

Probiotic Synergy™ Powder



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Probiotic Synergy™ Powder contains **5 stable and viable strains** -- carefully selected to be acid tolerant and provide excellent adherence to the gut wall. These 5 strains represent the most necessary, stable and best-researched bacteria known today. We now provide 20 billion live organisms per 2 gram serving.

With inulin for expanded GI benefits and ease of mixing

Probiotic Synergy Powder contains *inulin*, a prebiotic fiber which benefits GI health through its ability to modulate gut microbiota. Inulin has a subtly sweet flavor, adding to the already palatable taste of this powder. **And because inulin is a soluble fiber it dissolves easily, making it even simpler to mix Probiotic Synergy in water, juice or other liquids.**

Probiotics maintain a healthy bacterial environment in the intestines by displacing bad bacteria, aiding digestion of food including dairy products and by combating yeast overgrowth. Beneficial bacteria also aid in the synthesis of Vitamin K and CLA and possibly the B Vitamins. Many doctors recommend probiotics after a patient has been taking antibiotics. Daily use of Probiotic Synergy supports healthy bowel movements. While Probiotic Synergy Powder is room-temperature stable, refrigeration is still recommended to enhance long-term viability.

RESEARCH INDICATES PROBIOTIC SUPPLEMENTATION HELPS:

- Immune defense at the intestinal and systemic level
- Minimize the side effects of antibiotics
- Minimize allergic responses
- Prevention/alleviation of traveler's diarrhea
- Prevention/alleviation of diarrhea and constipation in infants, adults and elderly
- Inhibit growth of pathogenic organisms: bacteria, yeast, parasites
- Improve digestion of lactose
- Alleviate inflammatory bowel disease/ulcerative colitis
- Vitamin K synthesis
- Alleviate atopic dermatitis

COMMONLY ASKED QUESTIONS

WHY DO SOME FORMULAS ADD FOS?

Adding FOS has a few benefits and also negatives. FOS is inherently high in moisture so will relinquish this in the capsule, leading to reduced viability of the organisms and reduced stability of the product. The lower the water activity of a diluent the better, which is why low A_w , non-GMO, rice maltodextrin is used. Although the FOS may provide a food source in the intestine, the amount added is almost insignificant as it is a macro nutrient and most intestines would have adequate food source unless the person is fasting.

WHY DID WE CHOOSE THESE STRAINS?

Designs for Health gets the probiotic strains for this unique, powdered formula from the largest, most trusted producer of dietary supplement probiotics in the United States. This allows us to take advantage of decades of technical expertise, professional know-how from world experts in microbiology, and a state-of-the-art Quality Control department that ensures both the safety and efficacy of these well-researched strains.

The probiotic strains in this formula were produced using a patented stabilization system; the end-result of a 3-year R&D program performed in the United States. So, as long as you keep this product cool or at room temperature, you can trust these probiotics to be stable and viable for 2 full years, as well as inherently acid- and bile-resistant. That means you can simply add 1/2 teaspoon of Probiotic Synergy powder to water, to your PaleoMeal shake, or sprinkle them into yogurt or on any cold food, and you will receive the full benefits of the best researched probiotics in the world.

Lactobacillus plantarum was chosen because of its ability to produce high amounts of beneficial enzymes such as protease for aiding protein digestion.

Bifidobacterium lactis and *longum* have a tremendous amount of research behind them and are very hearty, stable strains. *Bifidobacterium lactis* will populate the lower intestine whereas the *Lactobacillus plantarum* will populate the upper intestine. *Lactobacillus plantarum* also helps lower the pH, making the environment better for the *Bifidobacterium lactis*.

Supplement Facts

Serving Size 2 grams (approx. 1/2 teaspoon)
Servings Per Container 60

Amount Per Serving		% Daily Value
Lactobacillus acidophilus	3.34 billion	*
Lactobacillus paracasei	3.34 billion	*
Lactobacillus plantarum	3.34 billion	*
Bifidobacterium longum	3.34 billion	*
Bifidobacterium lactis (formerly Bifidobacterium infantis)	6.68 billion	*

*Daily Value not established.

Other Ingredients: Inulin.

For a list of references cited in this document, click the related research link
http://www.ncbi.nlm.nih.gov/sites/myncbi/collections/public/1NsMuUlFotmWQpWOCC_1327QL/