

Saccharomyces Boulardii

TECHNICAL SUMMARY

The intestinal epithelium forms a continuous physical and functional barrier that protects the internal environment of the body from the fluctuating external input. Various substances including dietary elements, gastrointestinal secretory products, and xenobiotics are known to disrupt this epithelial barrier, leading to the shedding of epithelial cells and the development of digestive upset and discomfort. *Saccharomyces boulardii* is a probiotic yeast that helps to support intestinal health by encouraging a balanced response by the intestinal epithelium to normal metabolic stress, as well as through its effects on overall gut ecology.* *Saccharomyces boulardii* has been clinically shown to support gastrointestinal health during temporary disruptions in the normal balance of gut flora.*

Strain Information: *Saccharomyces boulardii* belongs to a family of eukaryotic cells similar to fungi and algae. This yeast possesses many properties that support its use as a probiotic agent, including high survivability throughout the GI tract due to its range of pH tolerance and its optimum temperature of 37°C.

Allergen and Additive Disclosure: Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish, or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Delivery Form: Vegetable capsules.

ROLE AS NUTRIENT/FUNCTION

Probiotics support the non-immunologic gut defense system by stabilizing the gut microflora and the immunologic gut defense system by enhancing the gut's humoral immune responses.* *Saccharomyces boulardii* interacts with environmental stressors directly and/or by interfering with their ability to pass through the digestive barrier.* *S. boulardii* also has the ability to increase production of short-chain fatty acids, especially butyrate, and to enhance digestive mucosa's ability to respond to local biological stress.*

NATUROKINETICS®

Liberation: Disintegration of the vegetable capsule is measured in water using a USP testing method with disintegration between zero and 60 minutes.

Absorption: Probiotics are not absorbed and do not reach the blood stream in healthy individuals. Laboratory studies have shown *S. boulardii* does not pass into intestinal cells and is therefore not absorbed into the body.

Distribution along the GI Tract: With daily ingestion, *S. boulardii* is able to persist along the entire gastrointestinal tract. This yeast is resistant to gastric acids and to bile secretions. Pharmacokinetics studies indicate that after ingestion, *S. boulardii* is able to quickly reach high concentrations in the colon without colonizing it.

Elimination: Probiotics are eliminated in feces. *S. boulardii* typically is cleared from the stool 2-5 days after discontinuation of supplementation.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 30

Amount Per Serving

<i>Saccharomyces boulardii</i> (10 Billion CFU) (<i>Saccharomyces cerevisiae</i> var. <i>boulardii</i> I-3799)	1,000 mg**
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** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Organic Inulin (FOS) (Fructooligosaccharides) and Guar Gum.

- For Occasional Diarrhea*
- Supports a Healthy Balance of Intestinal Flora*

SUGGESTED USAGE: Take 1-2 capsules 2 to 3 times daily as needed, or as directed by your healthcare practitioner.

CLINICAL VALIDATION

- **Duodenal Health.*** In an open label study in 12 healthy individuals receiving 250 mg (5x10⁹ viable cells) of *S. boulardii* three times daily for 21 days, authors observed, on duodenal biopsies, an increase in brush border enzymatic activity of lactase (beta-glucosidase), alpha-glucosidase, and alkaline phosphatase.* In the same experiment, authors observed an increase in activation of specific immune cells normally present in the bloodstream.
- **Occasional Diarrhea in Children.*†** In a multicenter, randomized, double-blind, placebo-controlled study in infants and children aged 3-36 months with temporary diarrhea receiving 5 billion CFU *S. boulardii* twice daily for 5 days or placebo, the authors observed a significant reduction of duration and severity of occasional diarrhea in children in the probiotic group.*

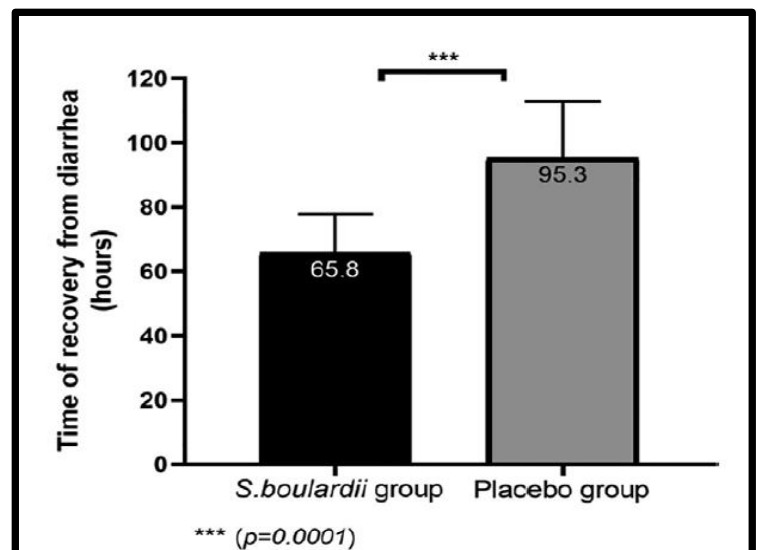


Figure 1: Time of recovery from occasional diarrhea in placebo and *S. boulardii* groups

SAFETY INFORMATION

Tolerability: *S. boulardii* is generally well tolerated. Occasionally, *S. boulardii* may cause flatulence. Rarely, oral use of *S. boulardii* has been associated with fungemia in both immunocompromised and immunocompetent patients with most of the cases associated with indwelling catheters in critically ill intensive care unit patients when packets or capsules with *S. boulardii* were opened at bedside.

Contraindications: Use with caution in cases of severe immunodeficiency. Do not use if allergic to yeast.

INTERACTIONS

Drug Interactions: Theoretically, since *S. boulardii* is a yeast, antifungals might decrease its effectiveness.

Supplement Interactions: None known.

Interaction with Lab Tests: None known.

STORAGE

Store in a cool, dry place. Refrigeration recommended to maintain freshness.

†This information is provided for educational purpose only, Protocol for Life Balance® has not established the safe use for infants and children of all the ingredients present in this product. Please consult a healthcare professional before giving this product to children and infants.