

Probiotic Synergy™ Powder



By David M. Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

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. Probiotic Synergy™ Powder provides 20 billion live organisms in each 2 gram serving.

Contains 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
- Prevent/alleviate traveler's diarrhea
- Prevent/alleviate 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

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 US. 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. *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*.

Recommended Use:

- As a dietary supplement, take two grams (approx. ½ teaspoon) per day, or as directed by a health care practitioner.

Supplement Facts

Serving Size 2 grams (approx. 1/2 teaspoon)

Servings Per Container 60

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

*Daily Value not established.

Other Ingredients: Inulin.



For a list of related references, please visit:

<http://catalog.designsforhealth.com/assets/itemresources/ProbioticReferences.pdf>

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.