

PROFESSIONAL STRENGTH

Probiotic RESTORATION GUIDE

ADVANCED
DOUBLE
ACTION
SUPPORT

MegaSporeBiotic

RestorFlora

Adults, Elderly
& Children

MICHELLE MOORE

Probiotic Restoration Guide

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Second Edition

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Introduction

Which Product Should You Use?

- **MegaSporeBiotic is for everyone.** The MegaSporeBiotic product is well suited for people of all ages with all kinds of health challenges, including bacterial overgrowths in the GI system. It is ideal for long-term use.
- **RestorFlora is for special support.** The RestorFlora product is for temporary, short-term support for diarrhea, antibiotic-associated diarrhea and gut discomfort. RestorFlora can enhance the benefits of MegaSporeBiotic when using both products together.

How Much Should You Take?



FIRST TIME USERS: DO NOT Start with Full Amount per Bottle Labels



Please follow the usage instructions in this guide to reduce the risk of gut discomfort. If you’ve never used MegaSporeBiotic or RestorFlora before, we recommend you do NOT start with the full amount listed on the bottle. Select the *Type of Use* that best fits your needs in the protocol tables below.

When and How to Take?

- Either probiotic should be taken **with food, a snack or just after a meal.**
- If taking BOTH MegaSporeBiotic and RestorFlora, do not take them together at the same time.
- If convenient, take **at least 1 hour after** Biocidin, Olivirex, antibiotic drugs or other antibacterial products.
- Partial capsules may be added to warm or cold food, drinks, beverages or baby formula.

How Long to Take?

MegaSporeBiotic is ideal for long-term, ongoing use. RestorFlora is for short-term use only for extra support with diarrhea and severe gut discomfort. RestorFlora is typically used for about two months or until diarrhea has diminished, and then it is slowly reduced and then discontinued.



Cramps, Diarrhea or Gut Discomfort

Symptoms can occur if you begin using too much of the probiotics too quickly. Gas, bloating, cramps or loose stools indicate the products are working, but you're starting too strong. If you experience adverse symptoms, stop taking the products until symptoms resolve. Symptoms usually resolve within 2-3 days. After you feel better, you may start again using a lesser amount or at a slower pace, if well tolerated.

Follow the protocol below that best matches your needs. The protocols below are only a general guide and personal needs and tolerances can vary from person to person. Be sure to consult with your healthcare professional before starting any new supplement or dietary program.

Start Slowly

MegaSporeBiotic and RestorFlora are physician's strength professional grade products. Because of the high potency of these products, starting out slowly is highly recommended to avoid gut discomfort. Taking too much may lead to gastrointestinal discomfort due to rapid changes in gut bacteria or rapid detoxification. These symptoms indicate the products are working, but you're starting out with too much. Please read this guide completely before using MegaSporeBiotic or RestorFlora and follow the *Protocols for Use* in this guide. Following the appropriate protocol in the tables below will minimize the risk of discomfort.

Be under the care of a health care provider if you are experiencing health challenges, making diet changes or adding new supplements such as probiotics. If you experience persistent discomfort from taking any new supplement, then discontinue or reduce its use and seek the guidance of a health care provider.

Talk To Your Doctor

Michelle Moore is not a doctor or a healthcare practitioner. Michelle is someone who overcame many health obstacles that mainstream medicine could not solve. The information in this guide is based upon Michelle's scientific research, education and personal experience and is for educational purposes only. This information is not intended as a substitute for advice provided by your physician or other healthcare professional.

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Issues concerning health should be referred to a qualified health professional. If you have a health condition, or if you are pregnant, nursing, on medication(s), or have allergies, please consult with your physician before starting any new wellness, diet or exercise program, and any new treatment or herbal, homeopathic or nutritional supplement. When choosing a healthcare provider, do your own research and check the validity of their professional qualifications to ensure they are right for you.



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Protocols for Use

Type of Use	MegaSporeBiotic	RestorFlora
<p>Adults with Challenges</p> <ul style="list-style-type: none"> • Active bacterial challenges • Gastrointestinal discomfort • Diarrhea caused by gut bacterial challenge • Diarrhea caused by antibiotic use or side effects 	<p>Week 1: Start with 1 capsule every other day with food, if well tolerated.</p> <p>Week 2: Increase to 1 capsule every day with food, if well tolerated.</p> <p>Week 3: Standard amount: 2 capsules simultaneously every day with food, if well tolerated.</p> <p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking 2 capsules every day for at least two additional months, even if your symptoms are gone.</p> <p>After the two additional months, MegaSporeBiotics is ideal for long-term use per the Maintenance protocol below.</p>	<p>Week 1: Start with 1 capsule every other day with food, taken apart from MegaSporeBiotic.</p> <p>Week 2: If well tolerated, increase to 1 capsule every day with food, taken apart from MegaSporeBiotic.</p> <p>Week 3: If well tolerated, increase to 2 capsule each day with food, taken apart from MegaSporeBiotic.</p> <p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking 2 capsules daily for at least six additional weeks with food, even if your symptoms are gone.</p> <p>Gradually Discontinue Use: Over a 2 week period, gradually reduce to 1 capsule each day, then to 1 capsule every other day with food. Discontinue use of RestorFlora after the 2 week reduction period.</p> <p>If diarrhea returns while reducing usage, resume full amount of 2 capsules per day until symptoms subside, then try to reduce again more slowly.</p>

Type of Use	MegaSporeBiotic	RestorFlora
<p>Sensitive Adults with Challenges</p> <ul style="list-style-type: none"> • Elderly • Autoimmune disease • Immune-compromised • Sensitive stomach • Chemotherapy or cancer • Acute health challenge 	<p>Week 1: Start with ¼ to ½ capsule every other day with food.</p> <p>Week 2: If well tolerated, increase to 1 capsule twice per week with food.</p> <p>Week 3: If well tolerated, increase to 2 capsules simultaneously every day with food.</p> <p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking 2 capsules every day for at least two additional months, even if your symptoms are gone.</p> <p>After the two additional months, MegaSporeBiotics is ideal for long-term use per the Maintenance protocol below.</p>	<p>Week 1: Start with ¼ to ½ capsule every other day with food, taken apart from MegaSporeBiotic.</p> <p>Week 2: If well tolerated, increase to 1 capsule twice per week with food, taken apart from MegaSporeBiotic.</p> <p>Week 3: If well tolerated, increase to 2 capsule each day with food, taken apart from MegaSporeBiotic.</p> <p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking 2 capsules daily for at least six additional weeks with food, even if your symptoms are gone.</p> <p>Gradually Discontinue Use: Over a 2 week period, gradually reduce to 1 capsule each day, then to 1 capsule every other day with food. Discontinue use of RestorFlora after the 2 week reduction period.</p> <p>If diarrhea returns while reducing usage, resume full amount of 2 capsules per day until symptoms subside, then try to reduce again more slowly.</p>

Type of Use		MegaSporeBiotic	RestorFlora
Children and Infants	2 Months	A small pinch - 1/5 to 1/10 of a capsule - once per day, if well tolerated. Open a capsule and add a small pinch of the powder into the infant's mouth using your finger.	A small pinch - 1/5 to 1/10 of a capsule - once per day, if well tolerated, taken apart from MegaSporeBiotic. Open a capsule and add a small pinch of the powder into the infant's mouth using your finger.
	3 - 6 Months	1/2 of a capsule once per day, if well tolerated. The powder may be placed into the baby's mouth using your finger, or added to formula. Ramp up to this amount slowly over a few weeks.	1/2 of a capsule once per day, if well tolerated, taken apart from MegaSporeBiotic. The powder may be placed into the baby's mouth using your finger, or added to formula. Ramp up to this full amount slowly over a few weeks.
	6 Months - 12 Years	1 capsule per day with food, if well tolerated. Ramp up to this amount slowly over a few weeks.	1 capsule per day with food, if well tolerated, taken apart from MegaSporeBiotic. Ramp up to this full amount slowly over a few weeks.
	12 Years or Older	2 capsules per day with food, if well tolerated. Ramp up to this amount slowly over a few weeks.	2 capsules per day with food, if well tolerated, taken apart from MegaSporeBiotic. Ramp up to this full amount slowly over a few weeks.
	<p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking the full amount daily per the age groups above for at least two additional months, even if symptoms are gone.</p> <p>After the two additional months, MegaSporeBiotics is ideal for long-term use in the amounts above based on age.</p>		<p><i>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</i></p> <p>Duration of Use: Continue taking full amount per the age groups above for at least six additional weeks, even if symptoms are gone. After six weeks, gradually reduce usage amount over a two week period. Discontinue use of RestorFlora after the 2 week reduction period.</p> <p>If diarrhea returns while reducing usage, resume full amount until symptoms subside, then try to reduce again more slowly.</p>

Type of Use	MegaSporeBiotic	RestorFlora
<p>Long-Term Maintenance</p> <ul style="list-style-type: none"> • For ongoing gut microbiome support 	<p>If Already Taking the Product: If already taking the standard amount of 2 capsules per day with food, then use of the same amount may be continued long-term, if well tolerated.</p> <p>1 - 2 capsule once per week is the minimum recommended effective usage amount for long-term maintenance.</p> <p>If New to the Product:</p> <p>Week 1: If new to the product, start with 1 capsule every other day with food or just after a meal, if well tolerated.</p> <p>Week 2: If new to the product, increase to 1 capsule every day with food or just after a meal, if well tolerated.</p> <p>Week 3 and Beyond: Standard amount: 2 capsules simultaneously every day with food or just after a meal. May be used long-term if well tolerated.</p>	<p>Not applicable</p>



How Probiotics Work

Why Do You Need Probiotics?

Your ancestors got all the nutrients and probiotics their bodies needed because they lived off the land. Throughout human history people were constantly exposed to living bacteria from the soil they grew food in, the animals they hunted and from their close connection with nature. Over time, people's bodies became dependent on these bacteria in many different ways.

Probiotic bacteria, yeast and other organisms living inside your gut make important vitamins and nutrients that your body needs to survive. Probiotics also aid your digestive system and help prevent allergies, weight gain and inflammation that can lead to many chronic diseases. And importantly, probiotics play a pivotal role in maintaining your immune system and defending your body from infections.

The trouble is, in today's modern world most people have become separated from the land. And people are constantly exposed to many different kinds of toxins that make it harder for probiotics to thrive inside you and that counteract the benefits of the probiotics to your health. The simplest way to get the probiotics your body needs is through supplementation. Taking a probiotic supplement that's sufficiently potent and stable and that has beneficial species of organisms can provide life-changing benefits to your health.

What Kind of Probiotics Should You Take?

Not all probiotic products are the same. For a probiotic product to work, first it has to survive in the bottle and on the shelf with enough potency to be of benefit when you take it. Next the probiotic has to survive the harsh acidic environment of your stomach and make it into your intestines alive. And to be a true probiotic, the species need to be a natural part of the environment and a normal part of your digestive system¹. More than 95% of probiotics being sold today do not meet these criteria².

One of the most widely used and well researched strains of probiotics are the Bacillus species. Bacillus are spore forming bacteria that are widespread in the environment and are a natural resident inside your gut. The spores have hard protective shells to survive 100% intact inside the bottle and inside your stomach³. Several strains of bacillus have been scientifically proven to boost the immune system and ward off disease-causing bacteria and yeast inside the gut. Some bacillus species create essential nutrients and antioxidants inside the gut where they are most easily absorbed by your body.

What's Inside MegaSporeBiotic?

MegaSporeBiotic is a full spectrum product that was formulated to meet the probiotic supplement needs of 95% of people. It contains five pharmaceutical grade strains of Bacillus spores and delivers 4 billion cells daily to your intestines, the highest level on the market for a spore probiotic. Each batch of product is laboratory tested to verify



the correct species, that all species are in 100% spore form and that the proper potency of each species is present. The five strains found in the product are detailed below.

Bacillus licheniformis

- Produces bacitracin, a natural antibiotic.
- Aids the body to digest proteins through protease production.
- Produces a broad spectrum of B vitamins and folic acid.

Bacillus indicus HU36™

- Stimulates the immune system.
- Produces carotenoid antioxidants inside your gut, including beta-carotene, lutein, lycopene and the powerful antioxidant astaxanthin.
- Produces vitamins and other nutrients in the gut.

Bacillus coagulans

- Many studies and a long history of use with ulcerative colitis, Crohn's disease and IBS.
- A potent stimulator of the immune system.
- Produces nutrients in the gut.

Bacillus clausii

- The most commonly used probiotic drug species worldwide.
- Resists being killed by antibiotics during antibiotic treatment.
- Immune stimulating properties.

Bacillus subtilis HU58™

- Produces over a dozen natural antibiotic substances.
- Produces vitamin K2 and other nutrients.
- Plays a key role in immune system development.
- Provides support for gut inflammation and colitis.



What's Inside RestorFlora?

RestorFlora is a special purpose probiotic formulated to temporarily enhance the benefits of MegaSporeBiotic when needed. RestorFlora contains three strains of beneficial microorganisms, including 1 billion spore cells each of *Bacillus clausii* and *Bacillus subtilis* HU58™. RestorFlora also contains *Saccharomyces boulardii*, with a potency of 5 billion CFU in the product.

Saccharomyces boulardii

Saccharomyces boulardii (aka Sac B. or S. boulardii) is a friendly and resilient species of yeast that can tolerate high temperatures and acidic environments, such as the stomach. S. boulardii is also naturally resistant to antibiotic drugs. Several clinical studies show that S. boulardii is particularly helpful for support with gut disorders⁴, especially C. difficile and antibiotic-associated diarrhea⁵. The unique properties of S. boulardii make it a beneficial addition to a probiotic regimen if extra support is needed for difficult gastrointestinal challenges. Some of the key benefits of Sac B. include the following:

- Nurishes and protects the lining of the colon by increasing the concentration of short-chain fatty acids.
- Aids the gut's ability to absorb water and electrolytes during diarrhea.
- Modulates the immune system and aids in reducing gut inflammation.
- Supports healthy intestinal function and firm stools.
- Contains *Bacillus clausii* and *Bacillus subtilis* HU58™ for added support with gut inflammation, colitis and immune support.

What are the Benefits of MegaSporeBiotic and RestorFlora?

- **100% Spore Form.** MegaSporeBiotic uses a proprietary process to ensure that all bacillus strains in the product are 100% in the spore form. This process took 7 years to develop and is exclusive to the MegaSporeBiotic and RestorFlora products. In most other spore-based probiotics a large percentage of strains are not in the spore form, allowing the strains to be killed inside the stomach.
- **Natural.** The strains of bacillus in the products are found in nature and are a normal part of the human digestive tract.
- **Survives your stomach.** Unlike most other probiotics, the bacillus spores in the products survive 100% intact and fully potent as it passes through your stomach on the way to the intestines. The Sac B. in RestorFlora is also highly resistant to stomach acid and unaffected by antibiotic drugs.
- **Convenient.** Requires no refrigeration and is easy to travel with and store. If a probiotic is so fragile that it requires refrigeration, then very little will survive the high temperatures and acidity of the stomach.
- **Immune system stimulation.** The strains in the products have the ability to modulate the immune response in multiple tissue layers inside the intestines, optimizing and improving the body's immune system.



- **Balances your gut flora.** Unlike common probiotics that aim to simply “re-seed” your intestinal flora, the strains in MegaSporeBiotic and RestorFlora actually police your G.I. tract to support the growth of good bacteria and to reduce overgrowth of potentially infectious species.
- **Helps ward off infections.** The strains in the products help your body recover from bacterial challenges by restoring balance to your intestinal flora. The bacillus species and Sac B produce lactic acid in the gut which acidifies the GI tract and inhibits disease causing bacteria like C. diff and Candida yeast species.
- **Special support for diarrhea.** RestorFlora provides dual-action support for the gut. It combines the diarrhea and gut healing benefits of Sac B. with the immune support of the Bacillus species. RestorFlora also has a synergistic effect when combined with MegaSporeBiotic for antibiotic associated diarrhea and related gut infections.
- **Antioxidant absorption.** Antioxidants are vital to prevent and reverse disease conditions. But most antioxidant supplements have to pass through the stomach before they reach the intestines where your body actually absorbs them. The proprietary HU36™ species in MegaSporeBiotic naturally produces antioxidants inside your gut at the actual site of absorption, making it extremely bioavailable.

Frequently Asked Questions

If you cannot find an answer to your question, please contact us at Support@EmbraceHealth.net

General FAQs

Q: Should you take with a meal or empty stomach?

Taking these products during or just after a meal (within 10 to 20 minutes) is ideal. The amino acids and carbohydrates in food help the spores in the products move from their dormant to active form in the upper GI tract, providing immune system benefits. If taking both MegaSporeBiotic and RestorFlora, MegaSporeBiotic may be taken with breakfast or a morning snack and RestorFlora may be taken with lunch or a mid-day snack, if convenient.

Q: Is it OK to take MegaSporeBiotic and RestorFlora along with antibiotic drugs?

Probiotics can actually help to reduce the side effects of taking antibiotic drugs. Most probiotics should be taken at least a few hours away from antibiotics to reduce killing of the probiotic by the antibiotic. However, the spores inside MegaSporeBiotic and RestorFlora are naturally resistant to attack by antibiotics, so they may be taken at or near the same time as antibiotics. During heavy antibiotic use, the RestorFlora product may be added for short-term use, to help restore gut flora damaged by the antibiotics.

Q: Can you ramp up the amount of MegaSporeBiotic or RestorFlora faster than the protocols specify?

It depends. If you experience no negative side effects from moving faster, you may be able to ramp up the amounts you take faster than the times listed in the *Protocols for Use* section. Moving up to the full usage amounts quickly may let you experience benefits from the products sooner rather than later, but this should only be done if well tolerated.

Q: Can you start taking the full amount of MegaSporeBiotic or RestorFlora from day one?

If you've never used MegaSporeBiotic or RestorFlora before, we recommend that you do not start with the full amounts listed in the *Protocols for Use* section or on the bottle labels. If well tolerated, you may find that you can ramp up to the full amount more quickly than the protocols specify (see the FAQ above for details).

Q: Can children use MegaSporeBiotic and RestorFlora?

Children as young as 2 months can benefit greatly from MegaSporeBiotic, provided that they start slowly and use a low amount, as detailed in the *Protocols for Use* section. *S. boulardii* (found in RestorFlora) has been shown to be safe for use in infants and young children ranging in age from 2 months to 14 years^{6,7}.



Q: How should these two products be stored?

No refrigeration is necessary for these products, making them travel-friendly. The species inside the products are very stable and they can be stored in a cool, dry place inside your home.

Q: Why are MegaSporeBiotic and RestorFlora not sold in stores or online?

These products are very potent and people using them need to receive support and guidance. It's also important to be seen by a health practitioner to monitor one's progress and adjust product usage amount as needed. A consumer strength version of MegaSporeBiotic called *Thrive* is available and is carried in some stores.

MegaSporeBiotic FAQs

Q: Are there side effects to using MegaSporeBiotic?

Like other probiotics, the only side effect that requires caution is potential “die-off” or “detox” reactions if you start at the full use amount from day 1. The most common symptoms of G.I. detox or die-off include gas, bloating, cramps, diarrhea, loose stools and gut discomfort. It is highly recommended to start with a lower amount and increase slowly over several weeks to reduce the risk of these symptoms. See the *Protocols for Use* section for appropriate use guidelines.

Q: Is MegaSporeBiotic safe for pregnant women or nursing mothers?

Probiotics are not only safe but very important during pregnancy and while nursing. Mothers pass on their immunity to their child through breast milk, from personal contact and during the birthing process. The product's spores have the ability to modulate the microbiome to help improve the mother's immune system, which is passed on to her child. Consult with your healthcare provider before using any supplement during pregnancy.

Q: If you have an autoimmune disease is it OK to take MegaSporeBiotic?

The product can be a great support to people with autoimmune challenges, especially considering its immune modulation abilities. This modulation can help with chronic inflammation and reduce autoantibodies. Because of the risk of die-off or detox reactions, starting out slowly is important. See the *Protocols for Use* section for details for immune-compromised people. Always consult with your physician before starting any new supplement.

Q: If you have cancer or are undergoing chemotherapy, is it OK to take MegaSporeBiotic?

The Association of Naturopathic Oncologists (OncANP) uses this product with patients to reduce diarrhea and gut damage while on chemo. So far no adverse reactions have been observed with cancer patients. As with immune-compromised people, a low usage amount and starting slowly are prudent for chemo and cancer patients, as detailed in the *Protocols for Use* section.

Q: Can you use MegaSporeBiotic for long-term maintenance?

Yes. MegaSporeBiotic is an exceptional probiotic that works in multi-dimensional ways within the body, making it an ideal choice for long term use. After using MegaSporeBiotic at the regular usage amount during an active



challenge, a lower maintenance amount may be used long-term, if well tolerated. MegaSporeBiotic may be used for maintenance more often than once per week if well tolerated.

RestorFlora FAQs

Q: Are there side effects to using RestorFlora?

In rare instances, some people have reported mild thirst and mild constipation. Like other probiotics, there may also be potential for “die-off” or “detox” reactions if you start at the full use amount too quickly. It is highly recommended to start with a lower amount and increase slowly over several weeks to reduce the risk of these symptoms. See the *Protocols for Use* section for appropriate use guidelines.

Q: Who should NOT take RestorFlora?

People with known allergies to yeast (such as *Saccharomyces cerevisiae*) should avoid use of RestorFlora. Do not take RestorFlora if you have an indwelling vascular catheter, a peripherally inserted central catheter (PICC line) or a central venous catheters (CVC).

Q: Is RestorFlora safe for pregnant women or nursing mothers?

RestorFlora has not been specifically studied for safety during pregnancy or for nursing mothers. Be sure to consult with your doctor before using RestorFlora during pregnancy or nursing.

Q: If you have an autoimmune disease, is it OK to take RestorFlora?

If you are severely immunocompromised, then RestorFlora and other *S. boulardii* products should be used with caution and under direction of a medical professional.

Q: Can you use RestorFlora for long-term maintenance?

The RestorFlora product is meant for short-term use only and is inappropriate for long-term maintenance.

References

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