

# ORTHO BIOTIC® POWDER



## CLINICAL APPLICATIONS

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

## GASTROINTESTINAL SUPPORT

Ortho Biotic® is a unique probiotic formula designed to deliver active organisms shown to promote healthy gut flora, 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 organisms. Each scoop of Ortho Biotic® provides seven proven probiotic strains chosen for their ability to withstand the harsh gastrointestinal environment and adhere to the intestinal tract, and deliver superior results. Ortho Biotic® is also available in capsules at the same high concentration for those who prefer capsule delivery.

### 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. The microorganisms in Ortho Biotic® 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.

### ***Lactobacillus acidophilus* (La-14)<sup>†</sup>**

*Lactobacillus acidophilus* is a 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, including calcium, copper, magnesium and manganese. The production of lactic acid also promotes health by creating an inhospitable environment for invading bacteria.<sup>1</sup> *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 Ortho Biotic® 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.<sup>2</sup>

### ***Lactobacillus paracasei* (Lpc-37)<sup>†</sup>**

*Lactobacillus paracasei* has been shown to protect against the harmful effects of some bacteria.<sup>3</sup> *L. paracasei* colonizes the intestinal tract by reinforcing defense mechanisms that support an immune response. It does this by supporting T-helper cell production and secreting secretory IgA (sIgA),

<sup>†</sup> 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.

an antibody critical for supporting intestinal immunity.<sup>4</sup> *L. paracasei* Lpc-37 is a gastric acid-resistant strain and has been shown in vitro to withstand certain medications.<sup>5</sup>

### ***Bifidobacterium bifidum* (Bb-02)<sup>†</sup>**

*Bifidobacterium bifidum* has been shown to effectively 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.<sup>6</sup>

### ***Bifidobacterium lactis* (BI-04)<sup>†</sup>**

*Bifidobacterium lactis* is predominantly 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.<sup>7</sup> Studies examining immune development and dietary supplementation with *B. lactis* have shown that *B. lactis* supports GI health by reducing intestinal permeability.<sup>8</sup>

### ***Lactobacillus plantarum* (Lp-115)<sup>†</sup>**

*Lactobacillus plantarum* is a beneficial bacterial 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.<sup>9</sup> Studies have also demonstrated that *L. plantarum* helps boost the immune response by stimulating Th1-mediated immunity.<sup>10</sup>

### ***Lactobacillus rhamnosus* (GG)<sup>†</sup>**

*Lactobacillus rhamnosus* has been proven 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 harmful agents. *L. rhamnosus* was also found to positively affect inflammatory and immune gene signaling of over 1,700 genes when administered in high doses.<sup>10</sup>

### ***Saccharomyces boulardii*<sup>†</sup>**

*Saccharomyces boulardii* is a probiotic 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 to help bind and clear harmful bacteria.<sup>11</sup>

## **Directions**

Add one scoop (1.7 grams) to a glass of water or the beverage of your choice, stir and drink, or as recommended by your health care professional.

## **Does Not Contain**

Wheat, gluten, soy, corn, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

## **Cautions**

If you are pregnant or nursing, consult your physician before taking this product.

## **Supplement Facts<sup>v6</sup>**

Serving Size 1 Scoop (1.7 grams)  
Servings Per Container 30

	Amount Per Serving	% Daily Value
<b>Proprietary Blend</b>	108 mg (20 Billion CFU <sup>++</sup> )	
<i>Lactobacillus acidophilus</i> (La-14)		*
<i>Bifidobacterium lactis</i> (BI-04)		*
<i>Lactobacillus rhamnosus</i> (GG)		*
<i>Lactobacillus paracasei</i> (Lpc-37)		*
<i>Lactobacillus plantarum</i> (Lp-115)		*
<i>Bifidobacterium bifidum</i> (Bb-02)		*
<i>Saccharomyces boulardii</i>	234 mg (3 Billion CFU <sup>++</sup> )	*

\* Daily Value not established.

**ID# 528051 30 Servings**

<sup>†</sup> 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.

**EFFICACY**  
the power of *e*

## References

1. Lipski E. 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.
4. Chiang SS, Pan TM. Beneficial effects of *Lactobacillus paracasei* subsp. *paracasei* NTU 101 and its fermented products. Appl Microbiol Biotechnol. 2012 Feb;93(3):903-16.
5. Danisco. *Lactobacillus paracasei* Lpc-37 probiotic identity card.
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 Nutr. 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* - Bioceno1™ 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, Tridon A, Forestier C. Dose-dependent immunomodulation 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.