

Essential-Biotic[®] COMPLETE

High Potency Broad-Spectrum Probiotic

Essential-Biotic[®] COMPLETE provides twelve researched human probiotic strains, with a high potency of 50 billion colony-forming units (CFUs) per delayed-release vegetarian capsule (DRcaps[™]). It is stable at room temperature – no refrigeration required, non-dairy, and gluten-free.

Lactobacillus acidophilus DDS[®]-1 has been shown to normalize bowel habits and stool consistency, and reduce the discomfort associated with lactose intolerance and GI disturbance associated with travel.* Studied in combination, DDS[®]-1, *Bifidobacterium lactis*, *B. longum* and *B. bifidum* have been shown to support both upper and lower GI health.* The formula is enhanced with ten researched human strains of *L. plantarum*, *B. breve*, *B. bifidum*, *B. longum*, *L. paracasei*, *L. casei*, *L. rhamnosus*, *L. salivarius*, *S. thermophilus*, and *L. lactis*.*

DRcaps[™] capsules have been shown, in an *in vivo* human clinical trial, to begin disintegrating at 45 minutes, with complete release of the ingredients approximately 20 minutes later in the intestines for the majority of the subjects. These plant-based, vegetarian capsules are acid-resistant without the need for film coatings and are phthalate-free.



#77300
60 delayed-release
vegetarian capsules

Key Features

- Fifty billion CFUs per delayed-release veggie cap (DRcaps[™])
- *Lactobacillus acidophilus* DDS[®]-1 has been shown to normalize bowel habits and stool consistency*
- DDS[®]-1 reduces the discomfort associated with lactose intolerance, and GI disturbance associated with travel*
- The combination of DDS[®]-1, *Bifidobacterium lactis*, *B. longum* and *B. bifidum* has been shown to support both upper and lower GI health*
- DRcaps[™] are clinically shown to protect probiotics from harmful gastric acids*



Stable
at room
temperature



Gluten-free



Non-dairy



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From birth to old age, our intestinal landscape is an ever-shifting balance of health-promoting organisms (probiotics) and problematic ones. Long used safely in food, modern research confirms the safety and sustainability of Bifidobacterium and Lactobacillus oral probiotic species.* Probiotics beneficially affect the intestinal microbiota via local and systemic immune mechanisms as well as non-immune mechanisms.* Various structure/function benefits can accrue, including the following:

- Competition with microbial pathogens for nutrients and adhesion sites*
- Production of bacteriocins that help control pathogen growth*
- Alteration of local pH to create an unfavorable local environment for pathogens*
- Enhancement of intestinal barrier function*
- Stimulation of epithelial mucin production*
- Increased production of short chain fatty acids in the colon*
- Augmentation of mucosal immunity through enhanced secretory IgA production*
- Reduction of systemic antigen exposure (e.g. food allergens)*
- Systemic immune modulation*

The human gastrointestinal tract harbors between 10 trillion and 100 trillion microorganisms, comprised of hundreds of bacterial species. But we don't start out that way. The newborn's initial gut endowment is limited to a few types of organisms, and gradually changes until it reaches a high diversity like the adult gut by 1 to 2 years of age. This development is affected by whether the birth was vaginal or cesarean section, as well as whether the first food was breast milk or formula. Infants born vaginally have increased bacterial diversity or "richness" in the gut, increased chances for normal weight and other health parameters.* Breastfed infants typically have a bifidobacteria-dominated microbiota, most likely due to the presence of prebiotic breast milk oligosaccharides as well as probiotic organisms in breast milk.

Improper acquisition of a diverse and balanced microbiota during infancy and early childhood may have an adverse impact on health into adulthood. A healthy initial colonization can influence gut maturation and immune, brain, and metabolic development.

Whether young or old, male or female, the human gastrointestinal tract may benefit from evidence-based strains, hypoallergenicly formulated, and safely delivered.

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Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
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Proprietary blend: (50 Billion CFUs) 150.88 mg †	
<i>Lactobacillus plantarum</i> UALp-05™	
<i>Lactobacillus acidophilus</i> DDS®-1	
<i>Bifidobacterium lactis</i> UABla-12™	
<i>Lactobacillus paracasei</i> UALpc-04™	
<i>Lactobacillus casei</i> UALc-03™	
<i>Lactobacillus rhamnosus</i> UALr-18™	
<i>Bifidobacterium breve</i> UABbr-11™	
<i>Lactobacillus salivarius</i> UALS-07™	
<i>Bifidobacterium bifidum</i> UABb-10™	
<i>Bifidobacterium longum</i> UABl-14™	
<i>Streptococcus thermophilus</i> UAST-09™	
<i>Lactococcus lactis</i> UALI-08™	

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, water, gellan gum, microcrystalline cellulose, Nu-MAG® (rice extract, rice hulls, gum arabic, sunflower oil), silica.

Suggested Use: As a dietary supplement, 1 capsule one or two times daily, or as directed by a healthcare practitioner. May be taken with or without food.

Essential-Biotic® COMPLETE is part of a line of high quality evidence-based professional probiotics introduced by Allergy Research Group. Each unique formula includes two clinically proven strains, *Lactobacillus acidophilus* DDS®-1 and *Bifidobacterium lactis* UABla-12™, to support digestion and immunity, as well as pediatric skin health.*

Also available: Essential-Biotic® COMPLETE, Essential-Biotic® WOMEN'S, Essential-Biotic® MATURE, Essential-Biotic® FOS, Essential-Biotic® SYNBIOTIC, Essential-Biotic® XOS, Essential-Biotic® SACCHAROMYCES BOULARDII, and Essential-Biotic® HEART

