



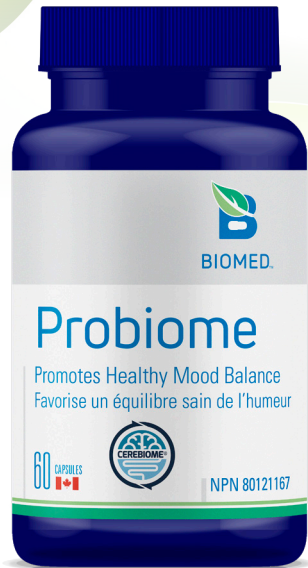
Probiome

Probiotics for Healthy Mood Balance



Mood Enhancing Probiotics to Relieve:

- ▶ Day-to-day stress
- ▶ Anxious feelings
- ▶ Low mood
- ▶ Nervous stomach
- ▶ Stress-related gut symptoms



Clinically Proven Probiotics to Support Mood, Stress, and Mental Wellbeing

CUTTING EDGE PROBIOTICS:

- First in Canada with health claims on the microbiome-gut-brain axis to help calm everyday stress while alleviating low mood and anxiety!
- Five human clinical studies showing regulation of the microbiome-gut brain axis for a positive influence on mental health.
- Clinically proven as a safe, natural, and effective way to support the physical and psychological stress response.
- Two probiotics strains from the pioneers in microbiome-gut-brain axis research (Institute Rosell by Lallemand).
- 2 probiotic strains, survives stomach acid, no refrigeration required.

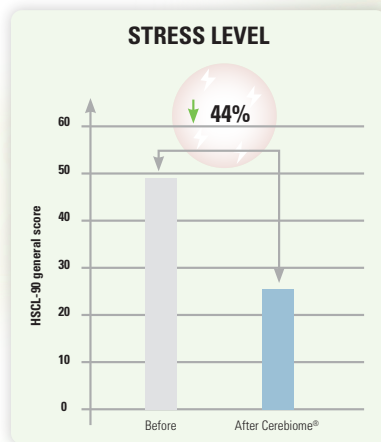


Figure 1: This is the first study in humans that demonstrates probiotics have a positive impact on reducing stress, including a significant decrease in cortisol (biomarker of stress). Messaoudi (2010, 2011).



MENTAL WELLNESS ^{1,2,3,4,5,6,8,9,10,11,15,16}

Promotes healthy mood balance & stress response

Stress & Anxiety & Low Mood (mild depression)

- Reduce feelings of anxiety
- Improve depression symptoms (BDI and BDNF scores)
- Reduce symptoms and improve response to everyday stress
- Positive effect on mood, anxiety, feelings of pleasure, and sleep

Neurotransmitters & Hormones

- Decrease cortisol (stress hormone)
- Regulates neurotransmitter (serotonin, tryptophan)
- Normalize dopamine (pleasure) and norepinephrine (stress)

Brain & Nervous System

- Support healthy vagus nerve
- Prevent neuroinflammation of the limbic system (responsible for stress response)
- Protect normal neuroplasticity (nervous systems adaptive capacity) and neurogenesis

Sleep

- Improve sleep quality & decrease disruption

IMMUNITY ^{12,13,14}

- Fight infections (IgM & IgG antibodies)
- Decrease pro-inflammatory cytokines
- Immunomodulatory effects (balance Th1 & TH2)

GUT HEALTH ^{2,6,7,8,9}

- Reduce stress-related GI discomfort:
- IBS, abdominal pain, nausea, vomiting, diarrhea, constipation
- Promote normal gut microflora and strong intestinal barrier
- Reduce intestinal inflammation due to stress



Medicinal ingredients: Each vegetarian capsule contains 1.9 billion active cells:

Bifidobacterium longum subsp. *longum* Rosell®-175 . 0.318 billion CFU*
Lactobacillus helveticus Rosell®-52 2.682 billion CFU*

*Colony forming units

Non-medicinal Ingredients: hydroxypropyl methylcellulose (capsule), maltodextrin, magnesium stearate (vegetable), ascorbic acid, yeast extract, potato starch, saccharose.

Dosage (Adults): Take 1 capsule once daily. Take at least 2-3 hours before or after antibiotics.

60 caps • NPN 80121167



Probiotic Strain	Indication	Mode of Action
<i>Lactobacillus helveticus</i> Rosell®-52	<ul style="list-style-type: none"> • Gut health • Mental health • Immune health • Metabolic health 	<ul style="list-style-type: none"> • Anxiolytic • Microbiome-gut brain axis • Maintains intestinal mucosal barrier • Protects against urogenital pathogens & vaginal dysbiosis • Immuno-modulating, inhibits pathogens and infections • inhibits pro-inflammatory cytokines in the gut
<i>Bifidobacterium longum</i> subsp. Rosell®-175	<ul style="list-style-type: none"> • Gut health • Mental health • Immune health • Female health 	<ul style="list-style-type: none"> • Anxiolytic • Reduces GI inflammation • Normalizes GI transit • Immuno-modulating, inhibits intestinal pathogens

For references and more information on Probiome, scan QR code or go to biomedicine.com/probiome.



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