



NutriDyn®

# UltraBiotic *Saccharomyces boulardii*

PRACTITIONER EXCLUSIVE

## UltraBiotic *Saccharomyces boulardii* Supplementation

UltraBiotic *Saccharomyces boulardii* is a probiotic supplement made with a gut-supporting and highly viable yeast strain known as *Saccharomyces boulardii*.

Contemporary clinical research demonstrates the proclivity of probiotics and healthy gut flora to support a healthy human gastrointestinal (GI) tract.\* Moreover, research reveals that probiotics can support the immune system, promote healthy hormone functions, and even support healthy body mass.\*<sup>1,2,3</sup>

Clinical evidence suggests that UltraBiotic *Saccharomyces boulardii* acts as a beneficial probiotic in a variety of ways, including:

- Support for a healthy gut microbiome\*
- Support for healthy inflammatory markers\*
- Support for healthy immune function\*
- Support for healthy digestive function\*

## How UltraBiotic *Saccharomyces boulardii* Works

*Saccharomyces boulardii* is a nonpathogenic yeast strain. In contrast to bacteria which comprise more than 99% of human flora, yeast accounts for less than 1%. Nonetheless, *Saccharomyces boulardii* is a particularly beneficial yeast (and it's antibiotic-resistant, unlike bacteria).

When lyophilized, *Saccharomyces boulardii* resists bile salts (which is crucial since it needs to get past some very harsh digestion). Recent studies exhibit the stable viability of *Saccharomyces boulardii*. Compared to other strains, it has a higher survival rate in an acidic environment and resists high temperatures.\*<sup>4</sup> This viability allows *Saccharomyces boulardii* to readily colonize the gut.\*



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

In a double-blind, placebo-controlled trial, researchers also found that supplementation of *Saccharomyces boulardii* over 60 days promoted healthy levels of uric acid and improved body mass for overall weight management with exercise.\* Additionally, the study showed that *Saccharomyces boulardii* may help support healthy glucose levels already in the normal range.\*<sup>5</sup>

Other studies provide evidence of the efficacy of *Saccharomyces boulardii* in supporting a balanced gut microbiome.\*<sup>6,7,8</sup>

Lastly, research suggests that *Saccharomyces boulardii* may promote cognitive performance and balanced moods through a healthy stress response.\*<sup>9</sup>

**References:**

1. Turnbaugh, P. J., & Gordon, J. I. (2009). The core gut microbiome, energy balance and obesity. *The Journal of physiology*, 587(17), 4153-4158.
2. Evans, J. M., Morris, L. S., & Marchesi, J. R. (2013). The gut microbiome: the role of a virtual organ in the endocrinology of the host. *Journal of Endocrinology*, 218(3), R37-R47.
3. Kau, A. L., Ahern, P. P., Griffin, N. W., Goodman, A. L., & Gordon, J. I. (2011). Human nutrition, the gut microbiome and the immune system. *Nature*, 474(7351), 327-336.
4. Edwards-Ingram L, Gitsham P, Burton N, et al. (2007) Genotypic and physiological characterization of *Saccharomyces boulardii*, the probiotic strain of *Saccharomyces cerevisiae*. *Appl Environ Microbiol.*, 73(8):2458-2467.
5. Rondanelli M, Miraglia N, Putignano P et al. (2021) Effects of 60-Day Saccharomyces boulardii and Superoxide Dismutase Supplementation on Body Composition, Hunger Sensation, Pro/Antioxidant Ratio, Inflammation and Hormonal Lipo-Metabolic Biomarkers in Obese Adults: A Double-Blind, Placebo-Controlled Trial. *Nutrients*, 13(6):2512.
6. Kollaritsch H, Holst H, Grobara P, Wiedermann G. (1993) Prevention of traveler's diarrhea with *Saccharomyces boulardii*. Results of a placebo controlled double-blind study]. *Fortschr Med.*, 111(9):152-156.
7. Bleichner G, Bléhaut H, Mentec H, Moysé D. (1997) *Saccharomyces boulardii* prevents diarrhea in critically ill tube-fed patients. A multicenter, randomized, double-blind placebo-controlled trial. *Intensive Care Med.*, 23(5):517-523.
8. McFarland, L. V. (2010). Systematic review and meta-analysis of *Saccharomyces boulardii* in adult patients. *World Journal of Gastroenterology*, 16(18), 2202.
9. Roy Sarkar S, Mitra Mazumder P, Chatterjee K et al. (2021) *Saccharomyces boulardii* ameliorates gut dysbiosis associated cognitive decline. *Physiol Behav.*, 236:113411.

# Supplement Facts

Form: 60 Capsules

Serving Size: 1 Capsule

**Ingredients:**

*Saccharomyces boulardii*

**Amount %DV**

5 Billion CFU<sup>†</sup> \*

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

<sup>†</sup> At time of manufacture.

**Directions:** Take one capsule twice daily as a dietary supplement, or as directed by your health-care practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



PRODUCED IN A  
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN

\* 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.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)