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ESSENTIALS

PLATINUM BIOTIX

A probiotic formula to support good digestive and immune health.

Nutritional Information

One Capsule provides:

Lactobacilli culture	40 mg
Providing 10 billion* (10×10^9):	
L. acidophilus	
L. casei	
L. rhamnosus	
L. paraplantarum	
L. gasseri	
L. bulgaricus	

*At the time of manufacture

Take one to four capsules daily with food. Swallow with water.

SUMMARY

- 10 billion viable organisms per capsule
- Provides 6 strains of bacteria for broad spectrum probiotic activity
- Refrigeration is optional
- With DR Caps, a unique delayed release capsule shell that protects sensitive bacteria from stomach acid
- Lyophilised, encapsulated and individually sealed to enhance stability

DESCRIPTION

A probiotic supplement designed to support digestive and immune health. Probiotic bacteria help restore a positive balance of friendly bacteria in the gastrointestinal tract which can be disrupted by poor diet, stress or drug use. Recommended for use as an adjunct or following antibiotic treatment. Probiotic bacteria support and regulate immune response and may contribute to reducing the risk or duration of infections or alleviate symptoms of immune based conditions such as allergies. Maternal probiotic supplementation during pregnancy has been shown to significantly reduce the development of atopic conditions in infants.

WHAT ARE THE HEALTH BENEFITS OF PROBIOTICS?

Probiotics are an essential part of the microbiome – the collection of microflora within the gut and on every surface of the body. The microbiome plays a huge role in health and disease, influences the function of the gut, the immune system, nutrient synthesis and psychological health.

Maintaining a healthy bacteria balance

Altered microbial balance: The balance of microflora can be disrupted due to many factors, the most common being stress, a high sugar diet, a low fibre diet, antibiotic use and the use of other medications, exposure to environmental antimicrobial agents including chlorine in tap water. A reduced number of probiotics within the gut give opportunity for pathogenic organisms to colonise and cause digestive complications.

Antibiotic associated diarrhoea: The gut is particularly vulnerable to pathogenic organisms after antibiotic use. A study has demonstrated the effectiveness of probiotic supplementation on preventing antibiotic associated diarrhoea and C. difficile associated diarrhoea. The study concluded that L. casei and L. bulgaricus to be particularly effective strains for preventing diarrhoea[1]. Another study demonstrated that L. rhamnosus was effective against antibiotic associated diarrhoea[2].

Antibiotic associated yeast infections: Candida infections are common after a course of antibiotics. Candida species are opportunistic, and when a large percentage of bacteria has been wiped out, they utilise the space to colonise, resulting in oral and vaginal thrush as well as fungal skin infections and systemic candida infections. One study concluded that supplementing with probiotics can decrease the occurrence of oral candida after antibiotics in the elderly[3]. Another study demonstrated probiotic supplementation has the potential to reduce intestinal candida colonisation in those receiving broad spectrum antibiotics[4].

Gut health and preventing systemic diseases

Secretory IgA: Probiotics regulate the secretion of secretory IgA. This is the primary antibody in the mucous membranes and helps to promote an appropriate immune response to both pathogens and food. Secretory IgA promotes the killing of pathogenic bacteria; thus increasing resistance to disease. Probiotic supplementation and the correction of the microbiome helps to restore immune function in the gut and therefore prevent further infections and the likelihood of developing allergies[5].

Gut integrity: The gut microbiome plays a huge role in the integrity of the tight junction in the gut, and the regulation of gut permeability. Increased gut permeability is particularly prominent in the case of a candida overgrowth[6]. Gaps in the tight junctions of the gut increase the risk of developing autoimmune conditions. This is because bacteria and yeasts are able to come into contact with the gut associated lymphoid tissue, which is a store of many immune cells and immune regulatory cells.

Short chain fatty acids: Another way in which probiotics help to regulate the gut wall is by producing a substance called short chain fatty acids. Probiotics, especially lactobacilli strains produce short chain fatty acids which aid with the regulation of tight junctions on the gut epithelial cells[7] and ultimately protecting the gut associated lymphoid tissue from direct contact with food and bacteria, thus helping to keep the immune system in balance.

Digestive enzymes: Lactobacilli bacteria secrete digestive enzymes, decrease inflammation in the gut, aid with the metabolism of nutrients and help to regulate food transit in the gut. Beneficial bacteria are often in decreased concentrations in gut disorders such as in IBS and inflammatory bowel diseases. Studies suggest that probiotic therapy can improve the symptoms of IBS and improve quality of life[8].

Immune health

Regulating immune function: Emerging research has revealed that probiotic bacteria can stimulate and regulate the immune response in the body and may contribute to reducing the risk or duration of certain infections and alleviate symptoms of immune-based conditions such as allergies and eczema[9,10,11]. Probiotics directly influence the gut associated lymphoid tissue and the regulation of T helper cells. In one recent study, probiotics were found to reduce the duration of respiratory infections[12]. A meta analysis review of 12 clinical trials concluded that probiotics were better than placebo in reducing the incidence and duration of upper respiratory infections, as well as cold-related school absences[13].

Probiotics for pregnant and breastfeeding mothers

Microbial transmission at birth: Microbial transmission at birth is an essential process that must occur for the health of the infant. The infant picks up microbiome through the placenta, the birth canal, skin to skin contact and through the consumption of breast milk. It is essential for a healthy infant that the mothers microbiome is in a good state and that there are high enough numbers of probiotics.

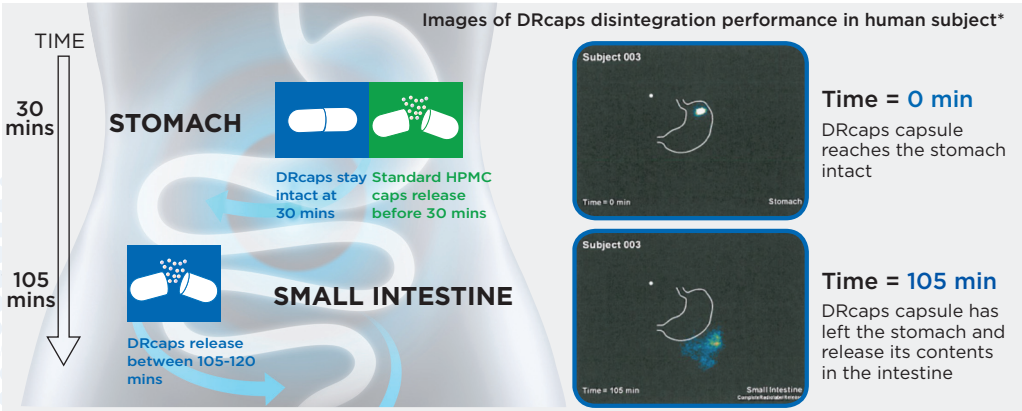
Setting the scene for health: The infants first exposure to probiotics is essential and will set the foundation for health. There is very strong scientific evidence that during pregnancy and lactation, supplementation with probiotic bacteria results in a significant reduction in atopic conditions in the infant, particularly atopic eczema. Clinical trials have shown that probiotic bacteria have a modest role in the prevention of atopic eczema, especially in children[15].

Regulating infant immunity: Probiotics play a direct role in the regulation of the immune cells and can positively influence atopic conditions such as eczema. Eczema is characterized by a dysregulation of the immune system. Probiotics can be used as an adjacent to topical therapies. Eczema levels are higher in children that have low intestinal microbial diversity during the first month of life[14]. Platinum Biotix is suitable for pregnant and breastfeeding women. The bacteria is transfered to the infant during birth and through breast milk.

THE ADVANTAGE OF DRCAPS™

DRcaps are designed to delay the release of probiotic bacteria, protecting the probiotics from stomach acidity and allowing the probiotics to be most effective where they need to be - **directly in the intestine**.

DR DELAYED RELEASE CAPSULES



*Subject consumed light breakfast 30 minutes prior to dosing DRcaps containing 300mg of lactose, 10mg of which was radiolabelled to allow anterior and posterior images taken every 5 minutes after dosing.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING PLATINUM BIOTIX?

Platinum Biotix is intended exclusively for adults. Medical supervision is recommended for those who are immune compromised or taking immune supressing medication.

FEATURES

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- Provides 6 strains of bacteria for broad spectrum probiotic activity
- With DR Caps, a unique delayed release capsule shell that protects sensitive bacteria from stomach acid
- Lyophilised, encapsulated and individually sealed to enhance stability
- Refrigeration is optional
- Vegan
- Gluten free
- Dairy free

HEALTH NEEDS

GUT & DIGESTION

PREGNANCY & FERTILITY

IMMUNITY

SCIENTIFIC REFERENCES

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