



Supports intestinal microflora balance, immune system performance and healthy inflammatory response

APPLICATIONS / BENEFITS

- Delayed release capsule to support viability through the intestinal tract
- Supports digestive health and immune function
- Promotes healthy vaginal pH
- Shelf stable at room temperature
- Dairy free and soy free

OVERVIEW

Flora-Biotic™ Ultra is a ten-strain probiotic with a minimum 47.5 billion bacteria per serving at encapsulation. Patient One's proprietary blend contains significant concentrations of well-documented strains, including *L. rhamnosus*, *L. casei*, *L. acidophilus*, and *L. reuteri*, as part of a comprehensive formula.

Flora-Biotic Ultra supplies HardiStrain™ standardized bacteria cultures, produced with a proprietary system that promotes increased viability over an extended shelf life. Our freeze-dried probiotic cultures are shelf stable and provided in an acid-resistant, delayed release capsule to survive harsh stomach acids for effective delivery to the intestinal tract where the organisms can colonize and replicate.

Flora-Biotic Ultra supports the proliferation of beneficial microbiota and helps to inhibit the growth of pathogenic bacteria, enhancing the body's ability to resist undesirable microorganisms while aiding digestion. The bacteria have the ability to adhere to the intestinal epithelial cells and to implant in the intestines and positively modulate the mucosal immune response. Certain strains also promote a healthy vaginal pH.

As strain identity is essential to link a strain to a specific health effect, the probiotic strains in our formula are genetically identified using a sophisticated RiboPrinter® microbial characterization system.

KEY INGREDIENTS

Lactobacillus rhamnosus, one of the most widely studied probiotic strains, works to balance the GI microflora. Perhaps most notable about *L. rhamnosus* is its ability to tolerate and even thrive in the typically acidic conditions found in the stomach. *L. rhamnosus* is believed to greatly assist with immune function in healthy adults, particularly in combating pathogens involved with the urinary tract system (acidic condition).

Lactobacillus casei, present in milk, cheese and dairy, assists in the colonization of beneficial bacteria. It supports the growth of *L. acidophilus*, which can help guard against constipation and irritable bowels. *L. casei* is active in a broad temperature and pH range and can be found naturally in the mouth and intestine of humans. As a lactase producer, it aids in the optimal digestion of lactose, promoting optimal digestive health.

Lactobacillus reuteri is found in different body sites, including the gastrointestinal tract, urinary tract, skin and breast milk. This probiotic bacterium has been studied for its diverse beneficial effects, including antimicrobial and immunomodulatory activity. Various probiotics are known for their abilities to enhance mucosal barrier function, of which *L. reuteri* is a well-known example. It has also been shown to support respiratory function, provide occasional relief from digestive discomfort and promote vaginal microbiota.

Lactobacillus acidophilus, a strain of lactic acid-producing microbes, offers numerous benefits for digestive health. *L. acidophilus* produces vitamin K, lactase and anti-microbial substances. Multiple human trials report benefits of *L. acidophilus* for bacterial vaginosis. Scientists have discovered that administering *L. acidophilus* orally helps reduce the colonization of pathogenic bacteria, such as *E. coli* within the digestive tract. By creating a lactase enzyme that assists in the breakdown of lactose into simple sugars, *L. acidophilus* can be beneficial for people who experience lactose intolerance.

Bifidobacterium bifidum is the most common probiotic bacteria in the body. It is an important constituent of the colonic microbiome and is particularly prevalent in the colon of breast-fed infants. This probiotic is often found in healthy vaginas. *B. bifidum* directly competes with *Candida* and yeast overgrowths in our bodies. *Candida* infections are commonly associated with low concentrations of *B. bifidum*. Research has shown that this probiotic produces natural antibiotic substances that kill

bad bacteria. *B. bifidum* is also extremely susceptible to being killed by pharmaceutical antibiotics.

Bifidobacterium longum is among the first to colonize the sterile digestive tract of newborn infants. There is evidence that *B. longum* competes for attachment sites on the intestinal mucosal membrane, preventing the colonization of pathogenic coliform bacteria. It has a high resistance to gastric acid and shares similar functions as *B. bifidum*, such as boosting the immune system and providing barrier protection from pathogens.

Lactobacillus brevis is especially abundant in the intestines, vagina and feces. Studies indicate its ability to inhibit *H. pylori*, as well as to potentially reduce side effects from traditional methods of addressing *H. pylori*. Research shows that *L. brevis* can help to boost immune system function by increasing the production of natural killer cells. High amounts of this probiotic are associated with the health of the vagina. It also appears that newborns receive *L. brevis* from the mother through breast feeding or through natural child birth. This helps to protect the baby's gut from pathogens and also assists with digestion.

Lactobacillus salivarius, which resides in the mouth and small intestine, has been shown effective in fighting off at least five harmful bacteria that are involved in producing plaque, thus assisting in dental health. *L. salivarius* has the ability to fight off the *H. pylori* bacteria that are responsible for most peptic ulcers. Researchers studied animal response after induced colitis and septic shock and treatment with *L. salivarius* and discovered the role of *L. salivarius* in striving to reestablish homeostasis within the intestines. They concluded that this probiotic may be related to the immune response.

Lactobacillus bulgaricus effectively metabolizes sugars (including starches and fibers) to produce lactic acid. The generation of lactic acid in the intestine decreases the pH of the intestinal tract which makes it less suitable for the growth of acid-tolerant microbes including those that can act as pathogens. *L. bulgaricus* is also effective at reducing the lactose load in individuals who are lactose intolerant, thereby allowing them to ingest higher quantities of dairy products.

Lactobacillus plantarum has been used in the process of fermenting foods for hundreds of years. It promotes a normal digestive tract and is able to destroy pathogens while preserving vital nutrients, antioxidants and vitamins. One of the most remarkable attributes of *L. plantarum* is its ability to synthesize L-lysine, an essential amino acid. *L. plantarum* is able to ward off harmful bacteria in the intestine by preventing the pathogenic bacteria from attaching to the mucosal lining and also by competing for nutrients that the pathogenic bacteria live on.

REFERENCES

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Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving

Bacterial Culture Blend 475 mg*

Minimum 47.5 billion CFU**

L. rhamnosus, *L. casei*, *L. reuteri*,
L. acidophilus, *B. bifidum*,
B. longum, *L. brevis*, *L. salivarius*,
L. bulgaricus, *L. plantarum*

*Daily Value not established **At the time of encapsulation

Other Ingredients: hypromellose (capsule), microcrystalline cellulose, silica

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule daily as a dietary supplement, with or between meals, or as directed by your health practitioner.

Shelf stable at room temperature. Refrigeration may prolong long-term stability. Keep desiccant in bottle.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

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