

Bifidobacterium and XOS prebiotic blend to support gastrointestinal health

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PrebioMed™ XOS is a unique symbiotic blend of xylooligosaccharides (XOS) prebiotics and Bifidobacteria probiotics that functions to support optimal gastrointestinal health. This blend is distinctive for its ability to enhance Bifidobacteria growth and activity while simultaneously improving the firmicutes/bacteroidetes (F/B) ratio at a relatively low dose, reducing common side effects associated with most prebiotics.¹

What are Prebiotics?

Prebiotics are non-digestible, fermented food-based products that feed probiotic bacteria, stimulating their growth and metabolic activity.² Prebiotics offer another method of establishing a healthy balance of bacterial species in the microbiome. While probiotics introduce greater quantities and strains of health-promoting bacterial species, prebiotics ensure the establishment and growth of these organisms.

Advantages of PreticX™ Prebiotics

Commonly used prebiotics include fructooligosaccharides (FOS), arabinogalactan, galactooligosaccharides, and inulin. The effectiveness of these prebiotics is established at higher doses, which often trigger undesirable gastrointestinal side effects such as bloating and abdominal pain. Additionally, these types of prebiotics can stimulate the growth of both lactobacillus (a firmicutes) and bifidobacteria.

PreticX™ is a unique prebiotic, xylooligosaccharides (XOS), that is effective at low doses, reducing the occurrence of gastrointestinal side effects.¹ PreticX™ has also been shown to significantly optimize Bifidobacteria without promoting growth of lactobacillus.¹ The outcome of this selective action is an improved firmicutes/bacteroidetes (F/B) ratio, which is increasingly the goal of microbiome optimization. In a double-blind, randomized, placebo-controlled study of 32 subjects receiving 1.4g PreticX™, 2.8g PreticX™, or placebo, Bifidobacterium count increased significantly in both PreticX™ groups while Lactobacillus remained unaffected.¹

PreticX™ is stable over a wide pH (2.3–8.0), and temperature (80–120 degrees Celsius) ensuring it remains almost completely intact throughout the gastrointestinal tract.

Health Benefits of Bifidobacterium

Bifidobacterium lactis (BI-04): is of human origin and is the most prolific probiotic strain in the gastrointestinal tracts of breastfed infants. Its anti-inflammatory properties are useful in attenuating the symptoms of colitis, while supporting the body against allergies and allergic rhinitis.^{3,4} It protects and restores the microbiome following antibiotic therapy and boosts the body's IgG response.^{4,5}

Bifidobacterium breve (UABbr-11): is a normal commensal microorganism that prevents and improves constipation, abdominal bloating, anal itch, burn, pain, and other symptoms of ulcerative colitis and necrotizing enterocolitis.⁶⁻⁸ It also maintains a healthy fasting glucose level, decreases hsCRP, and increases plasma glutathione.⁹

Bifidobacterium infantis (UABI-13): is generally found in the gastrointestinal tract of infants, where it improves digestion and reduces inflammation and intestinal permeability.¹⁰ It significantly alleviates the symptoms of irritable bowel syndrome (IBS).¹¹

Bifidobacterium bifidum (UABb-10): improves functional constipation and symptoms of IBS, including abdominal pain, bloating, belching, flatulence, and diarrhea.¹² Upper gastrointestinal symptoms associated with *H. pylori* infections also benefit from *B. bifidum*.¹³

Bifidobacterium longum (UABI-14): improves the composition and metabolic activities of colonic bacterial communities and immune parameters, reducing the symptomatic effects of celiac disease, IBS, and functional constipation.^{12,14-15} Studies show *B. longum* significantly reduces TNF-alpha, CRP, serum AST, insulin resistance, serum endotoxin, and steatosis in patients with non-alcoholic steatohepatitis.¹⁶

PrebioMed™ XOS is useful for:

- Reestablishing a healthy and diverse microbiome
- Optimizing the firmicutes/bacteroidetes ratio
- Alleviating inflammatory bowel disease/ulcerative colitis
- Enhancing the immune system
- Minimizing the side effects of antibiotics
- Improving constipation and/or diarrhea during all life stages
- Reducing severity and duration of cold/flu symptoms

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Probiotic Blend	10 billion CFU *
<i>Bifidobacterium lactis</i> (BI-04®)	4.5 billion CFU *
<i>Bifidobacterium breve</i> (UABbr-11™)	2.5 billion CFU *
<i>Bifidobacterium infantis</i> (UABI-13™)	1.0 billion CFU *
<i>Bifidobacterium bifidum</i> (UABb-10™)	1.0 billion CFU *
<i>Bifidobacterium longum</i> (UABI-14™)	1.0 billion CFU *
Xylooligosaccharide (PreticX™)	1 g *

*Daily Value not established.

Other Ingredients: Delayed release capsule (hydroxypropyl methylcellulose, gellan gum), vegetable stearate, silica.



Recommended Use: As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

References

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