



ULTIMATE MULTI PROBIOTIC REGULAR & DOUBLE STRENGTH

Restore ultimate intestinal flora balance

PROBIOTICS FOR INTESTINAL HEALTH

“Researchers here and abroad are looking at probiotics as a promising answer to the growing problem of antibiotic resistance and abuse. To date, studies have indicated that ingested probiotics can play an important role in preventing or controlling food and skin allergies in children, bacterial vaginosis and premature labour in pregnant women, inflammatory bowel disease, recurrent ear and bladder infections, dental cavities, chronic diarrhea and traveller’s diarrhea. They may even help lower cholesterol in the blood and, by degrading carcinogens, thwart the development of certain cancers.” – Jane Brody, NYT

In this age of superbugs, antibiotic resistance and compromised immune systems, it is more important than ever to supplement with health-enhancing probiotics. Reflecting current research into the benefits of probiotics, Natural Factors has developed two advanced probiotics to meet a broad range of health needs: Ultimate Multi Probiotic (regular strength) and Double Strength are both potent 12-strain formulas.

THE INTESTINAL TERRAIN

There are at least 500 different species of microflora living in the average person’s digestive tract — nine times as many bacteria as there are cells in the human body! These intestinal flora support good health and help prevent disease. The type and number of gut bacteria play an important role in determining health and disease.

A non-optimum state of intestinal flora is called “dysbiosis” and can cause gas, bloating, headaches, poor bowel function, joint pain, yeast infections, fatigue, skin disorders, diarrhea, weight gain, cravings, hunger, and allergies. Dysbiosis can occur due to poor diet, stress, antibiotic or drug therapy, intestinal infections, and altered pH balance.

ADVANCED GENERATION PROBIOTICS

Natural Factors Ultimate Multi Probiotic – in regular and double strength – is a 12-strain blend with eight lactobacilli species and one lactococcus species for the ultimate health of the entire small intestine, as well as three bifidobacteria species for the ultimate health of the complete length of the large intestine. A formula containing multiple species can closely approximate the body’s normal composition of intestinal flora. Each strain has unique properties and contributes specific inhibitive functions against pathogenic or putrefactive bacteria.

Multi strain probiotic formulas address the fact that each person’s intestinal flora is unique (like a fingerprint) and each person reacts differently to various probiotic strains. For some, *L. acidophilus* might be most effective while *L. rhamnosus* or *L. casei* might adapt more easily to the intestinal flora of others.

Each strain in Ultimate Multi Probiotic has been chosen through a stringent selection process. For example, the *L. acidophilus* in this

formula was chosen after studying 95 different *L. acidophilus* strains.

Each strain in the formula has natural resistance to gastric acids. Testing showed no loss of bacteria after three hours at 37° C in gastric solutions at pH3/pH4. The natural pH of an empty stomach is 1.5. Gastric resistance is critical so these strains can survive the stomach’s acidity without enteric coating and can reach the intestines at full potency. Strains have also been selected for their ability to grow in the presence of high bile levels, common during digestion.

This formula contains strains that are “antibiotic compatible”; they do not interfere with the effectiveness of antibiotics but help prevent their adverse effects. Probiotics also have been selected for their health-enhancing enzymatic actions.

A common misconception is that many strains in the same blend compete with each other and compromise the quality of the product. All strains in Natural Factors products have undergone Strains Compatibility Testing to ensure that there is no “competition” or inhibitory effects among strains. Lastly, the strains in Ultimate Multi Probiotic represent the natural inhabitants of human small and large intestines, for optimum colonization.

“CRITICAL-CARE” POTENCY

Double Strength Ultimate Multi Probiotic offers all the health benefits of 12 different probiotic strains, with the convenience of a single daily dose. Each capsule contains a guaranteed minimum 24 billion active cells at the time of expiry (40 billion active cells at the time of manufacture). Just one capsule daily can maintain intestinal flora balance in healthy individuals, as well as in those using antibiotics, suffering from gastrointestinal illness, yeast overgrowth, leaky gut or other dysbiosis. This “critical care” potency means maximum protection for chronic health conditions or acute needs.

In a randomized, double-blind, placebo-controlled trial, 28 critically ill patients were given high potency probiotics for seven days. The study concluded that probiotic therapy greatly enhanced immune system function and reduced intestinal permeability amongst the patients (Alberda, *et al*).

THE MANY BENEFITS OF PROBIOTICS:

- Restoring and maintaining healthy, balanced intestinal flora
- Limiting growth of putrefactive and pathogenic bacteria
- Supporting immune function (60-70% of antibodies are produced in the intestine)
- Preventing or repairing “leaky gut”
- Controlling food allergies, intolerances and reactions
- May help reduce symptoms of celiac disease, Crohn’s disease, IBS and other inflammatory bowel conditions

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- Counteracting systemic and vaginal *Candida albicans* yeast overgrowth
- Preventing urinary tract and other infections
- Balancing cholesterol levels
- Improving breath

HELP FOR IMMUNE FUNCTION AS WE AGE

As immunity tends to weaken with age, probiotics can be used to enhance immune function. Some strains of *L. bulgaricus*, *S. thermophilus*, *L. brevis*, *L. acidophilus* and *B. bifidum* have been shown to enhance cellular immune response. In one particular study the authors wanted to know if *L. rhamnosus* also had a profound effect on the immune system in healthy middle-aged and elderly subjects. They were looking for two indicators: PMN (non-specific polymorphonuclear) cell phagocytosis and NK (natural killer) cell activity.

“Our study has suggested that *L. rhamnosus* HN001, a strain demonstrated previously to modulate immune responses in animal models, can also enhance PMN cell phagocytosis and NK cell activity, following dietary consumption by healthy middle-aged subjects. This result is important, since cellular immune responses are known to decline with increasing age, and therefore dietary interventions that can enhance cellular immunity might be of significant value in combating the deleterious effects of aging on the immune system” (Ying-H, et al).

The authors postulate that this strain of *L. rhamnosus* could help persons combat infectious diseases as phagocytic activity by PMN cells is an important antimicrobial defense mechanism and NK cell killing activity may help to control viral-infected cells.

REDUCING CANCER RISK

One of the key ways in which the body gets rid of “bad” substances, such as excess estrogen and fat-soluble toxins like pesticides and solvents, is by binding toxins to a molecule called glucuronic acid and then excreting this in the bile. However, the bond between the toxin and its escort can be broken by glucuronidase, an enzyme produced by certain bacteria. Excess glucuronidase activity means more toxins are liberated and reabsorbed into the body, so higher glucuronidase activity in the gut is associated with increased cancer risk, particularly for estrogen-dependent breast cancer.

Taking probiotic supplements increases the proportion of lactobacillus and bifidobacteria

in the gastrointestinal tract, decreasing beta-glucuronidase producing bacteria. Ultimate Multi Probiotic was designed specifically to lower the levels of glucuronidase activity by increasing levels of beneficial organisms and reducing populations of the bacteria that produce glucuronidase. For overall hormonal balance, and to reduce reabsorption of excess estrogen, it is important to supplement the diet with friendly bacteria found in Ultimate Multi Probiotic.

ANTIBIOTIC OVERUSE

The indiscriminate killing of “good” and “bad” bacteria by antibiotics drastically upsets intestinal balance and may be the cause of the dramatic upsurge in gastrointestinal disorders like irritable bowel and Crohn’s disease. Residual effects of antibiotic therapy can persist long after people stop taking their medication. Researchers did a meta-analysis on the effects of probiotic supplementation on people who experienced antibiotic-associated diarrhea. The results showed that diarrhea occurred as a result of antibiotic therapy in 20% (some studies indicate as high as 39%) of patients. Probiotic use decreased this to 8% (Cremonini).

TRAVELLING

Persons travelling to foreign countries where the water and food is suspect are advised to pack probiotics! Severe cramping and diarrhea can really put a damper on any holiday. According to a recent article in the *American Family Physician*: “Probiotics are a more natural approach to prophylaxis of traveller’s diarrhea. Probiotics colonize the gastrointestinal tract and theoretically prevent pathogenic organisms from infecting the gut. Studies of *Lactobacillus GG* (Culturelle) have suggested protection rates of up to 47%” (Yates). Some of the probiotic strains in the Ultimate Multi Probiotic can help prevent traveller’s diarrhea or reduce its severity.

DOSAGE

Recommended adult dose – *Regular strength*: 1-3 capsules daily on a full stomach or as directed by a health care practitioner.

Double strength: 1 capsule daily on a full stomach or as directed by a health care practitioner.

If a person is using antibiotics they should take probiotics two hours before or two hours after the antibiotics are taken to restore good bacteria quickly. Continue to use probiotics long after the antibiotics are finished. Use of the Ultimate Multi Probiotic formula can prevent many infections before they start, reducing the need for antibiotics.

SAFETY

All strains in Ultimate Multi Probiotic regular and Double Strength are exceedingly safe. If gastrointestinal symptoms are severe or do not abate, consult your health care practitioner. A clinical study on adults with orally-administered bifidobacteria and lactobacilli at a daily dosage of 450 billion for 8 weeks, showed no side effects.

Pregnancy and lactation: Considered safe during pregnancy and lactation, however, any pregnant woman with a urogenital infection should consult her health care practitioner and not self-medicate.

Children: Although children can take this product at half the adult dose, Natural Factors Children’s Multi Probiotic is recommended, as it is specifically designed for children.

Drug Interactions: If you are taking antibiotics, take probiotics two hours before or two hours after the antibiotics to restore good bacteria quickly. Continue to use probiotics long after finishing the antibiotics to rebalance gastrointestinal flora. Use of the Ultimate Multi Probiotic formula – regular or Double Strength, can prevent many infections before they start, reducing the need for antibiotics.

Contraindications: None known at this time.

Today our diets may lack “good bacteria” and populations of healthy gut flora are often diminished because of our lifestyles. It is more important than ever to supplement with health-enhancing probiotics for ultimate good health.

KEY REFERENCES

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