

SACCHAROMYCES BOULARDII



CLINICAL APPLICATIONS

- Could Promote a Favorable Gut Flora
- Helps to Reduce the Risk of Antibiotic-Associated Diarrhoea
- Helps Support Intestinal/Gastrointestinal Health
- Source of Probiotics

GASTROINTESTINAL SUPPORT

Saccharomyces boulardii is a health promoting, probiotic yeast. As a stomach acid-resistant probiotic, *S. boulardii* is proven to survive high temperatures and transit into the intestines, which could promote a favorable gut flora, reduce the risk of antibiotic-associated diarrhoea and support gastrointestinal health. This formulation is freeze-dried, lactose-free, and strain-verified through genetic typing to ensure maximum efficacy.

Overview

S. boulardii was first identified in the 1920s by French microbiologist Henri Boulard. Since its discovery, there have been several peer-reviewed articles examining *S. boulardii*, making this one of the most studied probiotics available. *S. boulardii* is a non-pathogenic yeast and maintains distinct taxonomic and physiological difference from *Saccharomyces cerevisiae* or “brewer’s yeast.”^{1,2} Supplementation with *S. boulardii* is an important part of supporting GI health. As a probiotic, it is shown to compete for space and nutrients against unwanted organisms to maintain a balanced microbiome. In 53 clinical trials encompassing 8,475 subjects investigating the safety and efficacy of *S. boulardii* in pediatric and adult populations, 43 trials (81%) found significant protective efficacy of this probiotic.³

Support Balanced Gut Flora

The intestinal ecosystem is in a state of equilibrium when healthy species of bacteria, or probiotics, are abundant and unwanted microbial species are kept under control. Factors that can upset the balance of a healthy intestinal ecosystem include certain medications, diets high in refined

and processed foods, stress, and lifestyle factors. *S. boulardii* has been shown to promote healthy microbial balance by reducing the effects of unwanted organisms in the gut as well as helping to maintain normal bowel habits.⁴ Probiotics like *S. boulardii* can bind and eliminate unwanted organisms during normal probiotic transit by attracting the organisms to the mannose component of the probiotics’ cell walls, securely removing the unwanted organisms from the gut, and reducing the effects of unwanted organisms.⁵

Recommended Dose

Adolescents and adults 13 years and older: Take 1 capsule 2 times per day. Take at least 2-3 hours before or after taking antifungal medications.

Risk Information

Consult a health care practitioner prior to use if you have fever, vomiting, bloody diarrhoea or severe abdominal pain. Stop use and consult a health care practitioner if symptoms of digestive upset (e.g., diarrhoea) occur, worsen and/or persist beyond 3 days. Do not use this product if you have an immune-compromised condition (e.g., AIDS, lymphoma, or are undergoing long-term corticosteroid treatment).

Medicinal Ingredient (per capsule)

Saccharomyces boulardii (Whole Cell, CNCM I-3799)..... 5 billion CFU

Non-Medicinal Ingredients

Magnesium stearate, Microcrystalline cellulose, Silicon dioxide, Hypromellose, Sorbitan monostearate.

References

1. Buts JP. Twenty-five years of research on *Saccharomyces boulardii* trophic effects: updates and perspectives. *Dig Dis Sci*. 2009; 54(1):15-8.
2. McFarland LV. *Saccharomyces boulardii* is not *Saccharomyces cerevisiae*. *Clin Infect Dis*. 1996;22(1): 200-1.
3. McFarland LV. Systematic review and meta-analysis of *saccharomyces boulardii* in adult patients. *World J Gastroenterol*. 2010;16(18): 2202-2222.
4. Buts JP, Corthier G, Delmee M. *Saccharomyces boulardii* for *Clostridium difficile*- Associated Enteropathies in Infants. *J Ped Gastroenterol Nutr*. 1993; 16:419-425.
5. Czerucka D, Piche T, Rampal P. Review article: yeast as probiotics- *Saccharomyces boulardii*. *Aliment Pharmacol Ther*. 2007; 26(6):767-78.

ID# 529060CAN 60 Capsules

LT-PDN-098CAN-A