ProbioMed™ may be helpful for:
• Maintaining good beneficial gut flora and intestinal health
• Relieving symptoms of eczema and dermatitis
• High potency, broad spectrum maintenance formula for healthy microflora replenishment
• Combines 10 boutique strains at therapeutically significant dosages
• Evidence-based formulations - the strains are heavily researched and validated
• Specific strain identification with disclosed CFU count
• Shelf-stable - significant overage ensures long shelf life and guarantees delivery of stated CFU count

OVERVIEW
Designs for Health’s ProbioMed™ high potency probiotics formulations consist of ten of the most highly-researched probiotic strains. The diversity and therapeutically significant quantities of these specific strains target gastrointestinal health to address common gastrointestinal conditions, bowel function, and varying degrees of dysbiosis associated with lifestyle or life-stage, antibiotic therapy, dietary imbalances or stress. This family of products also possesses specific strains that have strong immunomodulatory actions to mature and enhance the immune system during all life stages. These formulations are offered in two potencies: 50 and 100 billion CFUs. This allows for a highly diverse range of use and extensive titration options.

KEY FEATURES:
Common problems associated with probiotic supplementation include strain identification and disclosure of individual counts, strain integrity and stability during storage and internal delivery, resistance/tolerance to stomach acid and bile salts, adherence to intestinal walls, and antibiotic resistance. These high potency formulations have been developed to address these common challenges and maximise their therapeutic potential. Each probiotic strain and count has been carefully selected after extensive review of scientific literature to ensure superior viability in low pH conditions and in the presence of bile salts, with proven adherence to human epithelial and mucosal surfaces, and antibiotic resistance.

> 50 B & 100 B capsules feature delayed release technology for optimal survivability from stomach acid and properly timed release of the probiotics in the lower GI tract.
> Does not cause antibiotic resistance.
> Strong adherence to intestinal epithelial and mucosal walls.
> Probiotic interaction with the mucosa may provide a better opportunity for the probiotic to modulate the immune response.
> Protects against pathogens by limiting their ability to colonise in the intestine and by effectively blocking the pathogens adhesion site.
> Dairy-free formulations.
PROBIOTIC STRAINS

**Lactobacillus acidophilus (La-14):** is a potent immunomodulatory probiotic strain shown to enhance immune activity by increasing regulatory T cells, inducing chemokine and cytokine response, stimulating dendritic cells to promote Th1/ Th2/Th3 immunity, and improving IgA response. Studies show L. acidophilus significantly reduces the incidence and duration of cold and flu symptoms, improves colitis, and enables immune maturation in fetal enterocytes. It has also been shown to improve microbiome diversity following antibiotic therapy and is effective against C. difficile, candidiasis, and SIBO, while reducing constipation and increasing bowel frequency.

**Lactobacillus plantarum (Lp-115):** significantly inhibits the invasion of pathogenic E. coli, especially when combined with other probiotic strains, and effectively reduces disturbance of the microbiome resulting from antibiotic therapy. Studies show it reduces abdominal pain, bloating and other gastrointestinal symptoms associated with IBS and colitis. As an immunomodulatory agent, L. plantarum enhances the IgG response and improves the body’s response to influenza in elderly individuals, especially.

**Bifidobacterium animalis ssp lactis (BS-01):** has been present in human food for decades and is broadly recognised for its key role in the human intestinal microflora throughout life. Its anti-inflammatory properties are useful in attenuating the symptoms of colitis, while supporting the body against allergies and allergic rhinitis. It protects and restores the microbiome following antibiotic therapy and boosts the body’s IgG response.

**Lactobacillus casei (Lc-11):** improves systemic and mucosal immune responses, reducing the occurrence of infections in elderly, especially. Its anti-inflammatory properties are noted as it lowers hsCRP, reduces the occurrence of necrotising enterocolitis, modifies the expression of toll-like receptor in ulcerative colitis, and repairs aspirin-induced bowel injury. L. casei also improves insulin sensitivity, thus, playing a role in helping to prevent diabetes mellitus.

**Bifidobacterium breve (Bb-03):** is a normal commensal microorganism that prevents and improves constipation, abdominal bloating, anal itch, burn, pain, and other symptoms of ulcerative colitis and necrotising enterocolitis. It also maintains fasting glucose, decreases hsCRP, and increases plasma glutathione.

**Lactobacillus paracasei (Lpc-37):** can inhibit pathogenic salmonella, S. aureus, E. coli, and listeria, while protecting and restoring the microbiome following antibiotic therapy. As an immunomodulatory agent, it induces IL-10, (TNF)-α, (IFN)-γ, and IL-12, and enhances the IgG and IgM response. Colitis models show a significant reduction in intestinal inflammation with L. paracasei therapy.

**Lactobacillus salivarius ssp salivarius (Ls-33):** mitigates inflammatory symptoms, and modulates cytokine production and the cellular response to pathogenic challenges while restoring a disrupted microbiome. It also improves oral health by reducing gum bleeding and physiologic halitosis while increasing resistance to caries. It may be protective against mastitis in breastfeeding women.

**Lactobacillus rhamnosus (HN001):** is a potent immunomodulatory strain that increases interleukin and cytokine production, phagocytosis and NK-cell activity, sIgA secretion, fetal immunity, and immunomodulatory components of breastmilk. It is effective against C. difficile, E. coli O157:H7, and S. typhimurium.

**Bifidobacterium bifidum (Bb-06):** improves functional constipation and symptoms of IBS, including abdominal pain, bloating, belching, flatulence, and diarrhoea. Upper gastrointestinal symptoms associated with H. pylori infections also benefit from B. bifidum.

**Bifidobacterium longum (BI-05):** improves the composition and metabolic activities of colonic bacterial communities and immune parameters, helping the symptomatic effects of celiac disease, IBS, and functional constipation. Studies show B. longum significantly reduces TNF-alpha, CRP, serum AST, insulin resistance, serum endotoxin, and steatosis in patients with non-alcoholic steatohepatitis.
ACTIVE INGREDIENTS PER CAPSULE:

<table>
<thead>
<tr>
<th>PROBIOMED 50</th>
<th>PROBIOMED 100</th>
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<tbody>
<tr>
<td>Bifidobacterium animalis ssp lactis (BS-01)</td>
<td>Bifidobacterium animalis ssp lactis (BS-01)</td>
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<tr>
<td>18 billion CFU</td>
<td>37 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (La-14)</td>
<td>Lactobacillus acidophilus (La-14)</td>
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<tr>
<td>6 billion CFU</td>
<td>11 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus plantarum (Lp-115)</td>
<td>Lactobacillus plantarum (Lp-115)</td>
</tr>
<tr>
<td>7 billion CFU</td>
<td>18 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus casei (Lc-11)</td>
<td>Lactobacillus casei (Lc-11)</td>
</tr>
<tr>
<td>4 billion CFU</td>
<td>7 billion CFU</td>
</tr>
<tr>
<td>Bifidobacterium breve (Bb-03)</td>
<td>Bifidobacterium breve (Bb-03)</td>
</tr>
<tr>
<td>4 billion CFU</td>
<td>7 billion CFU</td>
</tr>
<tr>
<td>Bifidobacterium bifidum (Bb-06)</td>
<td>Bifidobacterium bifidum (Bb-06)</td>
</tr>
<tr>
<td>1 billion CFU</td>
<td>1 billion CFU</td>
</tr>
<tr>
<td>Bifidobacterium longum (BI-05)</td>
<td>Bifidobacterium longum (BI-05)</td>
</tr>
<tr>
<td>1 billion CFU</td>
<td>1 billion CFU</td>
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<tr>
<td>Lactobacillus salivarius ssp salivarius (Ls-33)</td>
<td>Lactobacillus salivarius ssp salivarius (Ls-33)</td>
</tr>
<tr>
<td>3 billion CFU</td>
<td>6 billion CFU</td>
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<tr>
<td>Lactobacillus paracasei (LPC-37)</td>
<td>Lactobacillus paracasei (LPC-37)</td>
</tr>
<tr>
<td>3 billion CFU</td>
<td>6 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus rhamnosus (HN001)</td>
<td>Lactobacillus rhamnosus (HN001)</td>
</tr>
<tr>
<td>3 billion CFU</td>
<td>6 billion CFU</td>
</tr>
</tbody>
</table>

EXCIPIENT INGREDIENTS PER CAPSULE:

Colloidal anhydrous silica, Magnesium stearate, Microcrystalline cellulose, Hypromellose.

DIRECTIONS FOR USE:

Take 1 capsule per day, or as directed by your healthcare professional.

DOES NOT CONTAIN THE FOLLOWING:  
Gluten, dairy, lactose, seeds or nuts.

PACK SIZE:  
30 per bottle.

PreScribing information:

- Mild and temporary gastrointestinal disturbances, such as an increase in flatulence, have been seen in doses over 1 billion live organisms. If this does occur reduce the dose by at least half and increase slowly over time.
- It is recommended to take probiotics at least 4 hours away from antibiotics to ensure probiotic effectiveness.

WaNnings:

- If symptoms persist consult your healthcare practitioner.
- If diarrhoea persists for more than 6 hours in infants under 6 months, 24 hours in children under 6 years or 48 hours in adults and children over 6 years seek medical advice.
- Not to be used in children under the age of 2 without medical advice.
WHEN TO TAKE PROBIOTICS:
During a fasting state, the stomach is more acidic with a pH around 2. After a meal, the pH of the stomach contents rises to a more basic value of around 7, which is less acidic. That means there is less chance of the probiotics dying.
In a study found in Beneficial Microbes, researchers found that probiotics taken within 30 minutes of a meal, or with the meal, survived in much higher numbers than if taken 30 minutes after a meal. In fact, they found probiotics taken with food containing healthful fats had the greatest survival. ProbioMed probiotics are tested to ensure they withstand the pH of the stomach when food is present, and are also tested to ensure they have good mucosal adherence.
If you choose to take your probiotics on an empty stomach where the PH can be as low as 1.8, do note that most living organisms cannot survive a pH as low as 1.8.

REFERENCES