

UltraBiotic *Saccharomyces boulardii*

UltraBiotic *Saccharomyces boulardii* Supplementation

UltraBiotic *Saccharomyces boulardii* is a probiotic supplement made with a gut-supporting and highly viable yeast strain known as *Saccharomyces boulardii*.

Contemporary clinical research demonstrates the proclivity of probiotics and healthy gut flora to support a healthy human gastrointestinal (GI) tract.♦ Moreover, research reveals that probiotics can support the immune system, promote healthy hormone functions, and even support healthy body mass.♦^{1,2,3}

Clinical evidence suggests that UltraBiotic *Saccharomyces boulardii* acts as a beneficial probiotic in a variety of ways, including:

- Support for a healthy gut microbiome♦
- Support for healthy inflammatory markers♦
- Support for healthy immune function♦
- Support for healthy digestive function♦

How UltraBiotic *Saccharomyces boulardii* Works

UltraBiotic *Saccharomyces boulardii* is a nonpathogenic yeast strain. In contrast to bacteria, which comprise more than 99% of human flora, yeast account for less than 1%. Nonetheless, *Saccharomyces boulardii* is a particularly beneficial yeast (and it's antibiotic-resistant, unlike bacteria).

When lyophilized, *Saccharomyces boulardii* resists bile salts (which is crucial since it needs to get past some very harsh digestion). Recent studies exhibit the stable viability of *Saccharomyces boulardii*. Compared to other strains, it has a higher survival rate in an acidic environment and also resists high temperatures.♦⁴ This viability allows *Saccharomyces boulardii* to readily colonize the gut.♦

In a double-blind, placebo-controlled trial, researchers also found that supplementation of *Saccharomyces boulardii* over 60 days promoted healthy levels of uric acid and improved body mass for overall weight management with exercise.♦ Additionally, the study showed that *Saccharomyces boulardii* may help support healthy glucose levels.♦⁵

Other studies provide evidence of the efficacy of *Saccharomyces boulardii* in supporting a balanced gut microbiome.♦^{6,7,8} Lastly, research suggests that *Saccharomyces boulardii* may promote cognitive performance and balanced moods through a healthy stress response.♦⁹



GLUTEN-FREE



DAIRY-FREE



NON-GMO



VEGETARIAN

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%DV
<i>Saccharomyces boulardii</i>	5 Billion CFU [†]	*

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

[†] At time of manufacture.

Directions: Take one capsule twice daily as a dietary supplement 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.

References:

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6. Kollaritsch H, Holst H, Grobara P, Wiedermann G. (1993) Prevention of traveler's diarrhea with *Saccharomyces boulardii*. Results of a placebo controlled double-blind study. *Fortschr Med*, 111(9):152-156.
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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.

For more information, visit: www.nutriodyn.com