

Ortho Spore Complete



CLINICAL APPLICATIONS

- *Helps Gently Restore and Maintain Microbial Balance and Diversity*
- *Reduces Gas, Bloating and Food Intolerance*
- *Improves Occasional Constipation and Diarrhea*
- *Maintains GI Barrier Integrity*

GASTROINTESTINAL SUPPORT



Ortho Spore Complete is a unique spore-based, broad-spectrum probiotic formula designed to promote a healthy gut microbiota, support gastrointestinal (GI) health, and support immune function. Ortho Spore Complete is specifically formulated with several spore-based probiotic strains to promote diversity and balance within the host gut microbiota. Each capsule provides key *Bacillus* strains that remain in a dormant, protective state in the harsh GI environment, then become active on target to transiently re-establish and recondition the gut to help prevent small intestinal bacterial overgrowth (SIBO) relapse.

Overview

A healthy GI tract is a finely balanced environment where countless microbes compete for space and nutrients.¹ Under conditions of health, the ecosystem is balanced (eubiosis), and few GI and extra-intestinal symptoms exist. However, dysbiosis can occur when an overabundance of potentially harmful organisms prevails. Therefore, the health of the GI tract relies on balanced microbiota. A natural balance can be upset by numerous lifestyle factors, such as medications, excessive alcohol consumption, low stomach acid or poor diet. Probiotics contribute to microbiota balance by positively influencing the intestinal environment via pH balance, microorganism diversity and immune signaling.

Probiotics have been extensively studied and characterized as having broad GI and immune benefits. These include supporting the population of healthy commensal microbes following microbiota imbalance; supporting healthy bowel function; increasing the production of short-chain fatty acids, which provide energy to the cells of the intestinal

lining; strengthening the gut-immune barrier by promoting a healthy gut mucosa; enhancing detoxification of harmful compounds; and aiding in the digestion of compounds like lactose and casein.

Probiotics are live organisms and must be shelf-stable through the expiration date so they can be precisely delivered to the intestinal tract and have maximum benefit. Depending on the environment, *Bacillus* spores transition between a dormant form and an active, vegetative form. *Bacillus* spores remain dormant in harsh environments, until they reach more favorable environments like the human GI tract. In its dormant spore form, *Bacillus* surrounds itself with an endospore—a tough, natural outer shell that protects it from light, heat, pressure, acid, lack of oxygen and other environmental factors. The *Bacillus* spore transitions to its active, vegetative form in the large intestine. The vegetative form can then transiently colonize the gut. In its active form, *Bacillus* probiotics can increase microbial diversity by changing the local pH and increasing the production of short-chain fatty acids. The combination of specific *Bacillus* probiotic species in Ortho Spore Complete, particularly *Bacillus coagulans*, *Bacillus clausii*, and *Bacillus subtilis*, relieves symptoms for common GI complaints and reinforces healthy gut function.²

***Bacillus coagulans* (Strains MTCC5856 [LactoSpore®] and BCP92)**

Bacillus coagulans supports a balanced microbiota by having antagonistic effects against unwanted organisms and supporting healthy commensal microbes. In an in vitro mechanism study, *B. coagulans* demonstrated antagonistic action against a variety of undesirable organisms.³ *B. coagulans*

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*

supplementation at a dose of 1 billion CFU/day for 28 days in adults over age 65 increased fecal concentrations of the commensal *F. prausnitzii* from baseline compared to placebo; fecal *Bacillus* spp. also increased in this population.⁴

B. coagulans supports GI health and reduces symptoms related to occasional diarrhea in adults with GI disturbance after 90 days of supplementation.⁵ Symptoms of occasional GI discomfort significantly improved in a group of 60 adults supplemented with a blend of 2 billion CFU/day *Bacillus* probiotic strains for 30 days.²

Bacillus clausii CSI08

Bacillus clausii supports GI health, a balanced intestinal microbiota and immune health. *B. clausii* has demonstrated significant effectiveness in adults with occasional diarrhea.⁶ *B. clausii* has significantly reduced the duration of occasional diarrhea and decreased stool frequency in a meta-analysis of 1,298 children, with dosages ranging from 2 to 4 billion CFU/day.⁷ *B. clausii* has also shown benefit as a probiotic in subjects with SIBO via normalization of hydrogen breath test when given at a dose of 6 billion CFU/day.⁸ *B. clausii* at an oral dose of 4 billion CFU/day was shown to maintain healthy respiratory function after 90 days in a study of 80 participants.⁹

A recent probiotic attribute analysis study elucidated the survivability and potential health promoting characteristics of *B. clausii* CSI08. During in vitro digestive simulation, *B. clausii* CSI08 demonstrated survivability from the harsh conditions of the upper GI tract like acidity, pancreatic enzymes and bile salts. Potential health-promoting attributes of *B. clausii* CSI08 included adherence to intestinal epithelial cells, synthesis of amino acids and vitamins, down-regulation of inflammatory mediators and growth inhibition of *E. coli*, *P. aeruginosa* and *S. aureus*.¹⁰

Bacillus subtilis (Strains HU58 and DE111®)

Bacillus subtilis has been shown to relieve GI distress in patients. *B. subtilis* supplementation of 1-3 billion CFU alongside motility stimulating agents was effective for GI symptom relief at four weeks.¹¹ Supplementation of *B. subtilis* with *B. coagulans* significantly improved stool consistency and symptoms of occasional digestive discomfort (i.e., diarrhea, pain, bloating, excessive flatulence) compared to the placebo group.¹²

Directions

2 capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, artificial colors or flavors.

Cautions

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

Supplement Facts ^{V1}		
Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
<i>Bacillus coagulans</i> (MTCC5856) (LactoSpore®)	5.9 mg (1 Billion CFU++)	*
<i>Bacillus coagulans</i> (BCP92)	4.5 mg (1 Billion CFU++)	*
<i>Bacillus clausii</i> (CSI08)	2.7 mg (1 Billion CFU++)	*
<i>Bacillus subtilis</i> (DE111®)	2.7 mg (1 Billion CFU++)	*
<i>Bacillus subtilis</i> (HU58)	1.9 mg (1 Billion CFU++)	*
* Daily Value not established.		

Other Ingredients: Maltodextrin (Rice, Sweet Potato), Delayed Release Capsules (Hypromellose, Pectin, Purified Water) and Medium Chain Triglycerides.
++Colony Forming Units

ID# 473060 60 Capsules

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