

# SACCHAROMYCES BOULARDII



## CLINICAL APPLICATIONS

- Balances Gastrointestinal Flora
- Boosts Immune Function
- Supports Gastrointestinal Barrier Function and Integrity



## GASTROINTESTINAL SUPPORT

### What is *Saccharomyces boulardii*?

*Saccharomyces boulardii* is a health promoting, probiotic yeast. To be an effective probiotic, microorganisms must have certain qualities to withstand the natural defense factors of the host. These include resistance to gastrointestinal transit and the ability to thrive at human core temperatures. *Saccharomyces boulardii* is a stomach acid-resistant probiotic, proven to survive high temperatures and transit into the intestines. As a probiotic, *S. boulardii* actively promotes healthy gastrointestinal flora, strengthens intestinal barrier function, and enhances immune function. This formulation is freeze-dried, lactose-free, and strain-verified through genetic typing to ensure maximum efficacy.

### Overview

*S. boulardii* was first identified in the 1920s by French microbiologist Henri Boulard. Since its discovery, there have been 250 peer-reviewed articles examining *S. boulardii*, making this one of the most studied probiotics available. *S. boulardii* is a non-pathogenic yeast and maintains distinct taxonomic and physiological difference from *Saccharomyces cerevisiae* or "brewer's yeast."<sup>1,2</sup> *S. boulardii* has been shown to support gastrointestinal health by boosting secretory IgA (sIgA) levels. sIgA is an immunoglobulin (protective antibody) that is found in the digestive tract and in mucosal secretions throughout the body. Maintaining healthy sIgA levels is crucial for supporting immune health, particularly in the GI system where there can be significant exposure to unwanted agents. sIgA acts as the first line of defense against foreign substances in the gut by attaching and neutralizing proteins that are unrecognized by the body. Depleted levels of sIgA are often found in people with low immune response, food intolerance and dysbiosis.

Dysbiosis occurs when normally dominant probiotic organisms are outnumbered by commonly out-competed species. In addition to boosting sIgA levels, *S. boulardii* promotes GI health by competing for space and nutrients against unwanted organisms.

In 53 clinical trials, encompassing 8,475 subjects investigating the safety and efficacy of *S. boulardii* in pediatric and adult populations, 43 trials (81%) found significant protective efficacy of this probiotic.<sup>3</sup> Supplementation with *S. boulardii* is an important part of supporting GI health and strengthening the immune system. Each capsule of *Saccharomyces boulardii* includes 5 billion CFUs of this health-supporting, probiotic yeast.

### Healthy Intestinal Barrier Function<sup>†</sup>

Healthy intestinal barrier function is a key factor in maintaining health. Within the GI tract, tightly packed intestinal cells act as a protective barrier preventing substances such as allergenic compounds, undigested food and toxins from leaking directly into the bloodstream. These represent the major barrier found within the pathway between intestinal epithelial cells. *S. boulardii* has been shown to improve tight junction structure ensuring that foods and nutrients from the diet are properly absorbed, while blocking the entrance of potentially harmful substances.<sup>4</sup>

### Blocking Unwanted Microbes<sup>†</sup>

The intestinal ecosystem is in a state of equilibrium when healthy species of bacteria, or probiotics, are abundant and unwanted microbial species are kept under control. Factors that can upset the balance of a healthy intestinal ecosystem include

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certain medications, diets high in refined and processed foods, as well as stress and lifestyle factors. *S. boulardii* has been shown to promote healthy microbial balance by competing against harmful bacteria. <sup>5</sup> Probiotics like *S. boulardii* can bind and eliminate unwanted organisms during normal probiotic transit and attracts unwanted organisms to the mannose component of its cell wall. <sup>6</sup>

### Healthy Immune Balance<sup>†</sup>

In addition to supporting sIgA levels and intestinal barrier function, *S. boulardii* boosts immune response by supporting healthy white blood cell activity. <sup>7</sup> A double-blind, placebo-controlled trial showed that patients given *S. boulardii* demonstrated an increase in sIgA levels and a subsequent decrease in C-reactive protein (an indicator of a balanced inflammatory response). The researchers of this study concluded that *S. boulardii* supports a healthy immune response and protects GI barrier function by maintaining a healthy inflammatory cycle in the GI tract. <sup>8</sup>

### Directions

1 capsule two times per day 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>V2</sup>		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% Daily Value
<i>Saccharomyces boulardii</i>	420 mg (5 billion CFU <sup>††</sup> )	*
* Daily Value not established.		

ID# 529060 60 Capsules

### References

1. Buts JP. Twenty-five years of research on *Saccharomyces boulardii* trophic effects: updates and perspectives. *Dig Dis Sci* 2009; 54(1):15-8.
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4. Zanello G, Meurens F, Berri M, Salmon H. *Saccharomyces boulardii* effects on gastrointestinal diseases. *Curr Issues Mol Biol* 2009; 11(1):47-58.
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7. Caetnao JA, Parames MT, Babo MJ, Santos A, et al. Immunopharmacological effects of *Saccharomyces boulardii* in healthy human volunteers. *Int J Immunopharmacol* 1986; 8(3):245-59.
8. Ozkan TB, Sahin E, Erdemir G, Budak F. Effect of *Saccharomyces boulardii* in children with acute gastroenteritis and its relationship to the immune response. *J Int Med Res* 2007; 35(2): 201-12.

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