

## UltraBiotic *Saccharomyces boulardii*

### UltraBiotic *Saccharomyces boulardii* Supplementation

UltraBiotic *Saccharomyces boulardii* is a probiotic supplement made with a gut-supporting and highly viable yeast strain known as *Saccharomyces boulardii*.<sup>†</sup> This powerful supplement now features an increased overage to 100% for a longer, 2-year expiration date, as well as a rod-shaped probiotic yeast form called Lynside® Pro SCB. The most documented yeast on the market, Lynside® Pro SCB is clinically-proven to maintain healthy intestinal flora and gut health, and to offer individuals additional support in a variety of ways, including in their cardiovascular health, aging, immunity, and overall health and vitality.<sup>†</sup>

Contemporary clinical research demonstrates the proclivity of probiotics and healthy gut flora to support a healthy human gastrointestinal (GI) tract.<sup>†</sup> Moreover, research reveals that probiotics can support the immune system, promote healthy hormone functions, and even support healthy body mass.<sup>†1-3</sup>

Clinical evidence suggests that UltraBiotic *Saccharomyces boulardii* acts as a beneficial probiotic in a variety of ways, including:

- Support for a healthy gut microbiome<sup>†</sup>
- Support for healthy inflammatory markers<sup>†</sup>
- Support for healthy immune function<sup>†</sup>
- Support for healthy digestive function<sup>†</sup>

### How UltraBiotic *Saccharomyces boulardii* Works

UltraBiotic *Saccharomyces boulardii* is a nonpathogenic yeast strain. In contrast to bacteria, which comprise more than 99% of human flora, yeast account for less than 1%. Nonetheless, *Saccharomyces boulardii* is a particularly beneficial yeast (and it's antibiotic-resistant, unlike bacteria).

When lyophilized, *Saccharomyces boulardii* resists bile salts (which is crucial since it needs to get past some very harsh digestion). Recent studies exhibit the stable viability of *Saccharomyces boulardii*. Compared to other strains, it has a higher survival rate in an acidic environment and also resists high temperatures.<sup>4</sup> This viability allows *Saccharomyces boulardii* to readily colonize the gut.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



VEGETARIAN

How UltraBiotic *Saccharomyces boulardii* Works Continued

In a double-blind, placebo-controlled trial, researchers also found that supplementation of *Saccharomyces boulardii* over 60 days promoted healthy levels of uric acid and improved body mass for overall weight management with exercise.♦ Additionally, the study showed that *Saccharomyces boulardii* may help support healthy glucose levels.♦⁵

Other studies provide evidence of the efficacy of *Saccharomyces boulardii* in supporting a balanced gut microbiome.♦⁶-⁸ Lastly, research suggests that *Saccharomyces boulardii* may promote healthy cognitive performance and balanced moods through a healthy stress response.♦⁹

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%DV
<i>Saccharomyces boulardii</i> (Lynside®)	5 Billion CFU	*

**Other Ingredients:** Hypromellose.  
Lynside® is a registered trademark of Lesaffre et Compagnie, S.A.

**Directions:** Take one capsule twice 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:

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4. Edwards-Ingram L, Gitscham P, Burton N, et al. (2007) Genotypic and physiological characterization of *Saccharomyces boulardii*, the probiotic strain of *Saccharomyces cerevisiae*. *Appl Environ Microbiol*, 73(8):2458-2467.

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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.