

## ENTEROGENIC™ INTENSIVE 100 PROBIOTICS

### A Delicate Balance

An optimally functioning digestive system is the cornerstone of good health, since it is the key to the body's nutrition and elimination and home to up to 80% of the immune system. Yet everyday factors like poor diet, stress, and travel can disrupt healthy intestinal ecology, contributing to digestive upset and irregularity.

### Maximum Strength Support

Enterogenic Intensive 100 is a probiotic blend designed to replenish and re-balance intestinal microflora during and after periods of digestive challenge or distress, providing maximum-strength support for gastrointestinal and immune health.\*

This formulation features a broad spectrum of strains of *Bifidobacteria* and *Lactobacilli* that are resistant to both bile and stomach acid, combined with short-chain fructooligosaccharides (sc-FOS). An enteric-coated delivery system further protects the probiotics against the stomach's acid conditions, delivering a powerful dose of active organisms directly to the intestines. Since these probiotic strains originate from human microflora, they are naturally compatible with the intestine's epithelial lining.

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### ENTEROGENIC INTENSIVE 100

- Provides 100 billion active colony-forming units (CFU) per capsule throughout its shelf life
- Contains 10 hardy probiotic strains for broad-spectrum upper and lower GI support\*
- Utilizes a unique enteric coating to ensure probiotics survive stomach acid and are released directly into the intestine



wheat free



gluten free



corn free



# ENTEROGENIC™ INTENSIVE 100

## Probiotic Benefits

Probiotics are beneficial bacteria that normally occupy our intestines. More than 400 different species of bacteria inhabit our intestines, including the beneficial bacteria *Lactobacilli* (such as *Lactobacillus acidophilus*) and the *Bifidobacteria*. Probiotics perform many vital functions in humans, some of which we cannot do ourselves, like digesting certain fibers.\* Probiotics digest fibers in our diet and turn them into short-chain fatty acids that enterocytes (cells lining the intestines) use for energy.\* Probiotics also help synthesize vitamins, maintain a healthy pH in the intestines, promote immune function, and even metabolize hormones.\*

The interface between our intestines and our immune system is elaborate. Named the Gut-Associated Lymphoid Tissue (GALT), it is the largest immune “organ” in our body. Probiotic bacteria are in intimate communication with this system, which is thought to account for up to 80% of the body’s immune activity.<sup>1</sup> An optimally functioning gastrointestinal (GI) tract is therefore essential to robust immune health. Integrative Therapeutics™ probiotic, Enterogenic Intensive 100, helps replenish and maintain a healthy balance of beneficial bacteria the body needs, supports digestive function, and provides immune support.\*

Enterogenic Intensive 100 features a blend of *Lactobacilli* and *Bifidobacteria* probiotics in an enteric-coated delivery system designed to withstand stomach acid and reach the intestines, to be delivered directly where they are needed. This blend of 10 effective human-sourced probiotics was selected for its ability to survive exposure to acid and bile, adhere to the epithelial lining of the intestine, and help restore and maintain a healthy balance of beneficial bacteria to support optimal digestive function and healthy immune balance.\*

## Background

Dr. Élie Metchnikoff, a Russian scientist working at the famous Institut Pasteur in Paris, was the first to write about the health benefits of probiotics.<sup>2</sup> In 1908, Dr. Metchnikoff won a Nobel Prize for his research on the immune system. Examination of the sour milk by Dr. Metchnikoff led to his discovery of unique lactic acid-producing bacteria (later called *Lactobacilli*). The historical association of probiotics with fermented dairy products led to extensive research validating Dr. Metchnikoff’s early observations. Investigations during the past several decades have demonstrated numerous health-supportive properties of probiotics on human digestive and immune health.\*<sup>3-5</sup>

## How It Works

Numerous strains of gut microflora reside in significant numbers in the small intestine (10<sup>6</sup>-10<sup>8</sup>/gram of small intestinal contents) and even greater numbers in the colon (10<sup>11</sup>-10<sup>12</sup>/gram of colon contents) or large intestine. The primary probiotics residing in the small intestine are in the *Lactobacillus* genus. In the colon, the predominant probiotics are in the *Bifidobacterium* genus. Microflora perform several activities beneficial to human health, including: supporting healthy digestion through fermentation, promoting healthy bacterial and yeast balance, normal intestinal permeability, supporting healthy balance of cell mediators, and stimulating certain immune system components.\*<sup>6-9</sup> Oral probiotics help support the composition and metabolic activities of the large intestine microflora.\*<sup>10</sup>

Probiotics are live microorganisms which when administered in adequate amounts confer a health benefit on the host.<sup>11</sup> Probiotic supplements are frequently formulated to include bacteria that normally inhabit the gastrointestinal system of humans. *Lactobacillus acidophilus*, *L. rhamnosus*, and *Bifidobacterium longum* are examples of probiotics that occupy a central role in the gut microflora, thereby

## Supplement Facts

Serving Size 1 capsule

Amount per capsule	%DV	
Total Carbohydrate	<1 g	<1%†
Proprietary Probiotic Blend providing 100 billion CFU: Lactobacilli (L. casei HA-108; L. paracasei HA-274; L. acidophilus HA-122; L. rhamnosus HA-111; L. rhamnosus HA-114; L. salivarius HA-118) Bifidobacteria (B. breve HA-129; B. bifidum HA-132; B. longum HA-135; B. infantis HA-116)	479 mg	**
NutraFlora® scFOS® (short-chain fructooligosaccharides)	75 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (vegetable capsule), potato starch, hydroxypropyl methylcellulose, magnesium stearate, ethylcellulose, sodium alginate, silicon dioxide, medium-chain triglycerides, ascorbic acid, oleic acid, stearic acid. Contains milk and soy.

Recommendations: Take 1 capsule daily. May be taken at any time, with or without food, or as recommended by your healthcare professional. Keep refrigerated to maintain maximum potency. 100 billion CFU potency per capsule is guaranteed until expiration date when bottle is kept tightly closed and refrigerated.

If pregnant, nursing or taking prescription drugs, consult your healthcare professional prior to use.

Contains no wheat, gluten, corn, artificial colors, flavors or preservatives.

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enabling them to influence the composition of the microflora to provide health benefits.\*<sup>12,13</sup>

## Formulated for Intensive Support

The probiotic species contained in Enterogenic Intensive 100 were selected because they have been shown to relieve occasional gas and constipation, bloating, and associated discomfort.\*<sup>14-16</sup>

This blend supplies 100 billion active CFU in each capsule. Enterogenic Intensive 100 helps replenish and maintain a healthy balance of intestinal microflora—for optimal digestive and immune health.\*

## References

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\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.