

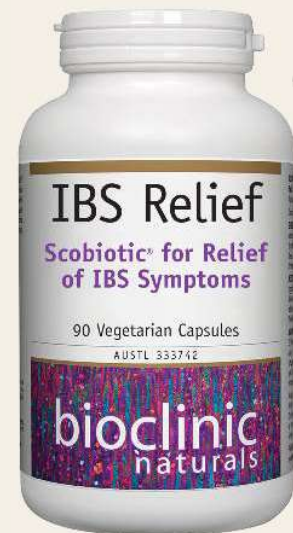
IBS Relief

Scobiotic™ for Relief of IBS Symptoms

Available in 90 vegetarian capsules

IBS Relief is a Scobiotic™ formulated to support small intestinal functional disturbances and promote healthy large bowel microflora balance and function. The mixed culture of bacteria, fungi and yeasts provides significant probiotic activity with prebiotic and nutritional support to target underlying imbalances that cause disordered small intestinal function and enhances gastrointestinal and general health and wellbeing.

- Unique Scobiotic™ syntrophic mixed culture of bacteria, fungi and yeasts formulated specifically to support small intestinal health and function.
- Supports healthy bowel function and promotes restoration and maintenance of beneficial microflora balance.
- Soothes and maintains gastrointestinal mucosal membrane health and function.
- Features 6 strains of yeast including the ibSium® strain, for their nutritional support, anti-inflammatory effects on the intestinal mucosa and improvement of IBS symptoms.
- Includes the world-renowned Gnosis Biootic® *Saccharomyces boulardii* as an anti-inflammatory and to help support the health of the intestinal mucosa.
- Reishi mushroom is also present to help support gastrointestinal immunity.
- Features herbs bitter candytuft and yucca for their anti-inflammatory and antioxidant activities.
- Contains colostrum as a prebiotic and antimicrobial for gastrointestinal health.
- Includes glutamine to support gastrointestinal membrane health and function.
- Shelf stable.



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Active Ingredients

Each capsule contains:

<i>Bifidobacterium longum subsp. infantis</i>	1.33 billion CFU	Equivalent to fresh <i>Saccharomyces cerevisiae</i>	59.50 mg
<i>Lactobacillus acidophilus</i>	1.33 billion CFU	High chromium yeast	8.33 mg
<i>Lactobacillus casei</i>	1.33 billion CFU	Equivalent to chromium	16.67 micrograms
<i>Lactobacillus gasseri</i>	0.67 billion CFU	High molybdenum yeast	10.41 mg
<i>Lactobacillus paracasei subsp. paracasei</i>	1.33 billion CFU	Equivalent to molybdenum	20.80 micrograms
<i>Lactobacillus plantarum</i>	1.33 billion CFU	High selenium yeast	24.60 mg
<i>Lactobacillus reuteri</i>	0.67 billion CFU	Equivalent to selenium	49 micrograms
<i>Lactobacillus rhamnosus</i>	0.67 billion CFU	Bovine colostrum	33.30 mg
<i>Lactobacillus salivarius subsp. salivarius</i>	0.67 billion CFU	Glutamic acid	33.30 mg
<i>Streptococcus thermophilus</i>	0.67 billion CFU	Glutamic acid hydrochloride	33.30 mg
Reishi (<i>Ganoderma lucidum</i>)	83.33 mg	Bitter candytuft (<i>Iberis amara</i>) extract	33.30 mg
<i>Saccharomyces cerevisiae (boulardii)</i>	8.33 mg	Equivalent to dry flower and fruit	333 mg
<i>Saccharomyces cerevisiae</i>	8.33 mg	Yucca (<i>Yucca gloriosa</i>) extract	33.34 mg
<i>Saccharomyces cerevisiae (Wellmune®)</i>	11.90 mg	Equivalent to dry leaf	333 mg

Product Summary

IBS Relief is a Scobiotic™ that provides a syntrophic mixed culture of beneficial bacteria, fungi and yeasts. These work synergistically to target underlying imbalances that cause disordered small intestinal function and gastrointestinal disturbances. The probiotic-focused formula, with prebiotic and nutritional support, promotes healthy, beneficial, bacteria balance and adhesion and mucosal membrane, health integrity in the small and large intestines. This in turn, promotes gastrointestinal and general health and wellbeing.

Clinical Evidence:

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder characterised by symptoms of abdominal pain and distention with either alternating or predominant constipation and diarrhoea patterns.¹⁻³ The pathophysiology of IBS is complex, with psychosocial factors, altered gastrointestinal motility and immunity, visceral hypersensitivity, inflammation, increased permeability and abnormal microbiome composition all observed to be involved in its clinical presentation.⁴⁻⁶

The specific role of the microbiome in the onset and severity of IBS symptoms is continuing to be elucidated, however key observations based on current evidence include reduced alpha-diversity and relative abundance of certain taxonomic groups in IBS versus healthy individuals. Such alterations have been shown to contribute to many IBS-associated pathophysiological processes including altered motility, intestinal barrier permeability and function, immune activation and visceral hypersensitivity.⁷ These observations along with enteric infections being a common antecedent to IBS onset demonstrates the importance of healthy microbiome composition and function in the management of disordered small intestinal

function and gastrointestinal disturbances.⁸

Probiotic strains exhibit a broad range of mechanisms that support healthy gastrointestinal motility, intestinal epithelial permeability and immunity, visceral hypersensitivity and microbiome composition.⁶ *Bifidobacterium longum* subsp. *infantis* attenuates gastrointestinal inflammation and is a co-substrate for butyrate synthesis.^{9,10} *Lactobacilli* bacteria promote and modulate beneficial bacterial, intestinal cell adhesion, colonisation and function.^{8,11-14} *Lactobacilli* also inhibit pathogenic bacterial adhesion, modulate visceral pain, cellular expression and immune activation.^{11-13,15,16} Lastly, they increase SIgA synthesis^{18,19} and protect intestinal barrier integrity and function.^{8,12-15, 20,21}

Reishi has significant prebiotic activity, promoting intestinal *bifidobacteria* and *lactobacilli* composition, and immune modulatory effects by stimulating SIgA synthesis in small intestinal tissue.²¹⁻²⁵

Saccharomyces cerevisiae and *Saccharomyces boulardii* protect epithelial barrier function via a number of mechanisms, including modulation of intestinal immune responses, inhibition of pathogenic adhesion and colonisation of the intestinal mucosa. They modulate intestinal microflora and metabolic activity and have trophic and anti-inflammatory effects on the intestinal mucosa and improve IBS-induced dysmotility and gastrointestinal transit time.²⁶⁻³¹

Gnosis Biootic® *Saccharomyces boulardii* is a world-renowned and high-quality strain of this beneficial yeast. It is obtained through a proprietary patented process based on less aggressive drying at controlled temperatures and lower vacuum, allowing the preservation of whole yeast cells and the water content to be unchanged over time.

This provides greater stability and delays the yeast ageing processes including cell deterioration as well as decreasing the likelihood of product contamination. It is also resistant to stomach acid and all commonly used antibiotics.

In addition, the Lessafre ibSium® strain is the first known probiotic yeast to specifically target Irritable Bowel Syndrome (IBS) symptoms. It been clinically proven to relieve intestinal problems in individuals with IBS. In a study with 200 volunteers, this specific yeast demonstrated a significant impact on the relief of abdominal pain and/or discomfort in subjects suffering from irritable bowel syndrome (IBS).³²

Colostrum enhances commensal bacterial mucosal adherence, has significant antimicrobial and immunological activity and reduces gastrointestinal inflammation.³³⁻³⁵

Glutamine is an essential energy source for intestinal epithelial cells, so has a significant influence on small intestinal epithelial mucosal barrier integrity and function, as well as exhibiting anti-inflammatory and probiotic-survival supporting effects.^{32,36-38}

Along with its long history of use in traditional European medicine for gastrointestinal issues, bitter candytuft (*Iberis amara*) has demonstrated significant anti-inflammatory, antioxidant and antimicrobial activity to support small intestinal health and function. It also has a tonifying effect on stomach and small intestinal smooth muscle. It also inhibits colonic, serosal, afferent, nerve fibre sensitivity to chemical and mechanical stimuli.³⁹⁻⁴¹ *Yucca* (*Yucca gloriosa*) supports small intestinal health and function with significant antioxidant and anti-inflammatory activity.^{42,43}

*References available on request

Directions for use: Adults: 1 capsule 3 times per day or as directed by a health care practitioner.

Warnings: Not to be used in children under 2 years of age without medical advice. Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding, talk to your health care practitioner before taking this product. If symptoms persist, worsen, or become more frequent, talk to your health care practitioner. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Do not take while on warfarin therapy without medical advice. Drink plenty of water. Products containing bovine colostrum powder contain lactose and cow's milk proteins. This product is not suitable for use in children under the age of 12 months except on professional health advice.



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