



# Probiotic Complete

Comprehensive Probiotic Blend  
for a Healthy Gut Microbiome\*

Probiotic Complete is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).\* Contemporary clinical research demonstrates the proclivity of probiotics and healthy gut flora to support a healthy human gastrointestinal (GI) tract.\* Moreover, research reveals that probiotics can support the immune system, promote healthy hormone functions, and even support healthy body mass.\*<sup>1,2,3</sup>

Probiotic Complete is gluten-free, dairy free, non-GMO, vegetarian-friendly, and manufactured with 22 billion viable cells per serving. Read on to learn more about how the probiotics in Probiotic Complete work and their benefits.

## How Probiotic Complete Works

Research continues to demonstrate the emerging importance of probiotics and a healthy gut microbiome for promoting a healthy gastrointestinal tract and supporting healthy nutrition.<sup>4</sup> Moreover, probiotics promote healthy gut cell membrane and function by supporting the immune system and enhancing nutrient absorption from food.<sup>5,6</sup> These tiny life-forms also encourage healthy neurotransmitter production, which has an impact on how we feel and think throughout the day.\*<sup>7</sup>

To promote gut health and overall wellness, Probiotic Complete contains 22 billion colony-forming units (CFU) of a potent seven-strain blend of probiotics per serving.\*

### ***Lactobacillus acidophilus* & *Lactobacillus rhamnosus***

*L. acidophilus* is a beneficial lactic acid bacteria often used to treat lactose intolerance and general gut microbe imbalances; it is also necessary for synthesizing vitamin B9 (folate) within the body.\*<sup>8</sup>

Similar to *L. acidophilus*, *L. rhamnosus* helps promote digestion of lactose by producing the lactase enzyme, as well as folate and vitamin B12—two vitamins that are key for healthy nervous system function.\*<sup>9</sup>

### ***Bifidobacterium lactis* & *Bifidobacterium bifidum***

*B. lactis* is a bacterium that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).<sup>10</sup> 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.<sup>11</sup>

In addition to vitamin synthesis, *B. bifidum* is widely used to normalize gut bacteria function.\* It has been shown to significantly promote a healthy digestive system and stool consistency.\*<sup>12</sup> *B. bifidum* has a range of enzymes that help digest many different oligosaccharides (small-chain sugars), which in turn allows the body to break down otherwise indigestible nutrients.

### ***Lactobacillus plantarum***

*L. plantarum* promotes a healthy gastrointestinal tract environment and proper 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).<sup>13</sup> It is surmised this effect is due to *L. plantarum* exposing iron molecules to the intestinal lining for an extended duration and therefore promoting intestinal absorption.\*

Other clinically significant findings suggest *L. plantarum* can help support healthy immune function.<sup>14</sup>



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
<i>Lactobacillus paracasei</i> UAL-pc-04 <sup>TM††</sup>	5.926 Billion CFU <sup>†</sup>	*
<i>Bifidobacterium lactis</i> UABla-12 <sup>TM††</sup>	5.185 Billion CFU <sup>†</sup>	*
<i>Lactobacillus acidophilus</i> UALa-01 <sup>TM††</sup>	4.444 Billion CFU <sup>†</sup>	*
<i>Lactobacillus plantarum</i> UALp-05 <sup>TM††</sup>	2.963 Billion CFU <sup>†</sup>	*
<i>Saccharomyces boulardii</i> DBVPG <sup>®†††</sup>	2 Billion CFU <sup>†</sup>	*
<i>Bifidobacterium bifidum</i> UABb-10 <sup>TM††</sup>	0.741 Billion CFU <sup>†</sup>	*
<i>Lactobacillus rhamnosus</i> UALr-06 <sup>TM††</sup>	0.741 Billion CFU <sup>†</sup>	*

### Other Ingredients:

Microcrystalline cellulose, digestive resistant capsule (hypromellose, gellan gum), vegetable magnesium stearate.

<sup>†</sup> At time of manufacture.

<sup>††</sup> These trademarks are the property of UAS Labs.

<sup>†††</sup> DBVPG<sup>®</sup> is a registered trademark material of Gnosis S.p.A

### 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.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* 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.

### ***Lactobacillus paracasei***

*L. paracasei* is an integral bacterium in human flora and is particularly important for digesting oligosaccharides and supporting immune function.<sup>15,16</sup>

### ***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.<sup>17</sup>

## **Probiotic Complete Supplementation**

Probiotic Complete contains some of the most embraced microbial strains for human wellness, with clinical evidence suggesting these beneficial probiotics may:

- Support a healthy gut microbiome<sup>♦</sup>
- Support a healthy inflammatory response<sup>♦</sup>
- Support immune function<sup>♦</sup>
- Support digestive function<sup>♦</sup>

### **References:**

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