

Saccharomycin® DF



Available in 60 vegetarian capsules

- Helps to reduce the risk of antibiotic-associated diarrhea (at 2 capsules daily)
- Probiotic to benefit health and/or to confer a health benefit
- Provides live microorganisms to benefit health and/or to confer a health benefit

Discussion

Saccharomycin® DF is manufactured using a process that involves controlled temperature and low vacuum, eliminating the shock of freeze-drying. The drying procedure, which does not modify the water content of the preparation, slows down aging, cell deterioration, and contamination, leading to increased stability and greater resistance to gastric acid. This process does not require or contain dairy products or lactose.*

***Saccharomyces boulardii* (*S. boulardii*)** is a natural, non-pathogenic yeast that may help support and maintain the healthy ecology of the small and large intestines. In a 2010 systematic review and meta-analysis of 31 randomized placebo-controlled treatment arms in 27 trials comprising 5029 adults, "*S. boulardii* was found to be significantly efficacious and safe in 84% of those treatment arms."^[1] A study also suggested that *S. boulardii* can be used safely and effectively in children three months and older.^[2] A double-blind, randomized, placebo controlled study of children ages 3-59 months produced statistically significant positive results suggesting that *S. boulardii* may play an important role in supporting normal gastrointestinal function in young children.*^[3]

Extensively researched and published in European and American peer-reviewed journals, *Saccharomyces boulardii* appears to function through several mechanisms of action. With regard to maintaining normal GI function and transit time, research suggests that *S. boulardii* secretes a protease that may assist in directly degrading bacterial toxins and stimulating antibody production against those toxins.^[4-6] *S. boulardii* is also believed to support the natural inflammatory response, exert a trophic effect on intestinal mucosa, and positively support the immune system.^[9] These actions further support and help maintain the normal health and function of the intestinal brush border.*

This probiotic yeast appears to support normal gastrointestinal flora and integrity^[7,8]; promote production of intestinal enzymes and secretory IgA^[9]; and support cytokine balance through its effects on IL-8, IL-6, IL-10, NF-kappaB, TNF-alpha, and PPAR-gamma.^[6,10,11] Research suggests a role for *S. boulardii* in the production of health-promoting short-chain fatty acids, including butyrate.*^[12] Research suggests that butyrate, in turn, plays an important role in maintaining the integrity, function, and normal flora of the intestines.^[13]

Following a multi-dose study in healthy volunteers, the concentration of *S. boulardii* in feces increased rapidly, reaching a steady state by day three in all subjects. Following completion of administration, the *S. boulardii* population declined consistently and was cleared from the bowel within five to seven days, indicating that the probiotic yeast did not permanently colonize the gastrointestinal tract.^[14] Saccharomycin DF provides 10 billion colony-forming units of *S. boulardii* in a two-capsule dose.*

EXCLUSIVE • PATENTED

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Medicinal Ingredients (per vegetarian capsule)

Saccharomyces boulardii 5 Billion cfu (250 mg) (Strain DBVPG 6763 - whole cell)

Non-Medicinal Ingredients

Hypromellose, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide, medium-chain triglycerides.

Recommended Dose

Adults, adolescents, and children 6 year and older: Take 1 - 2 capsules once a day.

Discontinue use and consult a healthcare practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen, or persist beyond 3 days.

Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea, severe abdominal pain, or if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

References

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Additional references available upon request

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