

# JUST BE WELL SUPER FOOD PRO BIOME ARRAY

## Pro Biome Array Supplementation

Pro Biome Array is one of the most comprehensive probiotic supplements on the market, featuring a seven-strain blend of “friendly” microbial organisms (known as probiotics).\*

Clinical research continues to demonstrate the proclivity of the probiotics in Pro Biome Array to support a healthy human gastrointestinal (GI) tract and gut flora.\*<sup>1</sup> Moreover, a growing body of evidence suggests that these probiotics support the immune system, promote healthy hormone functions, aid nutrient digestion, and even support healthy body mass.\*<sup>2,3,4</sup> These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.\*<sup>5</sup>

Pro Biome Array contains some of the most embraced probiotic strains for human wellness, with clinical evidence suggesting these beneficial microorganisms may:

- Support a healthy gut microbiome\*
- Aid macronutrient and micronutrient digestion\*
- Support a healthy inflammatory response\*
- Support healthy immune function\*
- Promote healthy bowel function\*

## How Pro Biome Array Works

To promote gut health and overall wellness, Pro Biome Array contains 30 billion colony-forming units (CFU) of a potent seven-strain blend of beneficial probiotics per serving.\*

### ***Lactobacillus acidophilus* NCFM®**

*L. acidophilus* NCFM®, which stands for the research laboratory it was first discovered at (“North Carolina Food Microbiology” lab), is a patented beneficial lactic acid bacteria strain often used to promote and support a healthy gut microbe balance, thus supporting the digestion of simple sugars and other tough-to-digest nutrients.\*<sup>6</sup>

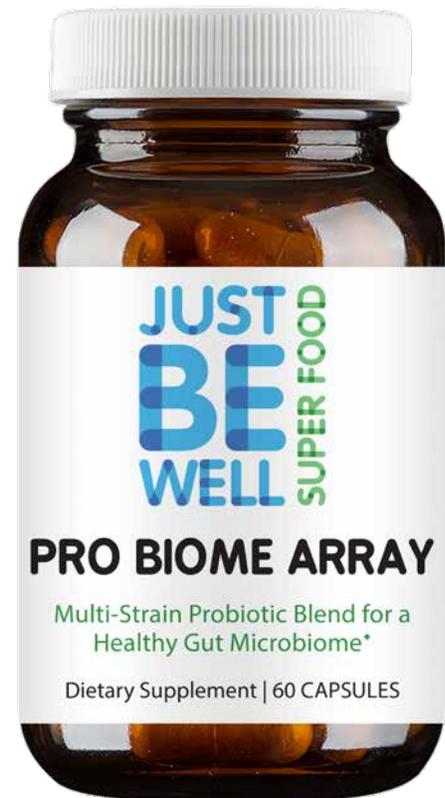
This strain has been shown in numerous clinical trials to help relieve the symptoms of GI discomfort, especially bloating, flatulence, and loose stool.\*<sup>7,8,9</sup> Several studies have also found that *L. acidophilus* NCFM® shortens colon transit time and may activate certain receptors that ease colon discomfort associated with constipation.\*<sup>10,11,12</sup>

### ***Bifidobacterium lactis* Bi-07® & BL-04®**

*B. lactis* is a bacterial species that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).<sup>13</sup> Like *Lactobacilli*, *Bifidobacteria* aid in the digestion of lactose and are critical for producing B vitamins, which serve a myriad of vital roles in the body.\*<sup>14</sup>

*B. lactis* Bi-07® and *B. lactis* BL-04® are two of the most promising probiotic strains for supporting healthy immune response. A recent well-designed study including 465 healthy adults compared the effects of two probiotic supplements on the risk of colds and respiratory infections, one containing *B. lactis* Bi-07® plus *L. acidophilus* NCFM® and one containing *B. lactis* BL-04®.

Throughout the trial period, adults receiving the *B. lactis* Bi-07® plus *L. acidophilus* NCFM® probiotic supplement had a significantly lower risk of contracting an upper respiratory tract infection (URTI) and those taking the *B. lactis* BL-04® probiotic supplement were even less likely to contract a URTI.<sup>15</sup>



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Another study in 37 elderly subjects showed similar results, with the researchers finding beneficial effects of *B. lactis* Bi-07® on immune responses of the participants.\*<sup>16</sup> Further research shows that these specific *B. lactis* strains can help balance a healthy gut flora.\*<sup>17</sup>

### **Lactobacillus plantarum LP-115® & Lactobacillus salivarius LS-33®**

*L. plantarum* LP-115® helps promote a healthy gastrointestinal tract environment and support mineral absorption.\*

A well-controlled study in 24 healthy women showed that *L. plantarum* LP-115® supplementation increased iron absorption by 80% when consumed with a meal containing high amounts of phytic acid (a compound that hinders iron absorption).<sup>18</sup> *L. plantarum* LP-115® appears to expose iron molecules to the intestinal lining for an extended duration, thereby increasing intestinal absorption.\*

*L. salivarius* LS-33® works in a similar fashion as *L. plantarum* to aid digestion of both macronutrients and micronutrients.\*<sup>19</sup> In addition, this particular probiotic grows rapidly and helps “crowd out” the bad bacteria in the gut microbiome and periodontal tissues.\*<sup>20</sup>

### **Streptococcus thermophilus ST-21™**

*S. thermophilus* ST-21™ is an integral gram-positive bacterium in human flora and is particularly important for digesting lactose, oligosaccharides, and supporting immune function.\*<sup>21</sup> It also appears to work in conjunction with *B. lactis* to produce antibiotic-like chemicals, thereby supporting healthy bacteria.\*<sup>22</sup>

### **Saccharomyces boulardii DBVPG®**

*Saccharomyces boulardii* DBVPG® is a nonpathogenic yeast strain. A contemporary meta-analysis contends that *Saccharomyces boulardii* supports gastrointestinal integrity by promoting healthy inflammatory responses in the intestines and colon of humans.\*<sup>23</sup>

# Supplement Facts

Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients:	Amount	%DV
<i>Saccharomyces boulardii</i> DBVPG® <sup>††</sup>	5 Billion CFU <sup>†</sup>	*
<i>Bifidobacterium lactis</i> Bi-07® <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*
<i>Lactobacillus plantarum</i> LP-115® <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*
<i>Lactobacillus salivarius</i> LS-33® <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*
<i>Lactobacillus acidophilus</i> NCFM® <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*
<i>Streptococcus thermophilus</i> ST-21™ <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*
<i>Bifidobacterium lactis</i> BL-04® <sup>†††</sup>	4.167 Billion CFU <sup>†</sup>	*

**Other Ingredients:** Digestive resistant capsule (hypromellose, gellan gum), magnesium stearate, silicon dioxide.

<sup>†</sup> At time of manufacture.

<sup>††</sup> DBVPG® is a registered trademark of Gnosis S.p.A.

<sup>†††</sup> These are trademarks or licensed trademarks of DuPont.

**Directions:** Take one capsule daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

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\* 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.



PRODUCED IN A cGMP FACILITY

NON-GMO

GLUTEN-FREE

DAIRY-FREE

VEGETARIAN

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