

# Saccharomyces boulardii

**Saccharomyces boulardii** is a viable yeast that is genetically different from Baker's yeast, and does not contain milk products. **S. boulardii** is a true "biotic" or living organism which has been shown to have beneficial effects by improving intestinal microbalance when administered in adequate amounts. **S. boulardii** is not part of the naturally occurring gut flora, and is not significantly impacted by antibiotics. In fact, **S. boulardii** has been shown to be supportive of antibiotic therapy. Oral administration achieves steady state concentrations in the colon within three days, but does not colonize in the intestinal tract. The organism is typically cleared from the intestinal tract within 2 to 5 days after discontinuation.

Specifically, **S. boulardii** has proven particularly beneficial for balancing the intestinal microbiology. It functions in the modulation of both innate immunity, by activating the complement system, and adaptive immunity by boosting the intestinal secretion of IgA (slgA). **S. boulardii** has been shown to inactivate bacterial toxins, stimulate intestinal immune response, and release polyamines, which are essential for normal cell growth and differentiation (a depletion of which is associated with a dramatic alteration in the arrangement of the cytoskeleton).

Additionally, **S. boulardii** secretes "soluble factors" demonstrated to reduce proinflammatory mediators via a reduction in the activation of NF-KappaB and mitogen-activated protein kinase (MAPK), and by blocking the expression of inflammatory cytokines, particularly IL-8, which is secreted during *E. coli* infection. It also enhances the secretion of mucosal immune factors which protect against enteric pathogens, improves tight junction

structure, and increases IL-10 in dendritic immune cells, limiting the unspecific immune response by down regulating the Th-1 response.

Each capsule of **Saccharomyces boulardii** contains 235 mg of **S. boulardii**, providing a minimum of 4 billion organisms at the time of manufacture.



## Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Saccharomyces boulardii	235 mg	*

\*Daily Value not established

**Other Ingredients:** Vegetable culture, capsule shell (gelatin and water), magnesium stearate (vegetable source) and silicon dioxide.

Each capsule of **Saccharomyces boulardii** contains a minimum of 4 billion organisms at the time of manufacture.

**This product is gluten, dairy and GMO free.**

**RECOMMENDATION:** One (1) capsule one (1) to three (3) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Not recommended for pregnant women.

**KEEP OUT OF REACH OF CHILDREN**

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

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.