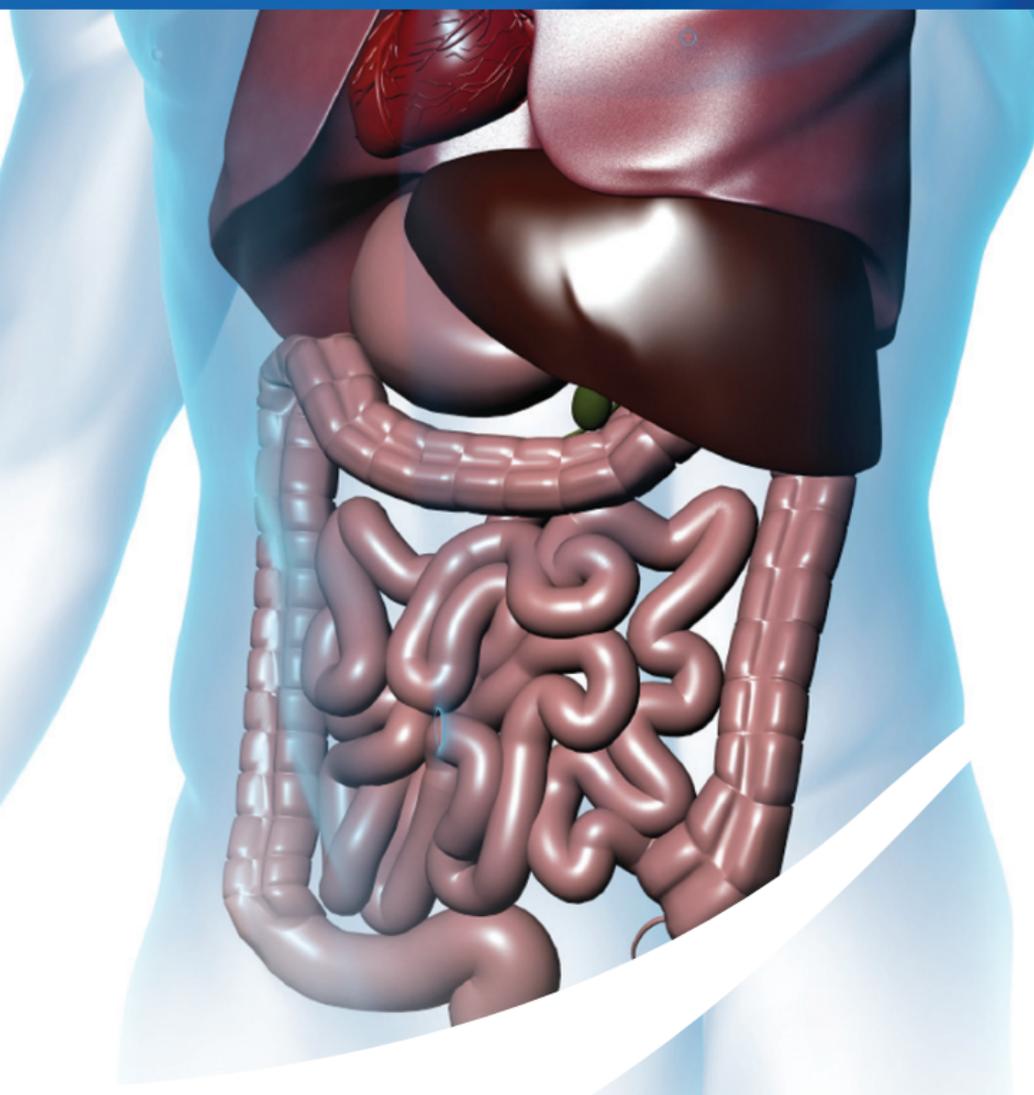


INTERNAL BALANCE GUT HEALTH



PROBIOTIC COMPLETE®

A combination of the important upper and lower digestive tract intestinal flora: Lactobacillus acidophilus and Bifidobacterium. A special polysaccharide matrix delivery system protects the probiotics from stomach acid to ensure optimum delivery in the gut.



DOSAGE – 1 capsule per day, or more as directed by your doctor.

DISCUSSION – Almost 1-5 adults suffer from gut health concerns, ^(1,2) commonly called intestinal dysbiosis, with accompanying gastrointestinal (GI) symptoms such as pain, bloating, constipation, and diarrhea. Women with two or more GI complaints are more likely to suffer with low back pain.⁽³⁾

The beneficial effects of probiotic supplementation for supporting immune health and GI concerns are:

- Promoting healthy microbial flora and preventing pathogenic bacteria from binding to GI tract.⁽⁴⁾
- Lowering gut pH and by elevating antibacterial products called bacteriocins.
- Influencing gene expression in pathogenic bacteria and thereby reducing their virulence.
- Reducing gut permeability by enhancing the integrity of epithelial tight junctions.⁽⁴⁾
- Modulation of both the innate and adaptive immune system.
- Preventing activation of nuclear factor kappa-B (NF- κ B).⁽⁴⁾

REFERENCES

1. Jimenez MB. Treatment of irritable bowel syndrome with probiotics. An etiopathogenic approach at last? Rev Esp Enferm Dig. 2009; 101(8):553-64.
2. Gaman A, Bucur MC, Kuo B. Therapeutic advances in functional gastrointestinal disease: irritable bowel syndrome. Therap Adv Gastroenterol. 2009; 2(3): 169–181.
3. Smith MD, Russell A, Hodges PW. How common is back pain in women with Gastrointestinal problems? Clin J Pain. 2008;24:199-203.
4. Sherman PM, Ossa JC, Johnson-Henry K. Unraveling mechanisms of action of probiotics. Nutr Clin Pract. 2009;24:10-14.
5. Isolauri E et al. Probiotics: a role in the treatment of intestinal infection and inflammation? Gut 2002;50(Suppl III):iii54-iii59.
6. Mengheri E. Health, probiotics, and inflammation. J Clin Gastroenterol. 2008;42:S177-78.

Supplement Facts	
Serving Size 1 Capsule	Servings Per Container 30
Amount Per Serving	% Daily Value
LA-5® <i>Lactobacillus acidophilus</i>	840 million cells *
BB-12® <i>Bifidobacterium</i>	840 million cells *
<i>Streptococcus thermophilus</i>	220 million cells *
<i>Lactobacillus delbrueckii ssp. bulgaricus</i>	100 million cells *
* Daily Value not established.	

AnabolicLabs.com



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. [0716-0001-LL]