

Probiotics

Blackmores Probiotics+ Daily Health



Restores good gut flora and supports intestinal health

Blackmores Probiotics+ Daily Health is a multi-action formula providing five probiotic strains together with a prebiotic, in capsule format. The 30 billion probiotic bacteria help to restore and nourish good gut flora, support intestinal health, relieve digestive discomfort and provide support for general health and wellbeing. Blackmores Probiotics+ Daily Health also contains inulin, a prebiotic that helps to nourish good gut flora.

Key actions

Helps to:

- ✓ Restore and maintain good gut flora
- ✓ Support gastrointestinal health
- ✓ Reduce flatulence and relieve digestive discomfort
- ✓ Maintain gastrointestinal immune function
- ✓ Relieve gastrointestinal pain

Product features

- ✓ Provides five probiotic strains, together with the prebiotic inulin
- ✓ 30 billion good bacteria per dose
- ✓ Multi-action formula
- ✓ One-a-day dose in capsule format

Storage

Store below 25°C in a dry place away from direct sunlight.

ACTIVE INGREDIENTS PER CAPSULE

<i>Lactobacillus acidophilus</i> ATTC 700396	7 billion CFU
<i>Lactobacillus paracasei</i> Lpc-37	7 billion CFU
<i>Bifidobacterium lactis</i> Bi-07	7 billion CFU
<i>Bifidobacterium lactis</i> BI-04	7 billion CFU
<i>Bifidobacterium lactis</i> HN019	2 billion CFU
(Total good bacteria 30 billion CFU)	
Inulin (prebiotic)	100 mg

No added wheat or milk derivatives. No artificial colours or flavours. Gluten free.

Dosage

Adults - Take 1 capsule a day with a meal or as professionally prescribed.

Children under 18 years - Only as professionally prescribed.

Description

Two-piece clear capsule with white powder.

Label warning

- If you are pregnant or breastfeeding, talk to your health professional before use.

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Background information

What are probiotics?

Probiotics are defined as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. They are largely composed of bacteria (although other organisms such as yeasts are also used) that are usual members of our own microbial communities in our gut, such as *Lactobacillus* and *Bifidobacterium* bacterial species.

How do probiotics support our health?

It is estimated that our gastrointestinal tract, mainly our colon, contains around 100 trillion microbes, that all live together in a natural balance. This natural balance however, is quite sensitive to both internal and external influences including age, diet, excessive stress and exposure to both medications and environmental compounds resulting in an imbalance between 'good' and 'bad' bacteria in our digestive system. A change to this natural balance can sometimes lead to digestive discomfort.

Maintaining the health of our gastrointestinal tract is extremely important, as the intestinal tract is responsible for ensuring the effective absorption of nutrients from our diet. Probiotics supplements help to maintain the health of our gastrointestinal system and help to maintain the balance of microbes in the gut and restore and nourish good gut bacteria. The bacterial strains in Blackmores Probiotics+ Daily Health may help to relieve digestive discomfort.

The probiotic strains in Blackmores Probiotics+ Daily Health are also acid-stable and bile-resistant, allowing them to survive the passage through the digestive system.

What are prebiotics?

Prebiotics are nutritional compounds that promote the growth of beneficial bacteria. Probiotic bacteria are able to metabolise (break down) prebiotic compounds and use them as a source of nourishment. Many probiotic supplements contain a prebiotic such as inulin, a fructo-oligosaccharide (FOS) compound that is found naturally-occurring in a range of different foods.

When to recommend this product

For customers who want:

- To restore and maintain good gut flora
- To support gastrointestinal health
- To relieve digestive discomfort
- To maintain general health and wellbeing

Companion product

Blackmores Odourless Fish Oil Mini Caps

A concentrated, odourless fish oil providing a natural source of omega-3 to help:

- Support heart and cardiovascular health
- Maintain brain, eye and nervous system health
- Support general health and wellbeing



Ask a Naturopath