

## Probonix Restore—The Probiotic Complement to Your Antibiotic

Strain	Could help if you have issues with*:	What it does:
<b>Bifidobacterium breve</b>	<ul style="list-style-type: none"> <li>• Colon cancer</li> <li>• Diarrhea</li> <li>• Constipation</li> <li>• Gas</li> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Inflammatory Bowel Disease (IBD)</li> <li>• Allergies/asthma</li> <li>• Influenza virus</li> </ul>	Bifidobacterium breve is important in the proper functioning of the colon. B. breve has been found to make up a majority of the colon's bacteria of breastfed babies.
<b>Bifidobacterium longum</b>	<ul style="list-style-type: none"> <li>• Ulcerative colitis</li> <li>• Intestinal inflammation</li> <li>• Vaginal flora balance</li> <li>• Constipation</li> <li>• Crohn's disease</li> <li>• High cholesterol</li> <li>• Colon cancer</li> </ul>	Like most strains, they are still discovering all the positive benefits of this bacteria. They do know that it will strengthen your immune system, improve your overall gut health, and can help with re-establishing beneficial vaginal flora. Studies have led researchers to believe that B. longum may minimize the effects of or prevent a full range of other ailments and diseases.
<b>Bifidobacterium bifidum</b>	<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Allergy symptoms</li> <li>• Digestive issues</li> <li>• Lactose intolerance</li> </ul>	In addition to keeping your colon healthy and increasing your ability to absorb important nutrients, BB also reduces intestinal inflammation and competes with pathogens for adhesion to the intestinal cells to help make your immune system stronger. This is one of the four good bacteria species typically found in infants.
<b>Bifidobacterium lactis</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Diarrhea</li> <li>• Constipation</li> <li>• Reduce frequency and severity of respiratory diseases</li> <li>• Can also improve general digestion and decrease toxic effects of gluten</li> </ul>	B. lactis is known to prevent antibiotic-associated diarrhea in infants. It normalizes bowel movements, alleviates constipation, and reduces episodes of acute diarrhea; these improvements help to decrease IBS symptoms.
<b>Lactobacillus paracasei</b>	<ul style="list-style-type: none"> <li>• Obesity and fatty liver</li> <li>• Insulin resistance</li> <li>• Vaginal infections</li> <li>• Bloating</li> <li>• Constipation</li> <li>• Chronic fatigue</li> <li>• Immune function</li> </ul>	Lactobacillus paracasei is key for digestive function, modulating the immune system, and boosting energy levels.
<b>Lactobacillus plantarum</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Cold and flu</li> <li>• Other immune system deficiencies</li> </ul>	This bacterium helps you fight against getting sick by defending your system from invading viruses, molds, toxins, etc.
<b>Lactobacillus reuteri</b>	<ul style="list-style-type: none"> <li>• Eczema</li> <li>• Colic</li> <li>• Diarrhea</li> <li>• Rotovirus</li> <li>• Workplace sicknesses</li> <li>• Dental health issues</li> <li>• Female urogenital tract infections</li> <li>• Constipation</li> </ul>	This bacteria produces a unique broad-spectrum antibiotic substance called reuterin—which has been found to inhibit the growth of some harmful bacteria, along with yeasts, fungi, and protozoa, while keeping normal gut flora intact. In addition, reuterin has also been shown to suppress infections related to H. pylori (linked to peptic ulcers and gastric cancer). It is found naturally in some milk and meat products.

## Probonix Restore (continued)

Strain	Could help if you have issues with*:	What it does:
<b>Lactobacillus rhamnosus</b>	<ul style="list-style-type: none"> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Diarrhea</li> <li>• Lactose intolerance</li> <li>• Urinary tract infections</li> <li>• Other intestinal tract illnesses including stomach ulcers</li> </ul>	This strain of probiotic is known for its ability to survive through the harsh gastric acid and bile of the stomach – to make it through to the intestine and compete against bad bacteria. It enhances the strength of your immune system by stimulating mucous production, inhibiting the growth of intestinal pathogens, and reducing inflammation in the intestines.
<b>Lactococcus lactis subs. lactis</b>	<ul style="list-style-type: none"> <li>• General digestion</li> <li>• Candida</li> <li>• Prevents and reduces intestinal inflammation</li> </ul>	Research indicates that L. lactis prevents and reduces intestinal inflammation. In addition to its inhibitory activity against pathogenic bacteria, it also has inhibitory effects on fungi of genera Aspergillus, Fusarium, and Candida.

### Shake well before use.

**Directions:** Place dose directly on tongue or into non-heated beverage.

**Adults & Children** (over 30 lbs.) 8 drops daily.

**Infants & Children** (under 30 lbs.) 6 drops daily.

Take 2 hours before or after taking antibiotic.

**Humarian Proprietary Blend** – 3172 mg: Fermented Probiotics, Tartaric Acid and Inulin Prebiotic. Other Ingredients: Filtered Water, Natural Flavor, Monk Fruit, and Stevia. This product does **NOT** contain: gluten, dairy, sugar, soy, eggs, fish/shellfish, peanuts/tree nuts.

Manufactured in a cGMP facility. Made in the USA.

\* Probiotic strains are constantly being tested to determine efficacy and indications in both humans and animals. The indications listed here are simply a representation of what the most recent testing has shown to be the likely benefits for each strain. There are no guarantees of efficacy for any probiotic ingredients. The material and opinions expressed in this document are believed to be accurate based on the best judgment available to the authors. Whilst the information in this document is regularly updated and every attempt is made to ensure that the material is accurate, medical research is being continually published and thus some information may be out of date and/or may contain inaccuracies and typographical errors.

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The following sources were consulted in the preparation of this list: <https://medlineplus.gov>, [www.probiotics.org](http://www.probiotics.org), [www.mayoclinic.org](http://www.mayoclinic.org), [www.probioticsdb.com](http://www.probioticsdb.com), [www.probiotics-lovethatbug.com](http://www.probiotics-lovethatbug.com), and [www.pubmed.gov](http://www.pubmed.gov).

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