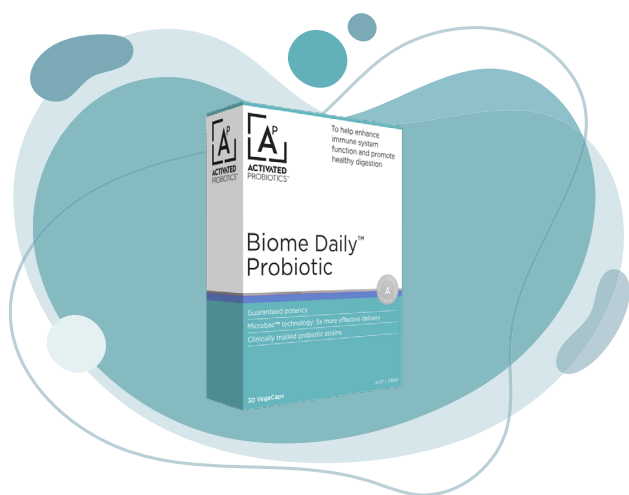




# Biome Daily™ Probiotic

Condition Management Guide  
Immunity and healthy digestion



## INTRODUCTION

Two of the main benefits of probiotic supplementation in healthy people are their ability to **enhance the function of the immune system, and promote healthy digestion.**

Biome Daily™ Probiotic contains two exclusive probiotic strains (Lactobacillus plantarum HEAL9 and Lactobacillus paracasei 8700:2) which have been extensively researched for their ability to reduce the frequency, severity, and duration of common colds (1) (2).

Biome Daily™ Probiotic is recommended as a complement to vitamin and mineral supplements and herbal preparations indicated for immune support. For customers with digestive concerns taking dietary fibre supplements, Biome Daily™ Probiotic can help to promote healthy digestive function.

## CONSIDER AS A COMPLEMENT TO:

### FOR IMMUNE SUPPORT

Multivitamins

Vitamin D Supplements

Zinc

Vitamin C

Echinacea

Olive leaf extract

### FOR DIGESTIVE SUPPORT

Prebiotic

Fibre Supplements



## REFERENCES

1. Berggren A, Lazou Ahrén I, Larsson N, Önning G. Randomised, double-blind and placebo-controlled study using new probiotic lactobacilli for strengthening the body immune defence against viral infections. Eur J Nutr. 2011 Apr;50(3):203-10.
2. Busch R, Gruenewald J, Dudek S. Randomized, Double Blind and Placebo Controlled Study Using a Combination of Two Probiotic Lactobacilli to Alleviate Symptoms and Frequency of Common Cold. Food Nutr Sci. 2013;04(11):13-20.



# Biome Daily™ Probiotic

Supporting clinical  
research



Eur J Nutr. 2011 Apr;50(3):203-10. doi: 10.1007/s00394-010-0127-6. Epub 2010 Aug 28.

## RANDOMISED, DOUBLE-BLIND AND PLACEBO-CONTROLLED STUDY USING NEW PROBIOTIC LACTOBACILLI FOR STRENGTHENING THE BODY IMMUNE DEFENCE AGAINST VIRAL INFECTIONS.

Berggren A1, Lazou Ahrén I, Larsson N, Öning G.

### BACKGROUND

The aim of this study was to investigate whether consumption of *Lactobacillus plantarum* HEAL 9 (DSM 15312) and *Lactobacillus paracasei* 8700:2 (DSM 13434) could affect naturally acquired common cold infections in healthy subjects.

### METHODS

A randomised, parallel, double-blind placebo-controlled study was performed to investigate whether intake of this probiotic mixture could reduce the risk of common cold episodes, number of days with common cold symptoms, frequency and severity of symptoms, and cellular immune response in common cold infections. A total of 272 subjects were supplemented daily with either  $10^9$  cfu (colony forming units) of probiotics (N = 135) or control (N = 137) for a 12-week period.

### RESULTS

The incidence of acquiring one or more common cold episode was reduced from 67% in the control group to 55% in the probiotic group ( $p < 0.05$ ). Also, the number of days with common cold symptoms were significantly ( $p < 0.05$ ) reduced from 8.6 days in the control group to 6.2 days, in the probiotic group, during the 12-week period. The total symptom score was reduced during the study period from a mean of 44.4 for the control group to 33.6 for the probiotic group. The reduction in pharyngeal symptoms was significant ( $p < 0.05$ ). In addition, the proliferation of B lymphocytes was significantly counteracted in the probiotic group ( $p < 0.05$ ) in comparison with the control group.

### CONCLUSION

**In conclusion, intake of the probiotic strains *Lactobacillus plantarum* HEAL 9 (DSM 15312) and *Lactobacillus paracasei* 8700:2 (DSM 13434) reduces the risk of acquiring common cold infections.**

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## RANDOMIZED, DOUBLE BLIND AND PLACEBO CONTROLLED STUDY USING A COMBINATION OF TWO PROBIOTIC LACTOBACILLI TO ALLEVIATE SYMPTOMS AND FREQUENCY OF COMMON COLD

Regina Busch, Joerg Gruenwald, Steffi Dudek

**Purpose:** The efficacy of Probi Defendum, a combination of the two lactobacilli *Lactobacillus plantarum* HEAL9 and *Lactobacillus paracasei* 8700:2, on the severity, duration and frequency of cold episodes was studied in a randomized, double blind, placebo controlled clinical trial. **Methods:** A total of 310 subjects with increased risk for common cold infection (at least two episodes of common cold during the last six months) were enrolled and were randomly assigned to receive either active product (A-group) or placebo (P-group) over a period of 12 weeks. Subjects reported the occurrence and severity of cold episodes in a diary, scoring 13 different symptoms of common cold over a period of 7 days after the episode began. **Results:** In the total study population, cold episodes were reported in 148 cases (47.7%). In the A-group, 54 subjects acquired one and 18 subjects acquired 2 episodes whereas 83 subjects had none. In the P-group, 52 subjects reported one, 24 subjects reported 2 episodes and 79 subjects reported none. Although the number of episodes was similar in both groups, cold episodes in the active group were significantly shorter than in the placebo group. The total sum scores of cold symptoms were significantly lower in the active group as compared with the placebo group, as well as in the intention-to-treat (ITT) as in the per-protocol (PP) collectives (ITT:  $75.2 \pm 40.3$  vs.  $113.4 \pm 66.3$ ;  $p < 0.001$ ; PP:  $73.1 \pm 38.8$  vs.  $117.0 \pm 66.1$ ;  $p < 0.001$ ). The daily ingestion of the probiotics over a period of 12 weeks was well tolerated.

**Conclusion:** The daily intake of the probiotic dietary supplement Probi Defendum over a period of 12 weeks efficiently alleviated symptoms of common cold and the duration of cold episodes.