

UltraBiotic Daily Multi-Strain

Multi-Strain Probiotic Blend
for a Healthy Gut Microbiome*

UltraBiotic Daily Multi-Strain Supplementation

UltraBiotic Daily Multi-Strain is one of the most comprehensive probiotic supplements on the market, featuring a seven-strain blend of “friendly” microbial organisms (known as probiotics).*

Clinical research continues to demonstrate the proclivity of the probiotics in UltraBiotic Daily Multi-Strain to support a healthy human gastrointestinal (GI) tract and gut flora.*¹ Moreover, a growing body of evidence suggests that these probiotics support the immune system, promote healthy hormone functions, aid nutrient digestion, and even support healthy body mass.*^{2,3,4} These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.*⁵

UltraBiotic Daily Multi-Strain contains some of the most embraced probiotic strains for human wellness, with clinical evidence suggesting these beneficial microorganisms may:

- Support a healthy gut microbiome*
- Aid macronutrient and micronutrient digestion*
- Support a healthy inflammatory response*
- Support healthy immune function*
- Promote healthy bowel function*

How UltraBiotic Daily Multi-Strain Works

UltraBiotic Daily Multi-Strain contains 30 billion colony-forming units (CFU) of a potent seven-strain blend of beneficial probiotics per serving to promote gut health and overall wellness.*

Lactobacillus acidophilus

L. acidophilus is a beneficial lactic acid bacteria strain often used to promote and support a healthy gut microbe balance, thus supporting the digestion of simple sugars and other tough-to-digest nutrients.*⁶

This strain has been shown in numerous clinical trials to help relieve the symptoms of GI discomfort, especially bloating, flatulence, and loose stool.*^{7,8,9} Several studies have also found that *L. acidophilus* shortens colon transit time and may activate certain receptors that ease colon discomfort associated with constipation.*^{10,11,12}



How UltraBiotic Daily Multi-Strain Continued

Bifidobacterium lactis

B. lactis is a bacterial species that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).¹³ Like lactobacilli, bifidobacteria aid in the digestion of lactose and are critical for producing B vitamins, which serve a myriad of vital roles in the body.^{♦14}

B. lactis is one of the most promising probiotic strains for supporting healthy immune response. A recent well-designed study involving 465 healthy adults compared the effects of two probiotic supplements on the risk of colds and respiratory infections, one containing *B. lactis* plus *L. acidophilus* and one containing *B. lactis*.

Throughout the trial period, adults receiving the *B. lactis* plus *L. acidophilus* probiotic supplement had a significantly lower risk of contracting an upper respiratory tract infection (URTI), and those taking the *B. lactis* probiotic supplement were even less likely to contract a URTI.¹⁵ Another study of 37 elderly subjects showed similar results, with the researchers finding beneficial effects of *B. lactis* on the immune responses of the participants.^{♦16} Further research shows that *B. lactis* strains can help balance a healthy gut flora.^{♦17}

Lactobacillus plantarum & *Lactobacillus gasseri*

L. plantarum helps promote a healthy gastrointestinal tract environment and supports mineral absorption.[♦] A well-controlled study in 24 healthy women showed that *L. plantarum* supplementation increased iron absorption by 80% when consumed with a meal containing high amounts of phytic acid (a compound that hinders iron absorption).¹⁸ *L. plantarum* appears to expose iron molecules to the intestinal lining for an extended duration, thereby increasing intestinal absorption.[♦] *L. gasseri* works in a similar fashion as *L. plantarum* to aid digestion of both macronutrients and micronutrients.[♦]

Bacillus coagulans

B. coagulans is an integral bacterium in human flora and is particularly important for digestion.[♦] It also appears to work in conjunction with other strains to support healthy bacteria.[♦]

Saccharomyces boulardii

Saccharomyces boulardii is a nonpathogenic yeast strain. A contemporary meta-analysis contends that *Saccharomyces boulardii* supports gastrointestinal integrity by promoting healthy inflammatory responses in the intestines and colon of humans.^{♦19}

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30/60

	Amount Per Serving	%DV
<i>Saccharomyces boulardii</i> Lyside ^{®††}	5 Billion CFU [†]	*
<i>Lactobacillus reuteri</i> LRC ^{®†††}	5 Billion CFU [†]	*
<i>Bifidobacterium lactis</i> UABla-12 ^{™†††}	4.167 Billion CFU [†]	*
<i>Lactobacillus plantarum</i> UALp-05 ^{™†††}	4.167 Billion CFU [†]	*
<i>Lactobacillus acidophilus</i> UALa-01 ^{™†††}	4.167 Billion CFU [†]	*
<i>Lactobacillus gasseri</i> UALg-05 ^{™†††}	4.167 Billion CFU [†]	*
<i>Bacillus coagulans</i> UABC-20 ^{™†††}	4.167 Billion CFU [†]	*

Other Ingredients: Hypromellose, vegetable magnesium stearate, silica.

[†] At time of manufacture.

^{††} Lyside[®] is a registered trademark of Lesaffre et Compagnie, S.A.

^{†††} These are trademarks of Chr. Hansen.

Directions: Take one capsule daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of 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.

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