

# Saccharomyces Boulardii

250mg Balances Flora and Promotes Intestinal Health\*



## DESCRIPTION:

Saccharomyces Boulardii is a natural, non-pathogenic yeast that has been shown to maintain and restore the healthy ecology of the small and large intestines.

## FUNCTIONS:

Saccharomyces Boulardii has been shown to be effective through 50 years of usage and numerous research studies. These studies have demonstrated that Saccharomyces Boulardii:

- Helps to maintain the balance of good microorganisms in the gut.
- Keeps the gut functioning well.
- Promotes intestinal health.
- Protects good microorganisms in the gut.
- Improves consistency of bowel movements.

In a 2010 systematic review and meta-analysis of 31 randomized, placebo-controlled treatment arms in 27 trials (encompassing 5029 adult study patients), *S. Boulardii* was found to be significantly efficacious and safe in 84% of those treatment arms, and has been used safely in infants and children as well.

Extensively researched and published in European and American peer reviewed journals, *S. Boulardii* has demonstrated several mechanisms of action. These include (1) secretion of a protease that degrades bacterial toxins, inhibiting them from binding to the intestinal brush border, (2) binding of *E. coli*, *Salmonella* spp, and other bacteria, preventing these bacteria from adhering to the intestinal epithelium and, possibly, expelling these pathogens from the body via the stool, (3) stimulation of immune cells of the intestinal mucosa, (4) hindrance of the ability of *Candida albicans* to form filaments and to adhere and form biofilms, and (5) providing support for an increase in fecal short-chain fatty acids, including butyrate. Putting it plainly, *S. Boulardii*, stimulates immune response in the intestinal mucosa, enhances the integrity of mucosa and enzymatic activity of the intestinal cells, and neutralizes certain bacterial toxins. Since *S.*

*Boulardii* is a yeast, it is safe to use during antibiotic therapy.

## INDICATIONS:

Saccharomyces Boulardii would be a helpful dietary supplement for individuals wishing to normalize their intestinal gut flora.

## FORMULA:

 (WW #10356)

**One vegetarian capsule contains:**

*Saccharomyces boulardii* .....250 mg  
(providing 5 billion live organisms)<sup>†</sup>

Other ingredients: Microcrystalline cellulose, vegetable capsule, magnesium stearate (vegetable source), and silicon dioxide.

<sup>†</sup>At time of manufacture.

## SUGGESTED USE:

As a dietary supplement, adults take one capsule in the morning and one at night or as directed by a healthcare professional.

## SIDE EFFECTS:

Infrequent reports of gas, constipation and thirst. If you have a central venous catheter or allergies to any of the ingredients in this product, speak with a healthcare professional before taking.

## STORAGE:

Keep tightly closed in a cool, dry place. Keep out of reach of children. Does not require refrigeration.

Manufactured For:

**Fireside Pharmacy**  
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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.