

Saccharomyces boulardii



POTENT PROBIOTIC SUPPORT FOR GASTROINTESTINAL HEALTH*

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30 & 60

	Amount Per Serving	% Daily Value
Saccharomyces boulardii (supplying 10+ billion CFUs)	500 mg	**

** Daily Value not established.

Other ingredients: Hypromellose (capsule), micro-crystalline cellulose, L-leucine, silicon dioxide.

Does not contain gluten.

SUGGESTED USE: 2 CAPSULES PER DAY
OR AS DIRECTED BY YOUR HEALTHCARE
PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION,
HAVE A MEDICAL CONDITION OR AN
UPCOMING MEDICAL PROCEDURE, OR
ARE PREGNANT OR NURSING, CONSULT
A PHYSICIAN BEFORE USING. IF ADVERSE
REACTIONS OCCUR, DISCONTINUE USE &
CONSULT YOUR HEALTHCARE PRACTITIONER.

- Researched effective support for healthy intestinal function.*
- Helps promote healthy gut-regulated immune response.*
- Freeze-dried, non-colonizing yeast probiotic is stable at room temperature; refrigeration not required.*

Saccharomyces boulardii from Moss Nutrition provides clinically relevant levels of this well-researched, non-colonizing strain of probiotic yeast. Related to but distinct from *Saccharomyces cerevisiae* (brewer's yeast), the *S. boulardii* organism is perhaps best known for its effectiveness in helping to resolve diarrhea in adults and children—whether due to travel, food-borne microbes, antibiotic use, *Clostridium difficile* infection or inflammatory bowel conditions such as ulcerative colitis, Crohn's disease and IBS.

Researched Benefits of Saccharomyces Boulardii

Helping to address gastrointestinal problems of an inflammatory nature has been a focus of *S. boulardii* research since the early 1980's. The organism also has been long recognized as a first-line antagonist to the pathogenic overgrowth of *Candida albicans* as well as *Escheria coli* microbes, and is often used to help rebalance gut flora and help reduce fungal colonization in cases of fungal infection. Some research suggests it is the secretion of capric acid by *Saccharomyces boulardii* that is responsible for its observed ability to inhibit candida filamentation, biofilm formation and adhesion.

As an immune response modifier, *Saccharomyces boulardii* has been suggested to function in several ways. *S. boulardii* has demonstrated effectiveness in stabilizing gut barrier function, decreasing the expression of pro-inflammatory cytokines and inhibiting toxin receptor binding sites. A comprehensive 2012 research review suggests additional mechanisms of action for this immuno-modulating probiotic, including helping to regulate intestinal microbial homeostasis, directly influencing innate and adaptive immune responses, interfering with the ability of pathogens to colonize and infect intestinal mucosa and upregulating enzymes that support nutrient absorption.

One of the most well-researched uses for *Saccharomyces boulardii* is in resolving problems of acute and chronic diarrhea associated with a number of various causes. A meta-analysis of twenty-one randomised controlled trials—examining nearly 5,000 patients in total—concluded confidently that *S. boulardii* was effective in reducing the risk of antibiotic-associated diarrhea in patients of all ages, and the risk of *Clostridium difficile*-associated diarrhea in 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.



Another large scale systematic review and meta-analysis examining the effect of *Saccharomyces boulardii* supplementation in more than 5,000 adult patients suggested a significant therapeutic efficacy for preventing antibiotic-associated diarrhea, enteral nutrition-associated diarrhea and traveller's diarrhea. This study also suggested benefits for *S. boulardii* in helping to resolve diarrhea associated with *Giardia* and *C. difficile*, IBS and IBD, and acute and chronic adult diarrhea in general. The strong safety profile of this yeast based probiotic, along with decades of research supporting its efficacy, is why many functional medicine practitioners recommend **Saccharomyces boulardii** as a first line therapy in patients with issues of gut dysbiosis and loose bowel irregularities.

Stability Optimization for Maximum Effectiveness

Moss Nutrition **Saccharomyces boulardii** is manufactured and stored in a manner that helps promote maximum viability of the probiotic organisms. The material itself is freeze-dried (lyophilized) rather than heat dried. Testing confirms that *S. boulardii* organisms which are spared the damaging effects of heat during the drying process exhibit increased tolerance to heat and temperature variations after manufacture. The lyophilized *S. boulardii* used to produce **Saccharomyces boulardii** is stable at room temperature for 24 months from time of manufacture and does not require refrigeration to maintain label potency.

Moss Nutrition **Saccharomyces boulardii** provides patients with a highly effective, clinically-dosed probiotic supplement that offers the added advantages of temperature stability, portability and convenience. Available in bottles of 60 and 120 vegetarian capsules, each batch of **Saccharomyces boulardii** is rigorously tested for purity and potency and verified gluten-free by independent laboratory testing.

REFERENCES

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