

## GASTROINTESTINAL SUPPORT PROBIOTIC COMPLEX™

Promotes a healthy gut microbiome. Supports positive mood, immunity, and digestion.



The known health value of probiotics continues to grow as more scientific studies reveal how various probiotic strains can support good health. Probiotic, derived from Greek, means "for life." Probiotics are live microorganisms that can support distinct organ systems throughout the body. The human body hosts 100 trillion microorganisms, also known as flora, of an individual's microbiome. In the gut where this community of microorganisms and bacteria reside is referred to as the gut microbiota.

Research indicates that this flora plays an important role in digestion and gut health, while supporting the immune system. When it is imbalanced, it can lead to digestive irregularities and make one feel uncomfortable. Small Intestinal Bacterial Overgrowth (SIBO) occurs when undesirable bacteria from the large intestine start growing in the small intestine. Digestive symptoms of SIBO include gas, bloating, and diarrhea. SIBO may also be associated with cognitive dysfunction.

Mountain Peak Nutritionals is pleased to introduce our first probiotic Condition Specific Formula®. We have judiciously researched effective probiotic strains and chose the most shelf stable and viable strains available for supporting good gastrointestinal health. We have utilized four specific bacterial probiotic strains that have shown consistent health support and are four of the top probiotic strains that have been shown to support small intestine health. By promoting a healthy gut microbiome, these different bacterial probiotic strains support positive mood and a healthy immune system.

MPN's new **Probiotic Complex** formula contains specific strains with manufacturing processes that allow our four strains to survive beyond the strong stomach acids that typically destroy inferior raw material probiotics. Furthermore, our new **Probiotic Complex** formula contains a total of 60 billion active cultures per capsule – far greater and more therapeutic than most formulas available – to help support the normal balance of the digestive tract and maintain overall health.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 30

Amount per serving		%DV
Lactobacillus acidophilus	20 Billion Organisms	*
Bifidobacterium lactis	10 Billion Organisms	*
Lactobacillus salivarius	5 Billion Organisms	*
Lactobacillus plantarum	25 Billion Organisms	*

\* Daily Value not established.

**Other Ingredients:** vegetarian capsules (hypromellose, purified water), L-Leucine, inulin

May contain trace amounts of milk protein.

### INGREDIENTS:

#### Lactobacillus Acidophilus

Lactobacillus refers to a group of lactic acid producing, gram-positive rods that are obligate facultative anaerobes (1). It creates lactic acid by producing an enzyme called lactase. Lactase breaks down lactose, a sugar found in milk, into lactic acid. Lactobacillus may inhibit bacterial pathogens by the production of lactic acid and hydrogen peroxide (2).

### **Bifidobacterium Lactis**

Bifidobacterium lactis is a very powerful transient probiotic bacteria. Scientific studies have shown that B. lactis supports healthy immune system function and digestion. Lactic acid bacteria are found in fermented foods like yogurt and cheese. Bifidobacteria are anaerobic, rod-shaped, gram-positive bacterial that normally colonize the human colon. They are considered "friendly" bacteria and are taken to grow and multiply in areas of the body where they normally would occur (3). Short-term probiotic use may support the body from experiencing small intestinal bacterial overgrowth (4). Bifidobacteria in the digestive tract can support digestive comfort and function, decreased digestive permeability, lactose tolerance, and decreased occurrences of occasional constipation. In the mouth, Bifidobacterium lactis supports healthy microflora for tooth and oral health.

### **Lactobacillus Salivarius (Ls-33)**

Lactobacillus salivarius is a highly effective probiotic bacteria which plays an important role in maintaining a healthy digestive system. Lactobacillus salivarius is a well characterized, rod-shaped, Gram-positive species of probiotic bacteria. L. salivarius is a lactic acid bacterium that has activity due to the production of bacteriocins (5). It works to support normal balance in the intestines. Also, since it produces lactic acid, the acidity helps fight undesirable bacteria and makes an ideal environment for desirable probiotics. Compared to other probiotics, L. salivarius grows very fast, because of this it quickly crowds out unwanted bacteria. It even aids in the digestion of proteins. This is an extremely hardy probiotic that is vital to our health through the secretion of anti-Staphylococcus proteins (6). The bacteriocin properties of L. salivarius also are effective in food preservation (5).

### **Lactobacillus Plantarum**

Found in fermented foods like sauerkraut, Lactobacillus plantarum probiotics stimulate your digestive system and help the body to produce vitamins. It is recognized as one of the most impactful probiotic strains on the market. L. plantarum not only survives passage through the stomach, but actually thrives in acidic environments like those naturally occurring in our stomachs and in juice drinks. It has been safely used by millions of people for almost 20 years. L. plantarum has been the focus of more than 16 research trials and has been shown to be effective in supporting healthy digestive function by adhering to and colonizing the gastrointestinal tract. Proponents often suggest that Lactobacillus plantarum possesses several unique properties that make this probiotic strain especially effective as a health-booster. For example, it's said that L. plantarum has an exceptional ability to bind to intestinal mucosa (the innermost layer of the gastrointestinal tract) and, in turn, increase the gut's population of beneficial bacteria.

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

**mountainpeaknutritionals.com**

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