support nutrient absorption and digestive enzymes.¹⁸⁻¹⁹

Prebiotics

Inulin

Inulin is prebiotic that is found naturally in many plants such as chicory root. Inulin is a complex carbohydrate that is fermented in the gut by certain microorganisms to provide them with energy. Inulin also supports the absorption of calcium and magnesium.²⁰

Galactooligosaccharide (GOS)

GOS is a type of complex carbohydrates called oligosaccharides, which is utilized by *Bifidobacterium* and *Lactobacillus* bacteria in the colon. GOS can increase short chain fatty acids (SCFAs) that further convert to butyrate that, in turn, supports the immune system.^{20,21}

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of the raw plant ingredients used in our products are grown on our organic and sustainable farm

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Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

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