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# Biotix

## MEGA8BIOTIX

8 strain high potency probiotic supplement with 30 billion active organisms to support digestive, gut, bowel and immune health.

### Nutritional Information

One capsule provides:

Lactobacilli Culture	100 mg
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Providing 30 billion\* (30x10<sup>9</sup>)

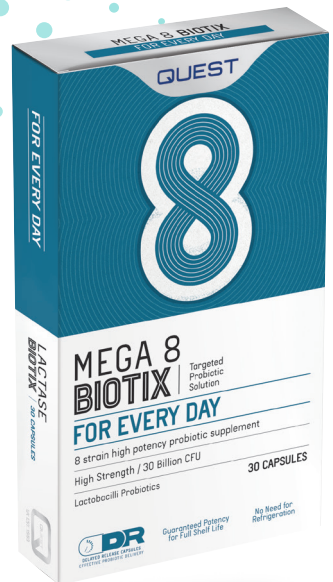
L.rhamnosus, L.acidophilus, L.casei,

L.plantarum, L.paraplantarum, L.bulgaricus,

L.gasseri, L.fermentum

\*At the time of manufacture

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



SUMMARY

- High strength multi-strain probiotic for adults.
- Take daily to support gut, digestive, bowel and immune health.
- Can be used together with, and following, antibiotic treatment to reduce antibiotic-induced diarrhoea.
- Also recommended during travel, to protect against exposure to pathogenic microorganisms in new environments, food and water.
- Highly recommended during pregnancy to reduce development of atopic conditions in infants.

DESCRIPTION

A high potency multi-strain probiotic supplement designed to support digestive, gut 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 use of drugs. Also 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. Probiotics also support the metabolism and utilisation of nutrients from food and detoxification and excretion of hormones by the liver.

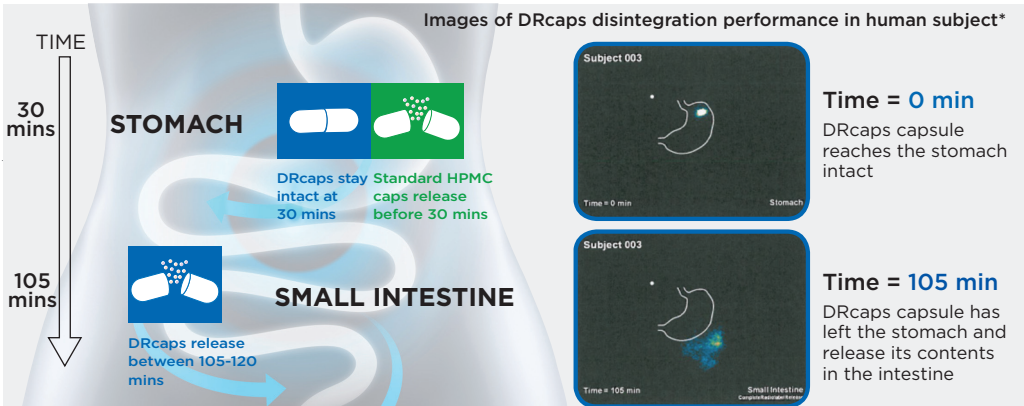
HEALTH BENEFITS OF PROBIOTICS

<b>General bowel, gut and digestive health</b>	<p>Probiotic bacteria restore the positive balance of “friendly” bacteria in the intestine, which can be disrupted by poor diet, poor lifestyle, stress and the use of drugs.</p> <p>Probiotic bacteria are one of the most important factors in the health of the gut and digestion. They 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<sup>12</sup></p>
<b>Antibiotic-induced diarrhoea</b> <sup>1,2,17</sup>	<p>Antibiotics kill “friendly” bacteria together with pathogenic microorganisms. This disruption of the gut microflora causes diarrhoea. Probiotic bacteria restore the positive balance of “friendly” bacteria in the intestine and treat antibiotic-induced diarrhoea.</p>
<b>Traveller’s diarrhoea</b> <sup>3</sup>	<p>Traveller’s diarrhoea is a common problem occurring in up to 50% of travellers and is caused by exposure to pathogenic microorganisms in new environments, food and water. Probiotic bacteria are highly effective in inhibiting these pathogens and preventing traveller’s diarrhoea.</p>
<b>Gastroenteritis (stomach bugs)</b> <sup>4,5,6</sup>	<p>Probiotic bacteria have been established as beneficial in preventing and treating the symptoms of gastroenteritis (stomach bugs), particularly acute watery diarrhoea.</p>
<b>Pregnancy and lactation</b> <sup>7,8,9,18,19</sup>	<p>The baby picks up microbiome is a number of ways. 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. The baby’s first exposure to probiotics is essential and will set the foundation for health.</p> <p>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.</p> <p>Probiotics given in late pregnancy and early lactation have been shown to improve infant weight and length gains at 12 months of age. Positive changes in the gut and microbiome status of the mother positively influence the metabolic and immunological health of the infant.</p>

<b>Eczema</b> <b>(atopic dermatitis)</b> <sup>10,11</sup>	<p>Clinical trials have shown that probiotic bacteria have a modest role in the treatment of atopic eczema, especially in children. The benefits of probiotics were clearer in individuals with moderately severe rather than mild eczema.</p> <p>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 adjunct to topical therapies. Eczema levels are higher in children that have low intestinal microbial diversity during the first month of life<sup>13</sup>.</p>
<b>Allergy prevention</b> <sup>14</sup>	<p>There have been trials and research demonstrating the ability of probiotic bacteria in reducing allergic responses in humans (especially children), for example from food or pollen.</p>
<b>Respiratory tract infections</b> <sup>15,16</sup>	<p>Probiotics produce short chain fatty acids which aid with the regulation of the gut wall and help to prevent food particles and bacteria coming into direct contact with the gut associated lymphoid tissue, where many immune cells are stored and triggering an immune response.</p> <p>Clinical trials show that probiotic supplementation can reduce the severity and duration of respiratory tract infections, as well as reducing the need for medications and sick days off work.</p>

### 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.



\*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.

### FEATURES

- High potency 30 billion organisms per capsule
- 8 multi-strain formula for broad spectrum probiotic activity
- 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.

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HEALTH NEEDS



EVERYDAY HEALTH  
AND WELLBEING



SPECIALIST HEALTH

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