



# PROBIOTICS



## WHAT ARE PROBIOTICS?

Probiotics, defined internationally by the Food and Agricultural Organization (FAO) and the World Health Organization (WHO) are: "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host."<sup>1</sup> The Food and Drug Administration (FDA) classifies probiotics for human consumption as "live biotherapeutics".<sup>2,3</sup>

## WHY DO WE NEED PROBIOTICS?

Probiotics normally live in a healthy balance with other bacteria in our intestine. Under certain circumstances however this balance may be disrupted by physical stress, poor nutrition, medication, unsanitary environment, aging, illness, traveling, etc. Probiotics offer support for overall digestive health. This includes supporting regularity of bowel movements and consistency of stool, as well as supporting digestive balance during travel. The production and absorption of certain nutrients in the colon are also enhanced by probiotics. For example, a lower pH in the colon can enhance the absorption of calcium and magnesium.<sup>4,6</sup>

## HOW DO WE KNOW PROBIOTICS ARE GOOD FOR US?

Numerous clinical studies in various parts of the world have reported the roles probiotics can play in keeping us healthy. Probiotics have been shown to help us with digestive issues such as occasional bloating, gassiness, stomach pain, diarrhea and constipation. Probiotics have been reported to support immune system functions<sup>7</sup> as well as oral and women's health. Helpful roles in supporting healthy physiological parameters such as cholesterol levels, proper body weight, blood glucose levels already in the normal range, to name a few, have also been reported within the scientific literature of probiotics.

## MICROORGANISMS USED AS PROBIOTICS:

**Organisms and species commonly used as probiotics are:**

1. Lactobacillus species
2. Bifidobacterium species
3. Certain Bacillus species
4. Non-bacterial organisms like Saccharomyces (Yeasts)

To qualify as a probiotic, the organism must be non-pathogenic, demonstrate ability to survive stomach acidic environment, resist effect of bile salts, and have the ability to compete successfully against "resident" gut organisms for an appreciable length of time.

## PROBIOTIC MECHANISM OF ACTION:

**Suggested mechanisms of action for probiotics include the following:**

1. Crowding-out of "resident" organisms and preventing them from adhering to gut
2. Production of antibiotic-like molecules (bacteriocins) that are capable of destroying other organisms
3. Production of short chain fatty acids (SCFAs) as metabolites from the fermentation dietary fiber or resistant starch; these SCFAs can lower intestinal lumen pH to levels harmful to other organisms



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## HOW MUCH PROBIOTICS DO WE NEED?

Each probiotic type confers different health benefits. The amount you require for the desired health benefit is based on the strain of probiotic organism. It is suggested to follow label instructions. Follow manufacturer instructions for storage.

## HOW TO SELECT THE RIGHT PROBIOTIC?

To select the probiotic that is the best for each individual, there are a few tips to keep in mind.

- ✓ Purchase your probiotic from a well-known brand that you know and trust. A trusted brand will disclose the probiotic strain used in the product formulation, as well as providing a website and toll free number on the label to address consumer questions.
- ✓ Read product label to assure it is describing the health benefit you are seeking.
- ✓ Check the label for potency measured as Colony Forming Units (CFU) through product shelf life rather than at time of manufacture.
- ✓ Confirm with brand or manufacturer that the CFUs in the product for purchase are supported by clinical research. Inquire to see if the study has been published, and in which peer-reviewed journal.

## NATURE MADE PROBIOTIC PRODUCTS

Current Nature Made Probiotic products contain the Lactobacillus organism (*Lactobacillus plantarum* 299v), or the Bifidobacterium organism (*Bifidobacterium lactis* SD-5674) or a combination of them, targeting digestive health. While the *L. plantarum* 299v helps support a healthy balance of intestinal microflora,<sup>7</sup> the *B. lactis* SD-5674 supports regularity.<sup>†</sup> These health claims are all supported by well-designed and executed human clinical studies.<sup>7-9</sup>

- ✓ Nature Made Advanced Dual Support provides two high quality probiotics (*Lactobacillus plantarum* 299v and *Bifidobacterium lactis* SD-5674) to help support regularity and digestive balance, providing comprehensive coverage to support overall health.<sup>†</sup>
- ✓ Nature Made Daily Balance contains *Lactobacillus plantarum* 299v, which supports digestive balance for overall health.<sup>†</sup>
- ✓ Nature Made Digestive Probiotics for Adults contains *Bifidobacterium lactis* SD-5674, which helps support regularity.<sup>†</sup>
- ✓ Nature Made Digestive Probiotics plus Multivitamins contains *Lactobacillus plantarum* 299v to support digestive health, plus provides key nutrients to meet the unique needs of men and women with three different formulas:
  - Digestive Probiotics + Women's Multivitamins: helps support digestive balance for overall health and contains 23 key nutrients specially formulated to support women's specific health needs.<sup>†</sup>
  - Digestive Probiotics + Men's Multivitamins: helps support digestive balance for overall health and contains 22 key nutrients specially formulated to support men's specific health needs.<sup>†</sup>
  - Digestive Probiotics + Prenatal Multivitamins: helps support digestive balance for overall health and contains key nutrients for before and during pregnancy.<sup>†</sup>

## ABOUT PHARMAVITE LLC

For more than 40 years, Pharmavite has been a trusted leader in the wellness industry, recognized for providing high-quality vitamin, mineral and herbal supplements under its Nature Made® brand. Nature Made is the number one selling national vitamin and supplement brand in traditional retail scanning outlets\*.

The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

**For More Information: [www.NatureMade.com/hcp](http://www.NatureMade.com/hcp)**

## REFERENCES

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\*Pharmavite calculation based in part on data reported by Nielsen through its Scantrack® service for the Dietary Supplements category in dollar and unit sales for the 52-week period ending 2/20/2015 in US xAOC channels. ©2015 The Nielsen Company

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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