

# Wise XS Probiotic

## INFO SHEET

Probiotics are dietary living beneficial bacteria that when ingested in adequate amounts, can help you improve your digestive flora balance and immune system health. Treating the immune system with probiotics is a major component that is often overlooked.

The more common health concerns that probiotics can treat are:

- Constipation or diarrhea
- Bloating and gas
- Stomach pains
- Belching & Nausea
- Indigestion and Acid reflux
- Bad breath
- Irritable Bowel Syndrome (IBS)
- Colitis and Crohn's Disease
- Yeast & Parasitic infections
- Eczema & Psoriasis
- Frequent illness
- Regular Bladder infections
- Recovery from antibiotic use
- Colds and flu

But gut flora does not just affect the gut! It is key to our immune system, weight management, skin health and ultimately our ability to absorb nutrients from our foods. Most ingested probiotics are transient, pass through the intestinal tract in 3 to 30 days, and do not permanently adhere to the intestinal wall. This is the reason why supplementing with probiotics regularly is beneficial for optimal effectiveness and for overall health. These probiotics exert their effects as they proliferate and metabolize while in the small intestine and colon.

### Medicinal Strains:

**Bifidobacterium bifidum/B. lactis (Bb-02)** has been found in studies to attenuate Ulcerative Colitis.

**Bifidobacterium animalis subsp. Lactis (BI-04)** is a human strain that enhances the immune system as well as provides anti-inflammatory action. This is helpful for those who suffer from issues like Crohn's disease.

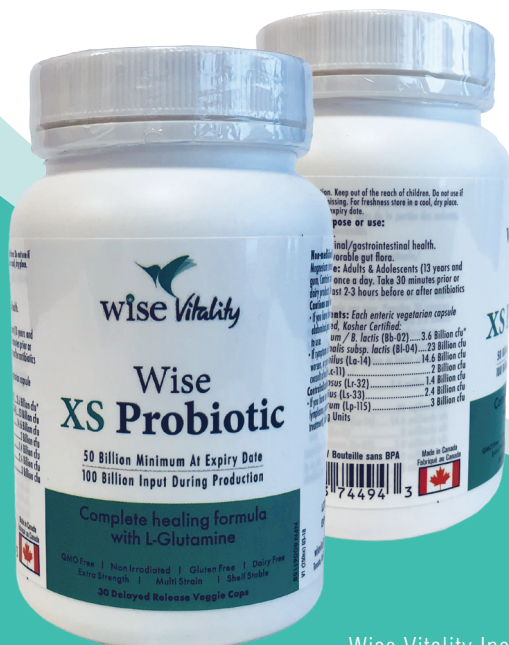
**Lactobacillus acidophilus (La-14)** is a human strain that improves the immune system as well as breaks down oxalic acid, which can lead to kidney stones and renal failure.

**Lactobacillus casei (Lc-11)** is a strain that has been found to be particularly stimulating to the immune system, helpful for lactose intolerance and potentially able to decrease the risk of bladder disease.

**Lactobacillus rhamnosus (Lr-32)** is particularly helpful in the prevention and treatment of diarrhea. This strain also promotes GI health through increasing intestinal cell replication. It is also used to expel parasites from the body.

**Lactobacillus salivarius (Ls-33)** - this specific strain also exerts immuno-modulating and anti-inflammatory actions on the intestinal mucosa reducing symptoms of issues like colitis and protecting from inflammatory processes in the intestine.

**Lactobacillus acidophilus (NCFM)** - this is an extensively researched human probiotic strain with many health benefits. It has antimicrobial action against many food borne pathogens and other bacteria. It also has the ability to bind environmental toxins. This strain has an increased ability to lower levels of *Candida albicans*, the opportunistic fungus that is responsible for symptoms of candidiasis. It is also helpful for enhancing the immune system and protecting against systemic infections. There is also evidence that it can help reduce the activity of carcinogenic compounds sometimes found in the intestine. In individuals with small bowel bacterial overgrowth, something often present in those with renal failure, serum levels of the carcinogens dimethylamine and nitrosodimethylamine are reduced. It is also helpful for treating diarrhea as well as constipation, particularly when combined with the probiotic strain *Bifidobacterium lactis* HN019.



# Wise XS Probiotic

**How many billion bacteria does 1 capsule of WISE XS Probiotic give me?** Our digestive tract has 100 trillion beneficial bacteria so in order to have an impact on gastrointestinal balance, is best to take a high dose probiotic. Wise XS Probiotic is considered Triple Strength because one capsule has 100 billion bacteria at the time of production. However, it is guaranteed to have a minimum of 50 billion bacteria per capsule at expiry date. These doses are considered a high therapeutic dose which is the reason you only need to take 1 capsule per day.

**I eat yogurt and fermented foods, do I still need a probiotic supplement?** Yes, most people do! These foods may be good additions to one's diet, assuming they are not full of sugar like most products in the market. Another problem is that these foods do not generally provide an adequate dose of probiotics to maintain gut flora. If you consider that the intestines are the part of the body with the largest surface area exposed to environmental pathogens, toxins, bacteria and viruses, it is no surprise that something stronger than the number of organisms found in yogurt would be required.

**Do I need to keep WISE XS Probiotic in the fridge?** No you don't! It is manufactured in a non-irradiated manner that keeps the strains shelf stable. You can keep it in the fridge if you wish but you don't have to. This makes WISE XS probiotic an excellent choice for travellers or for those patients who keep forgetting to take their probiotics because they are in the fridge.

**Why does WISE XS Probiotic have so many different strains?** Although a large number of microbes normally inhabit the human intestine, certain strains of bacteria have been shown to have affinities for different parts of the intestine and assist with different conditions. Each strain can exert a different effect in your body. Taking a multi strain probiotic increases the chances of you taking the strain that you may be missing and therefore increasing your chances of experiencing an improvement with the product.

## Ingredients:

Each delayed release (DR) enteric vegetarian capsule contains a minimum of:

- Bifidobacterium bifidum	3.6 billion cfu	- Bifidobacterium animalis	23 billion cfu
- Lactobacillus acidophilus	14.6 billion cfu	- Lactobacillus casei	2 billion cfu
- Lactobacillus rhamnosus	1.4 billion cfu	- Lactobacillus salivarius	2.4 billion cfu
- Lactobacillus plantarum	3 billion cfu	- *cfu Colonic Forming Units	

## Why is WISE XS Probiotic Delayed Release (DR)?

Delayed-release capsules are enteric-coated to delay release of the probiotics until the capsule has passed through the stomach to prevent the bacteria from being destroyed or inactivated by gastric juices. In our stomach we have hydrochloric acid that can kill some of the bacteria from your supplement. This is why WISE XS probiotic has made the capsule delayed-release in order to prevent this from happening and making sure that the full dose is delivered to the small intestine and colon where is the main place where we need the probiotics to settle in.

## Why does WISE XS Probiotic contain L-Glutamine?

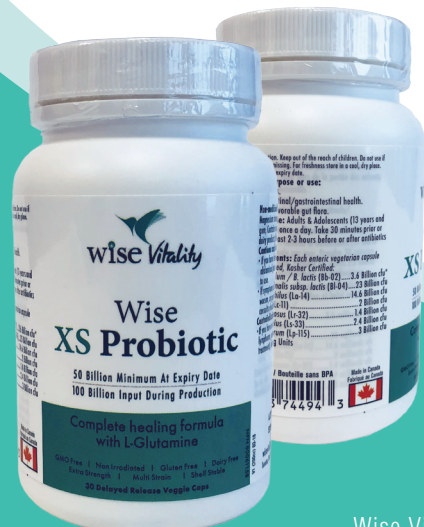
Glutamine is one of the most abundant amino acids in the human body. It can become depleted during times of illness and stress. Low glutamine levels can lead to muscle wasting, depletion of the immune system and gastrointestinal permeability. Many people experience inflammatory problems from an increased gut permeability AKA "leaky gut syndrome". "Leaky gut" is essentially when molecules of food, bacteria or viruses pass through the intestinal walls into the blood more readily because it is more permeable. This causes an increased immune response which can manifest as inflammation, skin conditions, gastrointestinal complaints, mental and behavioural issues, joint pain and more. L-Glutamine heals this increased permeability of the gut and therefore improves gut barrier function. This is helpful for elimination of symptoms.

**Is it safe to take probiotics?** The safety record of probiotics is excellent, specially Lactobacilli and Bifidobacteria strains which are the ones found in WISE XS Probiotic.

## Are the capsules from WISE XS Probiotic certified Halal and Kosher?

Yes they are!

FAQ



**Non-medicinal ingredients:** L-Glutamine 250 mg, Magnesium stearate (Vegetable source), Hypromellose, Gellan gum. Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, soy, corn, wheat or yeast.

**Cautions and warnings:** If you have a fever, vomiting, bloody diarrhea or severe abdominal pain, consult a health care practitioner prior to use.

**Contraindications:** If you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment), do not use this product.

