

Double Strength Complete Multi Strain Probiotic Capsules



Product Summary:

Chronic digestive complaints can often be a sign of an imbalance between bad (pathogenic) bacteria and good (probiotic) bacteria in the GI tract. Complete Probiotic with 10 billion active cells can repopulate the digestive system with probiotics for a natural solution to chronic bowel problems, inflammation, allergies and yeast infections. Restoring probiotic levels also supports overall health improvements. This formula contains 5 Multi Strains found uniquely in our digestive tract. Complete Multi Strain Probiotic Capsules contain 3 *Lactobacilli* strains for small intestine care, and 2 *Bifidobacteria* strains for colon care. It's specially designed to support immunity and healthy digestion by building healthy gut microflora throughout the digestive tract.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Source of probiotics providing live microorganisms that temporarily modify gut flora.



DIGESTIVE



Pharmacology:

Healthy gut microflora – friendly intestinal bacteria that live in the digestive tract – are crucial in the maintenance of proper digestion and immune system stimulation. The digestive tract, including the mouth, esophagus, stomach and intestines, is one of the largest sections of our immune system. Friendly bacteria of the human intestinal flora are referred to collectively as *probiotic bacteria*, where *probiotic* means “for life” or “in support of life”. Probiotic bacteria are the natural indigenous guardians of robust intestinal health and vitality, toiling 24 hours a day. The intestinal flora influences the body’s nutritional status, and beneficially affects immunity, cholesterol metabolism, risk for carcinogenesis, and aging.^{1,2} Sufficient populations of probiotics can prevent intestinal infections and disturbances such as antibiotic-associated diarrhea, traveler’s diarrhea, irritable bowel syndrome (IBS), and inflammatory bowel diseases (IBDs) such as ulcerative colitis and Crohn’s disease.

The human intestinal tract contains billions of bacteria in a natural but delicate state of balance between the beneficial probiotic bacteria and their good effects, and the pathogenic microorganisms and their adverse effects. Under conditions of high or prolonged stress, antibiotic therapy, acute diarrhea, vacation or business travel, and encounter with food or water borne pathogens, this natural protective balance can be disrupted, resulting in a decline in the number of beneficial *probiotic* bacteria and the opportunistic overgrowth of pathogenic microorganisms. In the short term, a reduced dominance of probiotic bacteria can result in digestive upset or diarrhea. However, prolonged absence of probiotic dominance in the intestinal tract can bring about or contribute to chronic constipation and the absorption of fecal toxins, including deconjugated estradiol, reduced immune functional vitality, degrees of fatigue, and compromised nutritional absorption and subtle declines in stamina and vitality. All of these effects, if prolonged, can adversely impact the general health of the body. For this reason, commercial probiotic products have become well known and used by a growing number of Canadians.

Multi Strain Probiotic is a blend of probiotic *Lactobacillus* and *Bifidobacterium* species, the two most important genera associated with the human intestinal tract. Each capsule supplies 10 billion active cells, otherwise called *colony forming units* (cfu). The species and their respective numerical distribution are shown below. Product activity (potency) is guaranteed until the date of expiry, and without refrigeration (store at room temperature).

<i>Lactobacillus casei</i>	3.0 billion cfu	30%
<i>Lactobacillus rhamnosus</i>	2.5 billion cfu	25%
<i>Lactobacillus acidophilus</i>	1.5 billion cfu	15%
<i>Bifidobacterium longum</i>	1.5 billion cfu	15%
<i>Bifidobacterium breve</i>	1.5 billion cfu	15%

To prevent a health problem or correct imbalances of the GI tract, a higher dosage of probiotics is recommended, 6-10 billion CFU or more per day.³ These higher doses of probiotics are useful for prevention of travelers' diarrhea when taken before the trip, and while travelling; for IBS, IBD, yeast infections, vaginitis, urinary tract infections; and to help prevent antibiotic-associated diarrhea and re-establish good bacteria levels after antibiotic use.





Probiotic bacteria hold at bay and dominate the many pathogenic bacteria, yeast, viruses, and other pathogenic microorganisms.^{2,4-6} Given opportunity, these pathogens succeed in establishing themselves in the intestinal tract, compromising intestinal health, and indirectly threatening the whole body health. Probiotic cultures have been shown to have significant clinical beneficial effects in the prevention and management of gastrointestinal and non-gastrointestinal conditions through powerful anti-pathogenic and anti-inflammatory capabilities.⁷⁻⁹ Probiotic cultures have demonstrated close interaction with *gut associated lymphoid tissue* (GALT) that suggests their ability to induce immunomodulatory effects on the systemic immune response.⁹

The regular use of probiotic bacteria has been associated with immune,¹⁰⁻¹² including reduced incidence of *Candida albicans* yeast infections and vaginitis.¹³⁻¹⁶ Research on microbial ecology has grown rapidly since the early 1900's, particularly because of the inherent role of gastrointestinal flora in the development of the immune system.¹⁷

In addition to immune enhancement, Patrick Hanaway, MD, points out in the *Textbook of Functional Medicine*,¹⁸ that probiotic cultures have been shown to have beneficial effects in antibiotic-associated diarrhea,¹⁹ necrotizing enterocolitis (NEC),²⁰ colon cancer risk reduction,²¹ lipid metabolism health,²² preventing *H. pylori* infection,²² and improving the symptoms in irritable bowel syndrome (IBS),^{23,24} normalizing imbalances with inflammatory cytokine ratios,²⁵ and improving the symptoms of inflammatory bowel disease (IBD).²⁶

Probiotic species work by tenaciously adhering to and colonizing the intestinal wall, competitively inhibiting pathogens from adhering and colonizing. They control intestinal pathogens through the production of natural *antibiotic* substances and the production of organic acids like *acetic acid* and *lactic acid*.^{1,2} When present in dominating numbers, these probiotic "workers" render the intestinal environment too acidic for opportunistic pathogens. With foiled adhesion, and a hostile chemical environment, pathogens succumb to the tide of forces against them, becoming incorporated in the passing fecal matter and are moved out of the body in the bowel movement. With the adhesion and colonization of probiotic bacteria dominating the intestinal tract, the following benefits can be expected:

- Improved lactose tolerance through probiotic production of lactase enzyme
- Diarrhea prevention or reduction in travelers, infants and children, and the elderly
- Reduced constipation, with reduced fecal toxin circulation and liver detox burden
- Prevention of or reduced incidence of *Candida albicans* infections and vaginitis
- Reduced incidence of diarrhea during antibiotic therapy
- Enhanced absorption of vitamins and minerals
- Enhanced general immune performance throughout the body





In November 2007, Yale University hosted the Advances in Clinical Use of Probiotics Workshop. The recommendations from that workshop were subsequently published.²⁷ The workshop participants graded recommendations for use based on quantity, quality and significance of literature studies. An “A” recommendation was given to acute childhood diarrhea, prevention of antibiotic-associated diarrhea, preventing and maintaining remission in pouchitis, and in an immune response for the treatment and prevention of atopic eczema associated with cow’s milk allergy. A “B” recommendation was given to other areas of treatment in irritable bowel disease and irritable bowel syndrome. More and more research is being conducted on the health benefits and uses of probiotic supplementation to support and maintain good health.

Anyone striving to maintain good health, from children to seniors, male and female, can benefit by keeping a large population of friendly live bacteria in the intestinal tract.





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

40's 7 77747 10286 0

NPN:

80012092

Expiry Date:

24 months from date of manufacture

Active Ingredients:

Each capsule contains:

10 billion active cells* of the following specially cultured strains of probiotics:

- Lactobacillus casei* (HA-108) (whole cell) 30%..... 3 billion cfu
- Lactobacillus rhamnosus* (HA-111) (whole cell)..... 25%..... 2.5 billion cfu
- Lactobacillus acidophilus* (HA-122) (whole cell) 15%..... 1.5 billion cfu
- Bifidobacterium longum* (HA-135) (whole cell) 15%..... 1.5 billion cfu
- Bifidobacterium breve* (HA-129) (whole cell) 15%..... 1.5 billion cfu

cfu: colony forming units.

* Guaranteed potency up to the time of expiry.

Non-Medicinal Ingredients (in descending order):

Potato starch, vegetarian capsule (carbohydrate gum, purified water), magnesium stearate, silica, ascorbic acid.

Appearance:

3Fine to granular ivory to beige powder with specks encapsulated in a #2 Vegi capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

No refrigeration required but can prolong freshness of product.





Dose:

For the maintenance of good health, or to improve or prevent health problems, dosages of 5-10 billion cfu daily are typically used.

For the prevention or treatment of traveler's diarrhea, take one tablet daily. If traveling to a problem area, take one tablet twice daily.³

4For the management of acute infectious diarrhea, Health Canada recommends the use of 5-10 billion cfu daily.²⁸ A study with children 4-45 months old using higher doses (10 billion cfu twice daily) found that the course of diarrhea was shortened.²⁹

For management and risk-reduction of antibiotic-associated diarrhea for children and adults, take one tablet 2-3 times per day for the duration of antibiotic treatment and for one week after treatment. Take probiotic at a different time of day than antibiotic.^{3,28,30}

For the reduction of symptoms for irritable bowel syndrome (IBS), take one tablet once or twice.³¹⁻³³

For the prevention of atopic disease (such as atopic eczema, allergic rhinitis, and asthma) in infants, pregnant women should take one tablet daily.³⁴

For reduced incidence of *Candida albicans* yeast infections and vaginitis, take one tablet daily.¹⁵

Directions:

(Adults): 1 capsule, 1-2 times daily, preferably with meals, or as recommended by a physician. Take at least 2-3 hours before or after antibiotics.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF REACH OF CHILDREN. This product has come in contact with milk and soy. Do not use this product if you have a milk or soy allergy. Discontinue use and consult a physician if symptoms of digestive upset (e.g., diarrhea) occur, worsen or persist beyond 3 days. Consult a physician prior to use if you have nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP SEAL IS BROKEN OR MISSING



Deficiency Symptoms:

Healthy gut microflora are crucial in the maintenance of proper digestion and immune system stimulation. The intestinal flora influences the body's nutritional status, and beneficially affects immunity, cholesterol metabolism, risk for carcinogenesis, and aging. The human intestinal tract contains billions of bacteria in a natural but delicate state of balance between the beneficial probiotic bacteria and their good effects, and the pathogenic microorganisms and their adverse effects.

In the short term, a reduced dominance of probiotic bacteria can result in digestive upset or diarrhea. However, prolonged absence of probiotic dominance in the intestinal tract can bring about or contribute to chronic constipation and the absorption of fecal toxins, including deconjugated estradiol, reduced immune functional vitality, degrees of fatigue, and compromised nutritional absorption and subtle declines in stamina and vitality.

Drug Interactions/Contraindications:

Multi Strain Probiotic gains in friendly bacteria populations will be reduced by antibiotic therapy. Patients should be encouraged to support and maintain probiotic populations during and after an antibiotic course.

Multi Strain Probiotic used too soon after an antibiotic dosing could result in loss of antibiotic efficacy. Follow standard pharmacy recommendations for dosing separation of probiotic and antibiotic substances.

Individuals with immunodeficiency or taking immunosuppressive drugs, are receiving chemotherapy or radiation therapy or are under medical care for a serious digestive tract disorder are advised to ask their medical doctor before use.³

Toxicity/Adverse Reactions:

Multi Strain Probiotic are indigenous to the human intestinal tract and their introduction into the alimentary tract is not associated with adverse side effects, or considered a risk to health. High doses of *bifidobacterium* and *lactobacillus* species are very safe to consume and are generally well tolerated.

The daily-recommended dose, or exceeding the recommended daily dose, may cause irritation and possibly a change in stool characteristics. Dose adjustments will resolve overuse problems.





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Milk Products
Artificial Flavors	Soy Products
Artificial Sweeteners	Starch/Modified Starch
Corn Products	Yeast
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Sulphites	
Tartrazine	
Tree Nuts	
Wheat Products	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





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Revision # 00