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Biotix

TUMBIOTIX

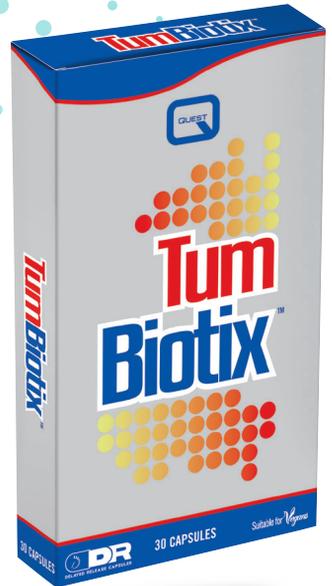
A targeted probiotic designed to give symptomatic relief to sufferers of IBS.

Nutritional Information

One capsule provides:

| | |
|---|-------|
| Lactobacilli Culture | 50 mg |
| Providing 2 billion (2×10^9) | |
| L. plantarum, | |
| L. acidophilus, | |
| L. rhamnosus | |

One to two capsules daily with or after meal. Swallow with water.



SUMMARY

- Specialist probiotic combination of *L.acidophilus*, *L.plantarum* and *L.rhamnosus* for management of IBS.
- Supports the balance of gut microflora and promotes normal bowel habits.

DESCRIPTION

A specialist probiotic designed to be used by those experiencing irritable bowel syndrome (IBS) and for the management of digestive health. IBS is linked to imbalances in gut microflora. Probiotics offer symptomatic relief of abdominal pain, bloating, flatulence and irregular bowel habits such as alternating diarrhoea or constipation.

IRRITABLE BOWEL SYNDROME (IBS) AND PROBIOTICS

It is estimated that 10-20% of the population suffer from IBS symptoms including abdominal pain, bloating, flatulence, irregular bowel habits, and alternating diarrhoea / constipation. IBS is linked to imbalances in the gut microflora, stress, low fibre diets, high caffeine intake and food intolerance.

Disordered neurotransmitters: IBS attacks are often accompanied with anxiety and depression, and it is noted that stressful situations can make IBS worse. A good microflora is needed in order to convert *L. tryptophan* into serotonin which is then transported into the brain on the back of insulin. Low serotonin is a major cause of depression and anxiety. The gut contains many nerves and is often sited as the second brain. The link between gut function and emotions cannot be denied.

Serotonin receptors: There are many serotonin receptors in the gut. Serotonin is responsible for triggering peristaltic actions required for bowel regularity, which is problematic in IBS Patients.

Short chain fatty acids: Short chain fatty acids are produced by lactobacilli and play a role in regulating the tight junctions of the gut wall, and nourishing the intestine wall cells. Tight junction integrity in the gut is essential for the prevention and reversal of food intolerances, a common occurrence in IBS patients.

Eliminating pathogens: Pathogenic organisms in the gut can cause unpleasant symptoms such as gut irritation and watery stools. Probiotic bacteria are beneficial as they help to crowd out unwanted pathogens by binding to cell receptor sites in the gut. They also produce substances such as lactic acid which make the environment unfavourable to pathogenic organisms and more habitable for probiotics.

Digestive aid: Lactobacilli probiotics produce many digestive enzymes that complement our own digestive enzyme production. These enzymes from probiotics may be particularly useful in IBS patients who frequently find undigested food in their stools. Undigested food can lead to irritation of the colon and loose stools.

L.ACIDOPHILUS AND L.PLANTARUM COMBINATION STUDY

A clinical study using a combination of *L.plantarum* and *L.acidophilus* found that 55.6% of IBS patients experienced a reduction in their symptoms, including abdominal pain and discomfort, bloating and alterations in bowel function. In contrast only 8% of the patient group given a placebo experienced a similar reduction in their symptoms.¹

L.PLANTARUM STUDIES

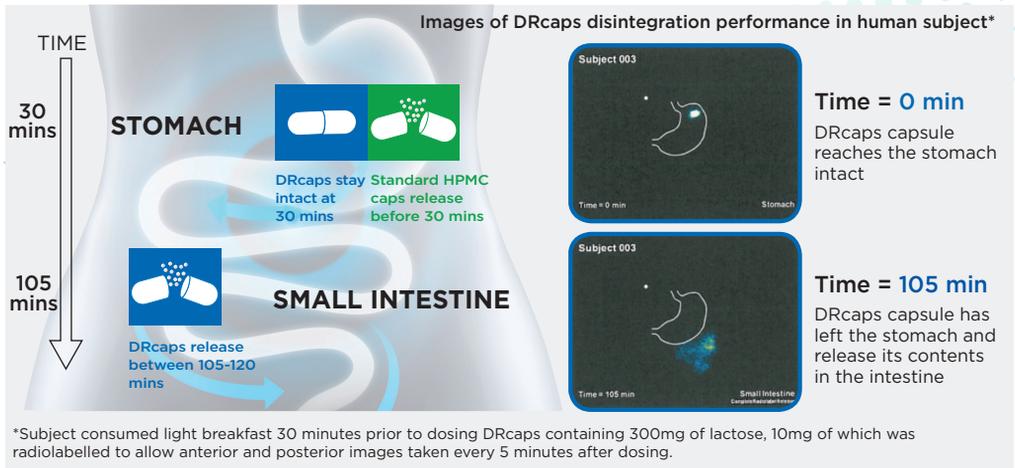
There are numerous studies supporting the use of probiotics for IBS^{2,3,4} and the most widely researched probiotic strain for IBS is *L.plantarum*.

One clinical study demonstrated an improvement of all the symptoms of IBS in 95% of patients treated with *L.plantarum* versus 15% of patients treated with the placebo.⁵

Another clinical study found that flatulence was rapidly and significantly reduced among patients administered *L.plantarum*. The results showed that the number of days with abundant gas production halved in patients receiving *L.plantarum*.⁶

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.



FEATURES

- A specialist probiotic targeting IBS using two lactobacilli strains with established clinical evidence
- Provides 2 billion viable organisms of *L.plantarum*, *L.acidophilus* and *L.rhamnosus* bacteria per capsule
- With DRcaps, a unique delayed release capsule shell that protects sensitive bacteria from stomach acid
- Lyophilised, encapsulated and individually sealed to enhance stability
- Refrigeration is optional.

HEALTH NEEDS



GUT AND DIGESTION



SPECIALIST HEALTH

SCIENTIFIC REFERENCES

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