



Essential-Biotic®

MOOD & MIND

Gut-Brain Axis Support*

Lactobacillus plantarum DR7 is a 100% natural probiotic strain originally isolated from fresh cow's milk, but through a proprietary fermentation process, no milk proteins are present in the final product.

L. plantarum DR7 was the first probiotic strain to show the correlation between gut microbiota changes and neurotransmitter gene expression in humans.* It has been shown to support a healthy gut microbiome and immune system in adults.* Supplementation with *L. plantarum* DR7 has been shown to support the body's natural defenses against stress, contributing to mental clarity and physical well-being in healthy adults.*

Key Features

- Supports a healthy and diverse microbial community.*
- Boosts natural immune defenses during cold and flu seasons.*
- May improve mental calmness, attention, learning, and memory in adults exposed to normal everyday stress.*



Item #78220
60 vegetarian capsules



Stable
at room
temperature



Gluten-free



Non-dairy

Essential-Biotic® MOOD & MIND

Lactobacillus plantarum DR7 is a probiotic strain developed from in-depth scientific research including clinical studies.* In humans, it positively modulates the gastrointestinal microbial profile and has supportive benefits for the gut, immune system, and brain, via the gut-brain axis.*

Gut health: *L. plantarum* DR7 has been shown to support a healthy gut microbiome and normal bowel movements.* In adults experiencing everyday stress, *L. plantarum* DR7 supplementation helped maintain species diversity, a characteristic of a resilient microbial community.*

Immune health: *L. plantarum* DR7 may help boost natural immune defenses in the nose, throat, and upper respiratory tract in healthy adults during cold and flu season.* Adults receiving *L. plantarum* DR7 had greater numbers of active natural killer (NK) cells as compared with a placebo group.* NK cells are among the first lines of defense in the innate immune system.*

Antioxidant support: *L. plantarum* DR7 supports the body's natural antioxidant defenses.* It was shown to lower circulating levels of malondialdehyde, a biomarker of oxidative stress.*

Immunomodulatory properties: *L. plantarum* DR7 has been shown to support a healthy balance between proinflammatory and anti-inflammatory cytokines in the blood.*

Stress response: In a study of adults experiencing moderate stress, the daily administration of *L. plantarum* DR7 helped reduce plasma cortisol levels.* Individuals receiving the probiotic experienced significant relief from stress after eight weeks of supplementation.* They found it easier to relax, and they reported less nervous energy, as compared with the placebo group.*

Brain health: *L. plantarum* DR7 has been shown to support healthy cognition and memory in animals and humans.* In a clinical trial, *L. plantarum* DR7 was shown to enhance the serotonin pathway while stabilizing the dopamine pathway.* Serotonin and dopamine are neurotransmitters that influence emotional health and resilience.* Individuals who consumed *L. plantarum* DR7 daily experienced greater mental clarity and improved performance on tasks related to attention, learning, and memory.*

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving	% Daily Value
<i>Lactobacillus plantarum</i> DR7	
	1 Billion CFUs †
† Daily Value not established.	

Other ingredients: Hypromellose, rice maltodextrin, stearic acid, calcium palmitate.

Suggested Use: As a dietary supplement, 1 capsule daily with or without meals, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.

References:

Altadill T, et al. *Microorganisms*. 2021 Mar;9(3):528.
Chong HX, et al. *Benef Microbes*. 2019;10(4):355-73.
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Liu G, et al. *Int J Mol Sci*. 2020;21:4608.
Tan FH, et al. *Benef Microbes*. 2020 Feb 19;11(1):79-89.
Zaydi AI, et al. *Benef Microbes*. 2020 Dec 2;11(8):753-66.



Essential-Biotic® MOOD & MIND 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® MOOD & MIND, Essential-Biotic® SACCHAROMYCES BOULARDII, and Essential-Biotic® WOMEN'S