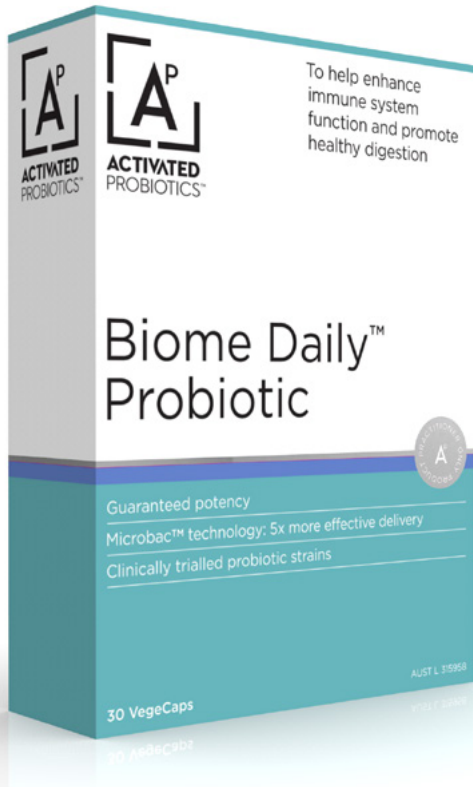




Biome Daily™ Probiotic

To help enhance immune system function and promote healthy digestion



PREMIUM, PRACTITIONER-ONLY PRODUCT



For gut health and immunity

Microbac™ technology: 5x more effective delivery

Guaranteed potency

Clinically trialled probiotic strains

INDICATIONS

- Helps enhance immune system function
- Promotes healthy digestion
- Helps reduce the occurrence of common colds
- Supports bowel regularity

FORMULATION

<i>Lactobacillus plantarum</i> 6595 (DSM 6595)	2 BLB*
<i>Lactobacillus plantarum</i> HEAL9 (DSM 15312)	0.5 BLB*
<i>Lactobacillus paracasei</i> 8700:2 (DSM 13434)	0.5 BLB*
<i>Lactobacillus rhamnosus</i> GG (ATCC 53103)	1 BLB*
<i>Lactobacillus acidophilus</i> LA02 (DSM 21717)	1 BLB*
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> BS01 (LMG P-21384)	4 BLB*
Total live bacteria	9 BLB*

*BLB = Billion Live Bacteria

DIRECTIONS FOR USE

Adults and children over 12 years: take 1 capsule daily (with or without food), or as directed by your healthcare practitioner.

If you are pregnant or breastfeeding – seek the advice of a healthcare practitioner before using. Drink plenty of water. Do not use when abdominal pain, nausea or vomiting are present, or if you develop diarrhoea.

NO ADDED

GMOs, wheat, gluten, dairy, lactose, fructose, yeast, nuts, seeds, peanut, soy, egg, fish, shellfish, or animal derivatives. No artificial colours, flavours, sweeteners, or preservatives.



GMP



LIVE
PROBIOTIC
PROMISE



DAIRY
FREE



ONE A DAY
FORMULATION



FRIDGE
FREE



VEGAN

We use an innovative delivery technology (Microbac™), which stabilises the probiotic bacteria by coating them with a layer of plant-derived lipid. This protects the bacteria from the strong acid in the stomach, allowing 5x more bacteria to survive transit through the upper gastrointestinal tract and colonise the intestines, compared to traditional, uncoated bacteria.



Lactobacillus plantarum HEAL9 and *Lactobacillus paracasei* 8700:2 reduce the frequency of common colds

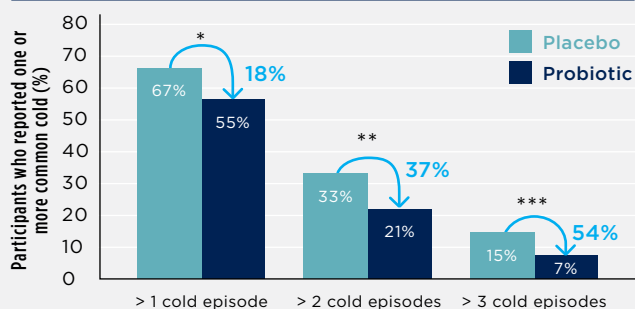


Figure 1: Reduced number of common cold episodes over a 12-week intervention period with a probiotic supplement (10^9 cfu dose of *L. plantarum* HEAL9 and *L. paracasei* 8700:2) or placebo⁷. * $p=0.043$; ** $p=0.024$, *** $p=0.048$

BENEFIT OF PROBIOTICS FOR GASTROINTESTINAL HEALTH

There is increasing evidence that the microbial composition of the gut is fundamental to many aspects of human health. Collectively referred to as the gut microbiome, this community of microorganisms is of such importance to our health and wellbeing that it is now considered akin to an additional organ of the body¹. One way to support the health of the gut microbiome is through supplementation with probiotics, which are defined as 'live microorganisms which, when administered in adequate amounts, confer a health benefit on the host'². Probiotics have numerous beneficial effects on the gut microbiome, such as inhibiting the growth and proliferation of pathogenic microorganisms, which helps to maintain microbial balance in favour of beneficial bacteria². In the gut, probiotics can also improve gut barrier function (reducing intestinal permeability), enhance the local immune system, and produce a number of beneficial metabolites, such as short-chain fatty acids (SCFAs), which exert both local and systemic effects².

ACUTE RESPIRATORY TRACT INFECTIONS

Acute respiratory infections are one of the most commonly encountered conditions by GPs in Australia³. Common colds, which are an upper respiratory tract infection, are one of the most commonly occurring acute respiratory infections seen in adults. Common colds and are responsible for significant productivity and economic losses, due to their high prevalence among working-age adults⁴. While it is increasingly recognised that the benefits of prescribing antibiotics for acute respiratory infections are often outweighed by potential harms - including concerns about rising antibiotic resistance - the rates of antibiotic prescribing for these conditions are 4-9 times as high as those recommended by evidence-based guidelines³. As a result, there is great interest in the potential for therapeutic alternatives for the management - and prevention - of acute respiratory tract infections.

REFERENCES

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Lactobacillus plantarum HEAL9 and *Lactobacillus paracasei* 8700:2 reduce common cold symptoms

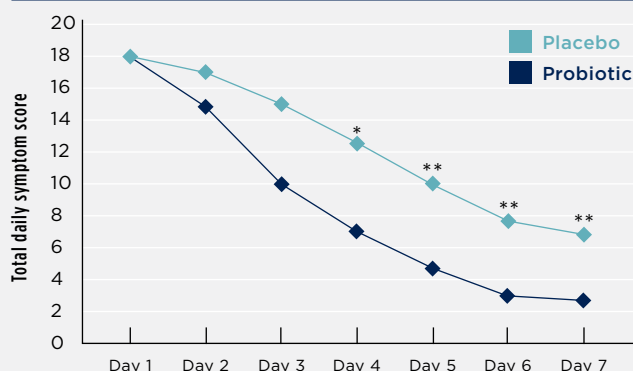


Figure 2: Mean total daily symptom scores across the course of a common cold infection in the probiotic and placebo groups over the 12-week study period. The mean total daily symptom scores were significantly lower on days 4-7 in the probiotic group, compared to placebo (* $p<0.001$).

PROBIOTICS FOR ACUTE RESPIRATORY TRACT INFECTIONS

As probiotics are known to enhance the function of the immune system⁵, there has been a wealth of research investigating the effect of probiotic supplementation on the occurrence, duration and severity of common colds. A recent systematic review and meta-analysis published in the *British Journal of Nutrition* found that interventions with probiotic products significantly reduce the duration of common colds, and absenteeism from child care, school or work⁶.

Biome Daily™ Probiotic contains two exclusive probiotic strains: *Lactobacillus plantarum* HEAL9 and *Lactobacillus paracasei* 8700:2, which have been clinically proven to reduce the frequency, severity, and duration of common colds^{7,8}.

CLINICAL TRIALS: *L. PLANTARUM* HEAL9 AND *L. PARACASEI* 8700:2

A randomised, parallel, double-blind, placebo-controlled trial conducted in 272 adults found a statistically significant reduction in the incidence and duration of common colds in the group who received a daily dose (10^9 cfu) of *L. plantarum* HEAL9 and *L. paracasei* 8700:2 for 12 weeks, compared to placebo ($p<0.05$)⁷ (Figure 1).

A second randomised, double-blind, placebo-controlled trial conducted in 310 adults found a significant reduction in the symptoms of common cold in the group who received a daily dose (10^9 cfu) of *L. plantarum* HEAL9 and *L. paracasei* 8700:2 for 12 weeks, compared to placebo ($p < 0.001$)⁸ (Figure 2).