

UltraBiotic Bifidus

Bifidobacterium lactis

UltraBiotic Bifidus Supplementation

UltraBiotic Bifidus is a probiotic supplement manufactured with 15 billion viable cells of cultured, pure *Bifidobacterium lactis*. Better yet, UltraBiotic Bifidus is dairy-free, gluten-free, non-GMO, and vegetarian.

B. lactis aids in the digestion of lactose and is critical for creating B vitamins, which serve a multitude of vital roles throughout the body.¹ This particular probiotic can also support immune function and digestion of various types of sugars and fibers.^{2,3,4}

UltraBiotic Bifidus is made with one of the most studied bacterial strains and may benefit users in a variety of ways. These benefits typically include:

- Supports a healthy gut microbiome[♦]
- Supports lactose digestion[♦]
- Supports immune function[♦]
- Supports macronutrient absorption[♦]
- Supports B vitamin synthesis[♦]
- Manufactured with 15 billion viable cells of cultured, pure *Bifidobacterium lactis*

How UltraBiotic Bifidus Works

B. lactis is a lactic acid bacteria that naturally grows in the small intestine and is highly resistant to stomach acid.⁵ *B. lactis* colonizes the gut and is specifically known for its resistance to bile salts, which is important since bacteria typically need to get past some very harsh digestion.⁵

Even though there are over a dozen probiotic strains, *B. lactis* is one of the most versatile and hardest working for the human body.[♦] Similarly to other strains, this lactic acid bacteria can help support lactose intolerance and support your immune system.[♦]



How UltraBiotic Bifidus Works Continued

Many children and adults develop intolerance for milk sugar (lactose). This intolerance can lead to gastrointestinal distress due to lactose malabsorption. Research demonstrates that *B. lactis* may support proper lactose digestion in susceptible individuals by releasing lactase (the enzyme responsible for breaking down lactose).^{*7}

In addition to these benefits, *B. lactis* may also support colon health and even digestion of common food allergens like wheat/gluten.^{*8,9}

Supplement Facts

Serving Size: 1/2 Teaspoon (1.5 g)

Servings Per Container: About 50

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrate	1 g	<1%*
<i>Bifidobacterium lactis</i> UABla-12™†	15 billion live organisms††	**

Other Ingredients: Organic rice syrup solids.

† This trademark is the property of UAS Labs.

†† At time of manufacture.

Directions: Mix 1/4 to 1/2 teaspoon with eight ounces of un-chilled water one to two times daily as a dietary supplement 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.

References:

1. Karina Pokusheva, Gerald F. Fitzgerald, Douwe van Sinderen (2011). Carbohydrate metabolism in Bifidobacteria. *Genes Nutr*; 6(3): 285-306.
2. Guyonnet, D., Schlumberger, A., Mhamdi, L., Jakob, S., & Chassany, O. (2009). Fermented milk containing Bifidobacterium lactis DN-173 010 improves gastrointestinal well-being and digestive symptoms in women reporting minor digestive symptoms: a randomized, double-blind, parallel, controlled study. *British journal of nutrition*, 102(11), 1654-1662.
3. Gill, H. S., Rutherford, K. J., Cross, M. L., & Gopal, P. K. (2001). Enhancement of immunity in the elderly by dietary supplementation with the probiotic Bifidobacterium lactis HN019. *The American journal of clinical nutrition*, 74(6), 833-839.
4. Gopal, P. K., Sullivan, P. A., & Smart, J. B. (2001). Utilization of galacto-oligosaccharides as selective substrates for growth by lactic acid bacteria including Bifidobacterium lactis DR10 and Lactobacillus rhamnosus DR20. *International Dairy Journal*, 11(1), 19-25.
5. Verbeke, K. A., Boobis, A. R., Chiodini, A., Edwards, C. A., Franck, A., Kleerebezem, M., ... & Tuohy, K. M. (2015). Towards microbial fermentation metabolites as markers for health benefits of prebiotics. *Nutrition research reviews*, 28(01), 42-66.
6. Hyronimus, B., Le Marrec, C., Sassi, A. H., & Deschamps, A. (2000). Acid and bile tolerance of spore-forming lactic acid bacteria. *International journal of food microbiology*, 61(2), 193-197.
7. Tabbers, M. M., Chmielewska, A., Roseboom, M. G., Crastes, N., Perrin, C., Reitsma, J. B., ... & Benninga, M. A. (2011). Fermented milk containing *Bifidobacterium lactis* DN-173 010 in childhood constipation: a randomized, double-blind, controlled trial. *Pediatrics*, 127(6), e1392-e1399.
8. Ejtahed, H. S., Mohtadi-Nia, J., Homayouni-Rad, A., Niafar, M., Asghari-Jafarabadi, M., Mofid, V., & Akbarian-Moghari, A. (2011). Effect of probiotic yogurt containing *Lactobacillus acidophilus* and *Bifidobacterium lactis* on lipid profile in individuals with type 2 diabetes mellitus. *Journal of dairy science*, 94(7), 3288-3294.
9. Lindfors, K., Blomqvist, T., Juuti-Uusitalo, K., Stenman, S., Venäläinen, J., Mäki, M., & Kaukinen, K. (2008). Live probiotic Bifidobacterium lactis bacteria inhibit the toxic effects induced by wheat gliadin in epithelial cell culture. *Clinical & Experimental Immunology*, 152(3), 552-558.

* 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.

For more information, visit: www.nutridyn.com