

# BioDoph-7 Plus®

A unique blend of probiotics and prebiotics, along with additional support for a healthy GI tract

Classically defined, probiotics are “a preparation of, or a product containing viable, defined microorganisms in sufficient numbers, which alter the microbiota (typically by colonization) in a compartment of the host, and by that, exert beneficial health effects in this host.”<sup>(1)</sup> Traditionally, probiotics have consisted of species from the genera *Lactobacillus* and *Bifidobacterium*, however other strains have demonstrated beneficial effects.

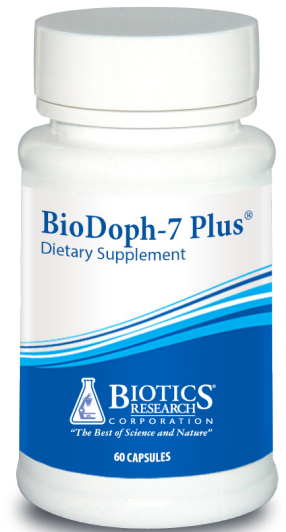
Documented research has indicated important benefits associated with the use of probiotic bacteria, including improved digestion, enzymatic activity and overall health. For example, *L. plantarum* is recognized as a major colonizer<sup>(2)</sup> and was shown to “decrease translocation, improve mucosal status, improve liver status, improve the immunologic status of the mucosa, and to reduce mucosal inflammation.” Subsequently, *L. plantarum* is considered to be an integral part of the host’s immunologic defense.<sup>(3)</sup> Probiotics have also shown to have a modulating effect on the immune system. A probiotic combination of *Lactobacilli* species, *Bifidobacteria* species and a *Streptococcal* strain was shown to be immunomodulating by virtue of both the upregulation of IL-10 production by dendritic cells, and the decreased production

of interferon-gamma by T-cells. Also noted was a “diminished proinflammatory effect via a decrease in the lipopolysaccharide production of IL-12.”<sup>(4)</sup>

## BioDoph-7 Plus® supplies ingredients that:

- Improves digestive function
- Improves immunologic status
- Increases beneficial anaerobes
- Decreases “unfriendly” organisms
- Stimulates phagocytosis
- Soothes gastric mucosa

Like probiotics, prebiotics also play a beneficial role in GI health, via their alteration of the gut flora composition in favor of beneficial bacterial.<sup>(5)</sup> Prebiotics are categorized as a “nondigestible food ingredient that beneficially affects the host by selectively stimulating the growth and/or activity of one or a limited number of bacteria in the colon.”<sup>(6)</sup> The prebiotic inulin demonstrated beneficial results with administration, by virtue of its ability to stimulate the enumeration of the colonic *Bifidobacteria* population, thus improving the composition of the gut flora.<sup>(7)</sup> Arabinogalactan from



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larch is also an effective prebiotic fiber. In the large intestine it is actively fermented by friendly intestinal microflora, resulting in an increased number of beneficial anaerobes, while simultaneously decreasing unfriendly organisms such as *Clostridia*.<sup>(8)</sup> Marshmallow root extract, also considered a prebiotic, supplies polysaccharides, including arabinogalactans and glucan. It stimulates phagocytosis, and has been shown to alleviate local irritation of the gastric mucosa.<sup>(9)</sup>

Thus, when considering overall health benefits, the combination of prebiotics and probiotics supplied by **BioDoph-7 Plus**<sup>®</sup> are a judicious choice, having documented success in improving gastrointestinal health. Additionally, by utilizing a prophylactic approach, gastrointestinal complaints may be addressed in a means that will promote optimal wellness.

#### References

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5. Gibson GR. *Dietary modulation of the human gut microflora using the prebiotics oligofructose and inulin.* *J Nutr.* 1999 Jul;129 (7 Suppl):1428S-41S.
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9. *The Complete German Commission E Monographs* (ed. Blumenthal M)

### Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving
<b>Proprietary Blend</b>	400 mg
Inulin (from Chicory root)*, Arabinogalactans (from Larch)*, Marshmallow (Althea officinalis) (extract) (root)*, Bifidobacterium bifidum*, Bifidobacterium lactis*, Bifidobacterium breve*, Lactobacillus paracasei*, Lactobacillus plantarum*, Lactobacillus salivarius*, Streptococcus thermophilus*	

\* Daily Value not established

**Other ingredients:** Vegetarian capsule shell (modified cellulose) and magnesium stearate (vegetable source).

Each capsule of **BioDoph-7 Plus**<sup>®</sup> contains more than 20 billion organisms at time of manufacture.

Contains an ultra-trace amount (0.3 ppm) of milk constituents which are used in the fermentation of probiotic ingredients.

**This product is gluten free.**

**RECOMMENDATION:** One (1) capsule one (1) to two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

#### KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area and refrigerate after opening.  
Sealed with an imprinted safety seal for your protection.

Product # 1285 Rev. 01/15

To place your order for **BioDoph-7 Plus**<sup>®</sup> or for additional information please contact us below.



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