

SIBO Balance®

Supports Healthy Digestion

Available in 60 vegetarian capsules

SIBO Balance® is a Scobiotic™ blend for the support of small intestinal health and function. This syntrophic mixed culture of bacteria and yeast is specifically targeted to the small intestine and contains a wide variety of lactobacilli, blue-green algae, fungi and yeast.¹⁻³ SIBO Balance® also contains potent antimicrobials such as the allicin from garlic and *Iberis amara* for the relief of mild inflammation, gas and bloating.⁴⁻⁷ The spirulina is also an added benefit as an antioxidant and rich source of nutrients.⁸



AUSTRALIAN REGISTRATION NUMBER: AUSTRALIA - 322446

Active Ingredients

Each vegetarian capsule contains:

Lactobacillus brevis	1 billion CFU
Lactobacillus fermentum	1 billion CFU
Lactobacillus helveticus	1 billion CFU
Lactobacillus delbruekii subsp. bulgaricus	2 billion CFU
Lactobacillus paracasei subsp. paracasei	1 billion CFU
Lactobacillus reuteri	1 billion CFU
Lactobacillus rhamnosus	1 billion CFU
Lactobacillus salivarius ssp salivarius	1 billion CFU
Streptococcus thermophilus	1 billion CFU
Allium sativum (<i>Garlic</i>) clove powder	100 mg
Standardised to allicin	0.9mg
Lipase	1200 LipU
Wolfiporia cocos powder	125 mg
Equivalent to fresh mushroom	1250 mg
Arthrospira platensis (<i>Spirulina</i>)	50 mg
Iberis amara (<i>Bitter Candytuft</i>) flower powder	50 mg
Equivalent to fresh flower	500 mg

Key Features & Benefits

- Contains a wide variety of shelf stable lactobacilli, blue-green algae, fungi and yeast which are targeted to the small intestine.
- Helps support the health of the small intestine and healthy digestive function.
- Supports intestinal transit time and reduces excess intestinal gas.
- Aids detoxification processes of the gastrointestinal system and helps restore beneficial bowel flora, both in general and in conjunction with antibiotic use.
- Soothes gastrointestinal tract mucous membranes.
- Helps relieve mild gastrointestinal tract inflammation.
- Helps reduce the symptoms of IBS.
- Enhances immune defence.⁹⁻¹³
- Wolfiporia cocos is a beneficial mushroom which has been used in traditional Chinese medicine to aid digestion and ameliorate symptoms of anxiety.^{14,15}
- Contains garlic standardised to allicin, a potent antibacterial, anti-fungal and anti-parasitic.^{4,5}
- Contains Iberis amara which has a tonic effect on the GIT and may help relieve the symptoms of IBS.^{6,7}
- Contains lipase which may assist the digestion and absorption of fats and fat-soluble nutrients.¹⁶
- Contains Spirulina (*Arthrospira platensis*) a filamentous and multicellular blue-green alga capable of reducing inflammation and also manifesting antioxidant effects. It is also a rich source of vitamins, especially vitamin B12, minerals, protein and carotenoids⁸

Small intestinal bowel overgrowth (SIBO) and Probiotics

Colonisation of the bowel by bacteria is generally noted only from the duodenum onwards. The majority of bacteria reside in the large bowel. Due to the rapid transit in the small intestine, numbers and diversity are lower in this region. The small intestine contains gram-positive bacteria such as streptococci and lactobacilli and yeasts, usually in counts not exceeding 10³ organisms/mL of intestinal content.¹⁻³

Small intestinal bacterial overgrowth (SIBO) occurs when bacteria that normally grow in other parts of the gut start growing in the small intestine. Typically, the symptoms include abdominal pain, bloating, gas and alteration in bowel habits, such as constipation and diarrhoea. It can also lead to malnutrition as the bacteria start to use up the body's nutrients. SIBO is defined as greater than 10⁶ CFU/mL small intestinal effluent.¹⁷

Probiotics can assist with SIBO treatment in many ways: Improving motility, helping the small intestine sweep out bacteria, producing antimicrobials that kill off pathogens, fungus (such as candida) and viruses, helping to improve gut barrier strength and preventing harmful bacteria from adhering to the GI tract, reduction of methane gas and reducing symptoms such as pain, constipation and bloating.¹⁸

Garlic with standardised allicin

Garlic (*Allium sativum* L.) has been proven to be a potent therapeutic herb. Its main active constituent is allicin and this has been shown to be an effective antimicrobial against a variety of gram-positive, gram-

negative and acid-fast bacteria. These include *Salmonella*, *Escherichia coli*, *Pseudomonas*, *Proteus*, *Staphylococcus aureus*, *Klebsiella*, *Micrococcus*, *Bacillus subtilis*, *Clostridium*, *Mycobacterium* and *Helicobacter pylori*. It has also been demonstrated that garlic exerts a differential inhibition between beneficial intestinal microflora and potentially harmful enterobacteria.

Allicin has also demonstrated anti-fungal activity against candida in particular. It is a strong anti-parasitic against protozoan parasites such as *Entamoeba histolytica* and *Giardia lamblia* as well as showing some anti-viral properties. The main effect of allicin is due to its inhibition of sulfhydryl enzymes which affect essential metabolism of cysteine proteinase activity involved in the virulence of certain pathogens.^{4,5}

Wolfiporia cocos

Wolfiporia cocos is an edible and medicinal fungus that grows in China. *Wolfiporia cocos* has a long history as a Chinese traditional medicine with uses of inducing diuresis, excreting dampness, invigorating the spleen and tranquilizing the mind.

Pharmacological research pertaining to the two major active compounds from *W. cocos* sclerotia, polysaccharides and triterpenes, has demonstrated their multiple immune stimulatory and pharmacological activities. Studies demonstrated that *Wolfiporia cocos* possess qualities such as anti-oxidant, anti-rejection, nematocidal, anti-hyperglycemic, antibacterial, anti-inflammatory and anti-hypertonic stress activities.^{14,15}

Iberis amara

Iberis amara L (Brassicaceae) is widespread in Europe and known for its medicinal qualities. In pharmacological studies both in vitro and in vivo, the fresh plant extract of *Iberis amara* (IF) exhibited a tonifying effect on the smooth muscles of the stomach and small intestine.

In a multi-centre, prospective, double-blind, randomized parallel group comparison, patients with irritable bowel syndrome as a subtypological symptom associated with diarrhoea and in patients with alternating diarrhoea and constipation, clear differences were found between drug and placebo when given *Iberis amara*.^{6,7}

Arthrospira platensis (spirulina)

The multicellular filamentous, alkaliphilic cyanobacterium *Arthrospira platensis* is widely cultured around the world as a source of health food. It is often also referred to as "Spirulina."

It is a rich source of vitamins, especially vitamin B12, minerals, protein, and carotenoids. Lee and workers reported that spirulina supplementation for 12 weeks significantly reduced plasma malondialdehyde level and inflammatory cytokine (TNF- α and IL-6) levels in Korean patients with type 2 diabetes. Other studies have shown that spirulina supplementation for 12 weeks may improve immunosenescence by elevation of complete cell count and indoleamine^{2,3}-dioxygenase enzyme activity, as a sign of immune function in older individuals.^{8,19}

Directions for use: Adults one vegetarian capsule 2-3 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. If you are pregnant or breastfeeding seek the advice of a health care practitioner before taking this product. If symptoms persist, worsen, or become more frequent talk to your health care practitioner.

*References upon request



FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease. © All Rights Reserved Bioclinic Naturals® 2016. August 2016. 50298.

Bioclinic Naturals® Australia: Unit B, 10-16 South Street, Rydalmere, NSW, 2116

1300 422 339