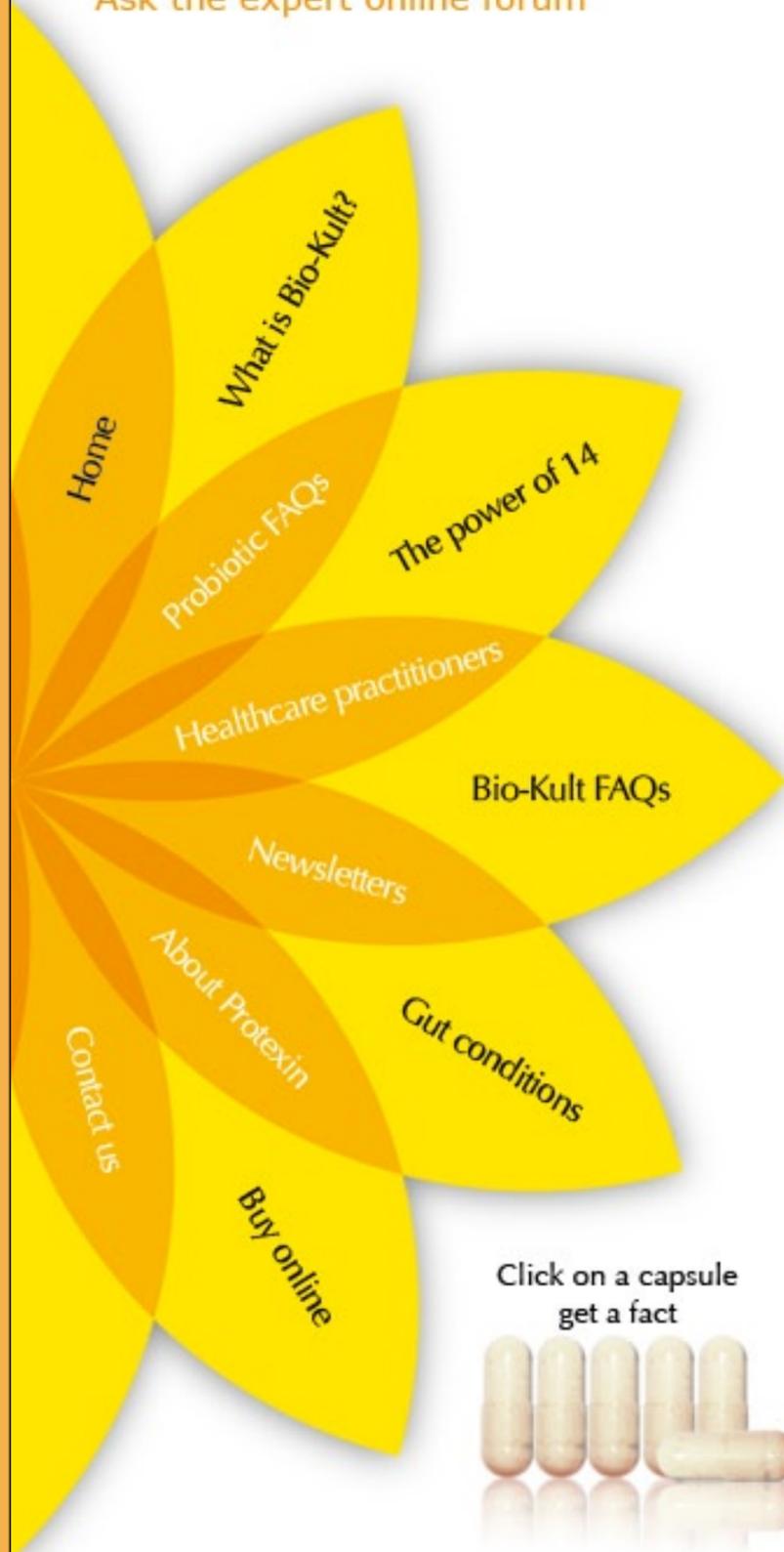


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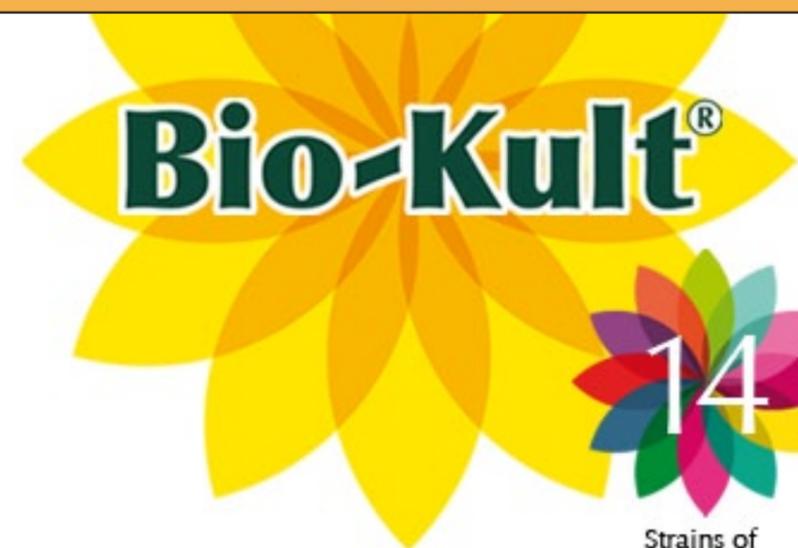
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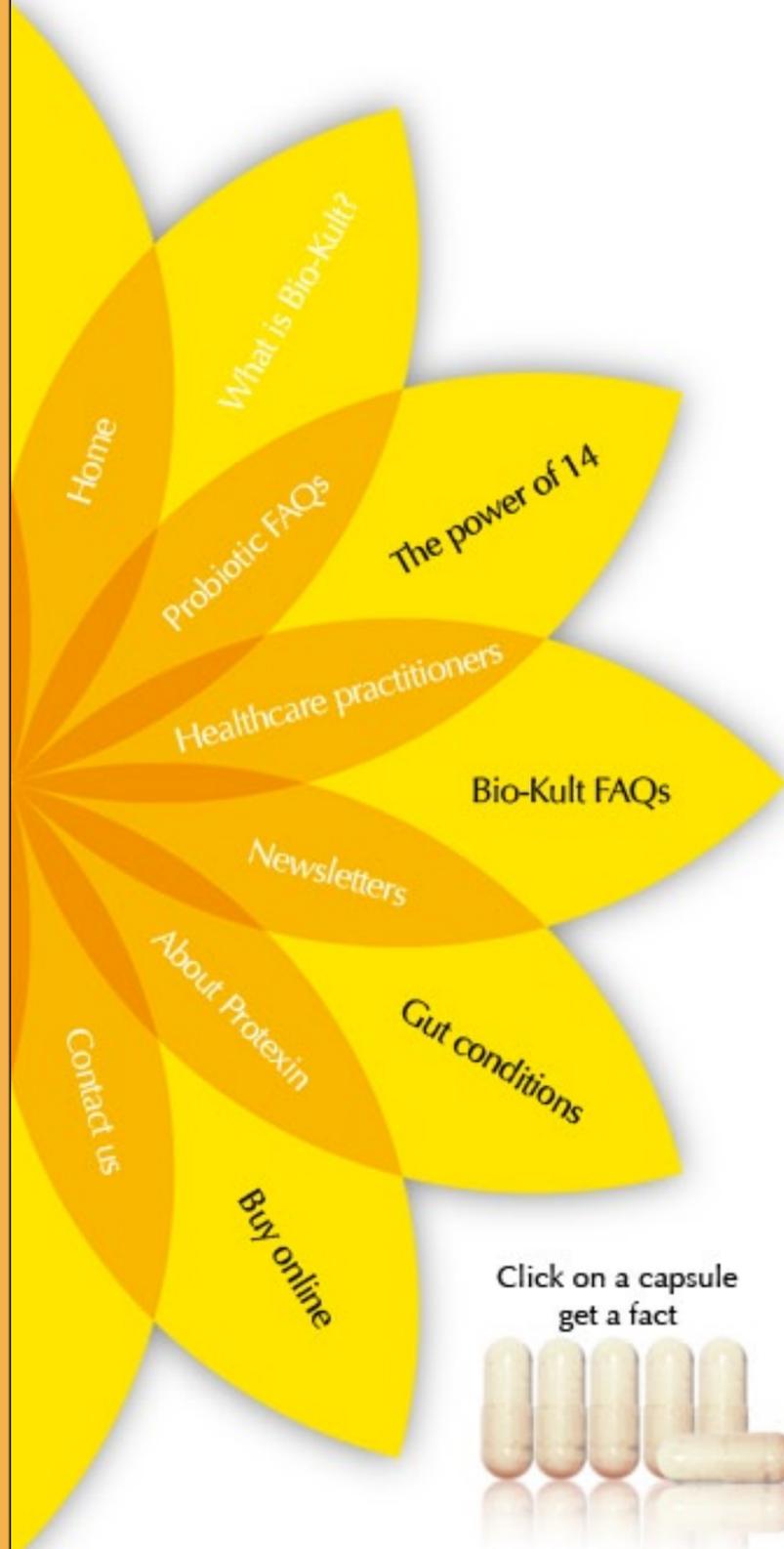
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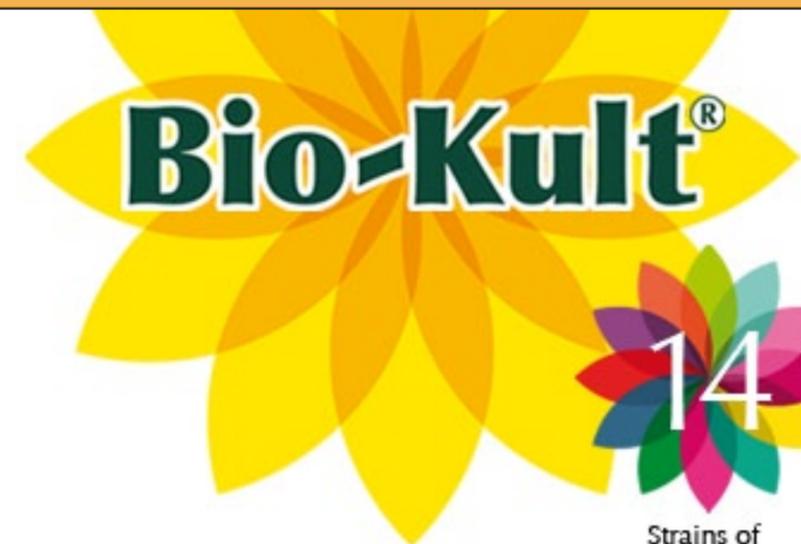
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Bio-Kult was formulated by a team of doctors, nutritionists and scientists dedicated to advancing the research and use of probiotic health supplements.

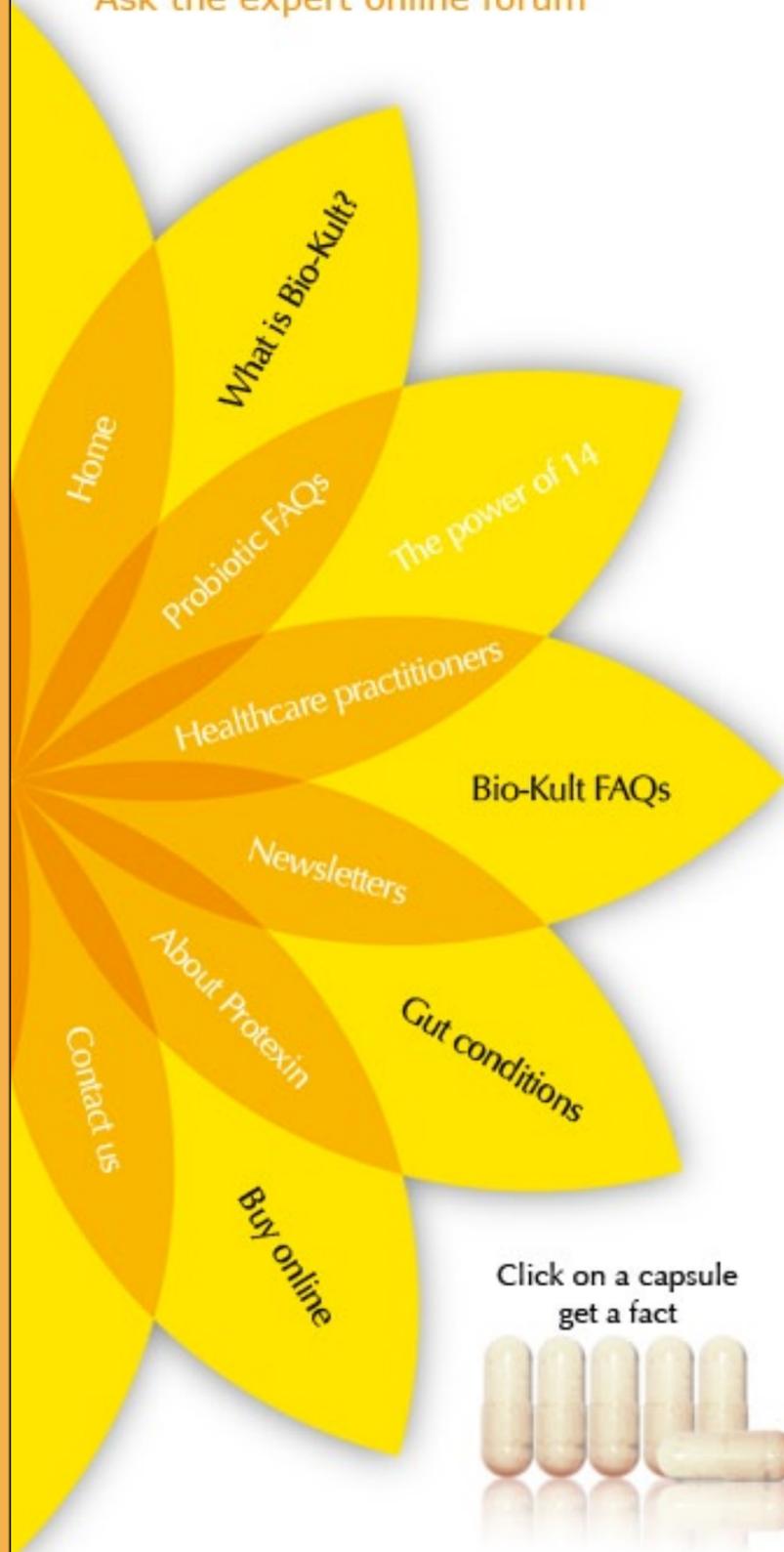


The healthy body naturally hosts trillions of beneficial bacteria. Amongst other things, they help to support and maintain a strong immune system and a healthy digestive system. Today's lifestyle of stress and poor nutrition can compromise these essential functions. The complete formula in Bio-Kult helps balance and maintain these natural systems against pathogenic and opportunistic organisms.

It is of fundamental importance that we have an adequate level of these probiotic bacteria in our bodies at all times. With fourteen strains of beneficial bacteria at a concentration of 10 billion per gram, Bio-Kult is one of the most powerful probiotic supplements available.



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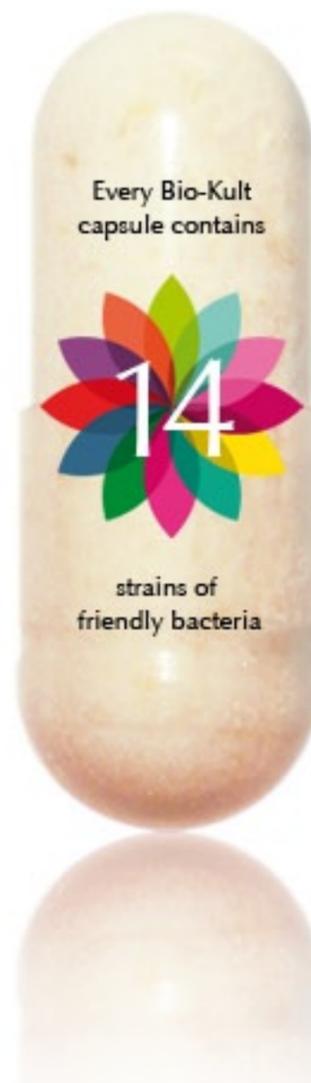
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The power of 14 strains

There are 14 strains of beneficial microorganisms within Bio-Kult:



1. Lactobacillus acidophilus
2. Lactobacillus Delbrukeii spp. bulgaricus
3. Lactobacillus Delbrukeii spp. lactis
4. Lactobacillus casei
5. Lactobacillus helveticus
6. Lactobacillus plantarum
7. Lactobacillus rhamnosus
8. Lactobacillus salivarius spp. salivarius
9. Bifidobacterium breve
10. Bifidobacterium bifidum
11. Bifidobacterium infantis
12. Bifidobacterium longum
13. Bacillus subtilis
14. Streptococcus thermophilus

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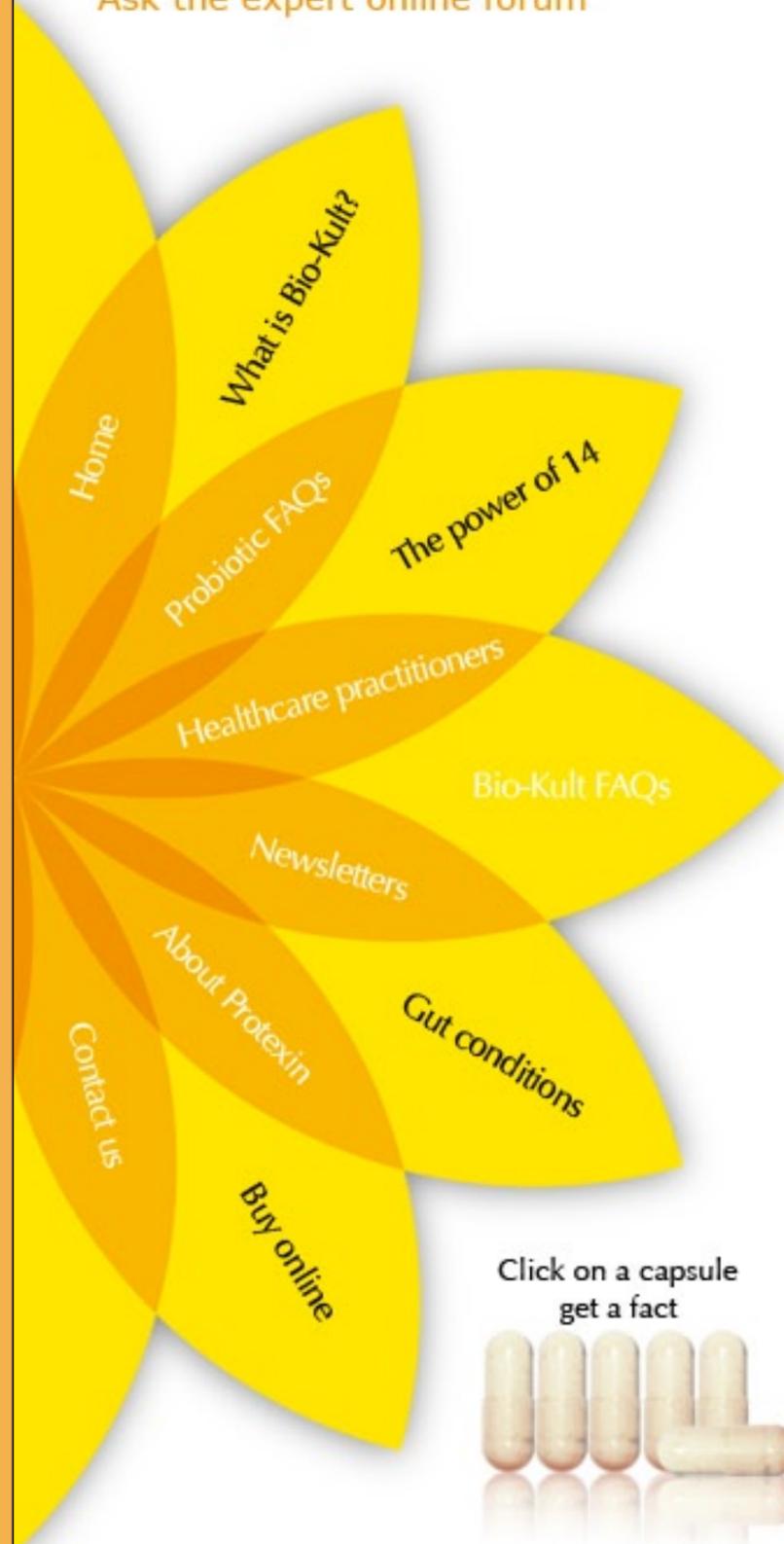
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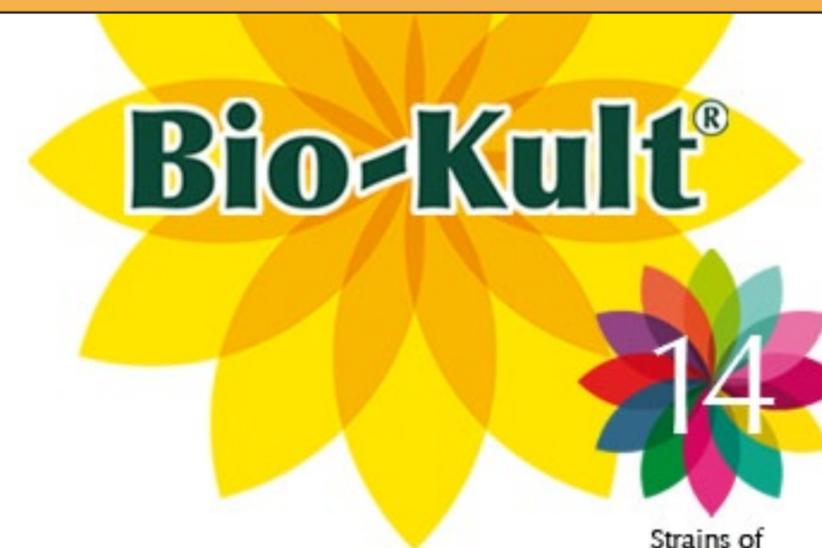
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Bio-Kult FAQs

1. Is Bio-Kult suitable for vegetarians?

Bio-Kult does not contain any meat based materials and is enclosed in a vegetable capsule.

2. What is the concentration of Bio-Kult?

10 billion CFU/gram which equates to 2 billion per capsule.

3. Can Bio-Kult be taken during pregnancy?

Bio-Kult contains naturally occurring beneficial microorganisms which have been previously shown to be safe to take during pregnancy. However, we would always recommend that advice should be sought from your GP/medical Practitioner whenever taking supplements.

4. Is there any situation when Bio-Kult should not be taken?

Bio-Kult should be prescribed at the discretion of the medical practitioner for pregnant women, milk allergies, and in cases of immunosuppression.

5. I'm lactose intolerant, can I take Bio-Kult?

Bio-Kult contains probiotic strains that have been shown to produce lactase, the enzyme needed to break down lactose which is usually lacking in people intolerant to lactose. Bio-Kult contains traces of milk products at a level which would not affect lactose intolerance sufferers.

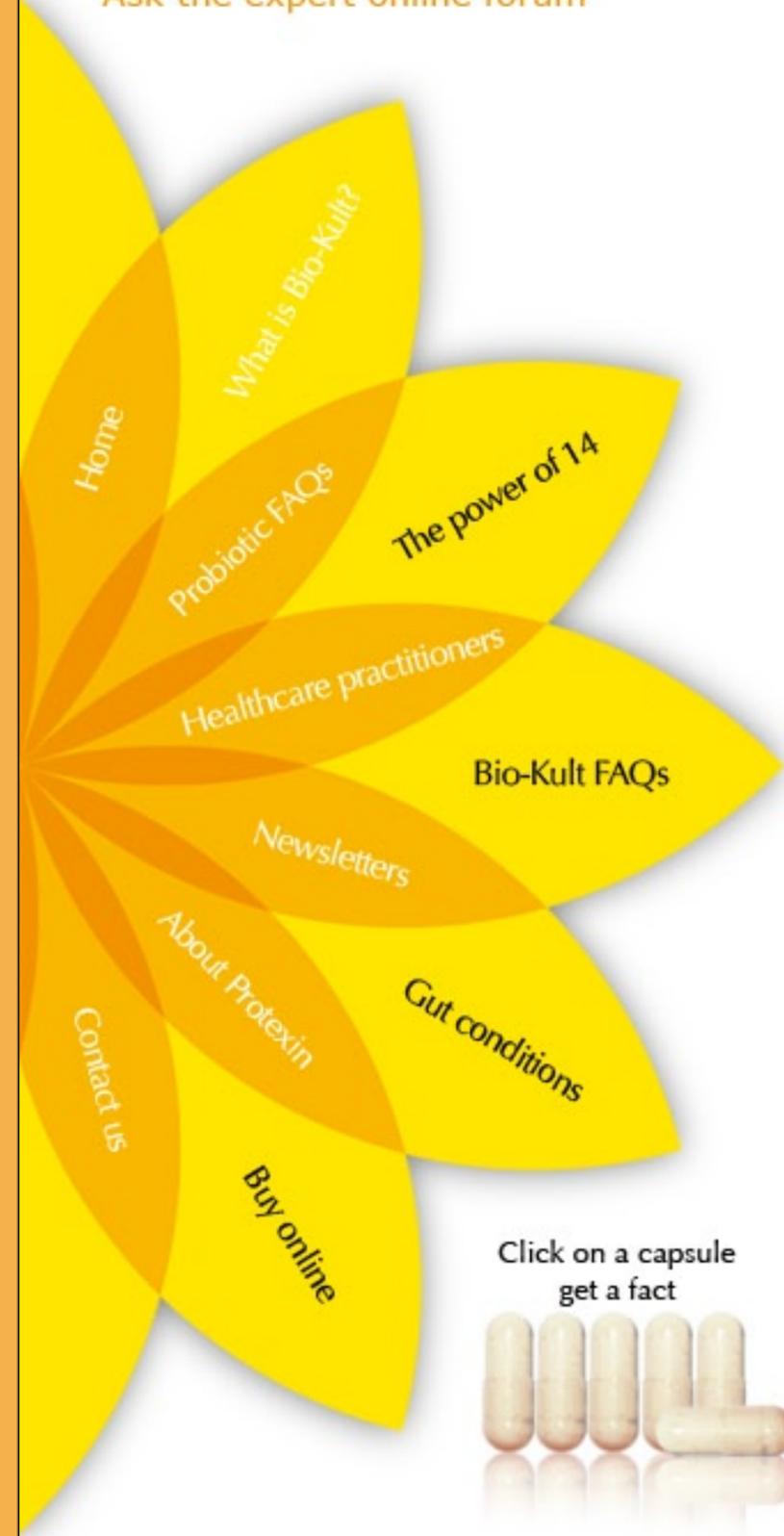


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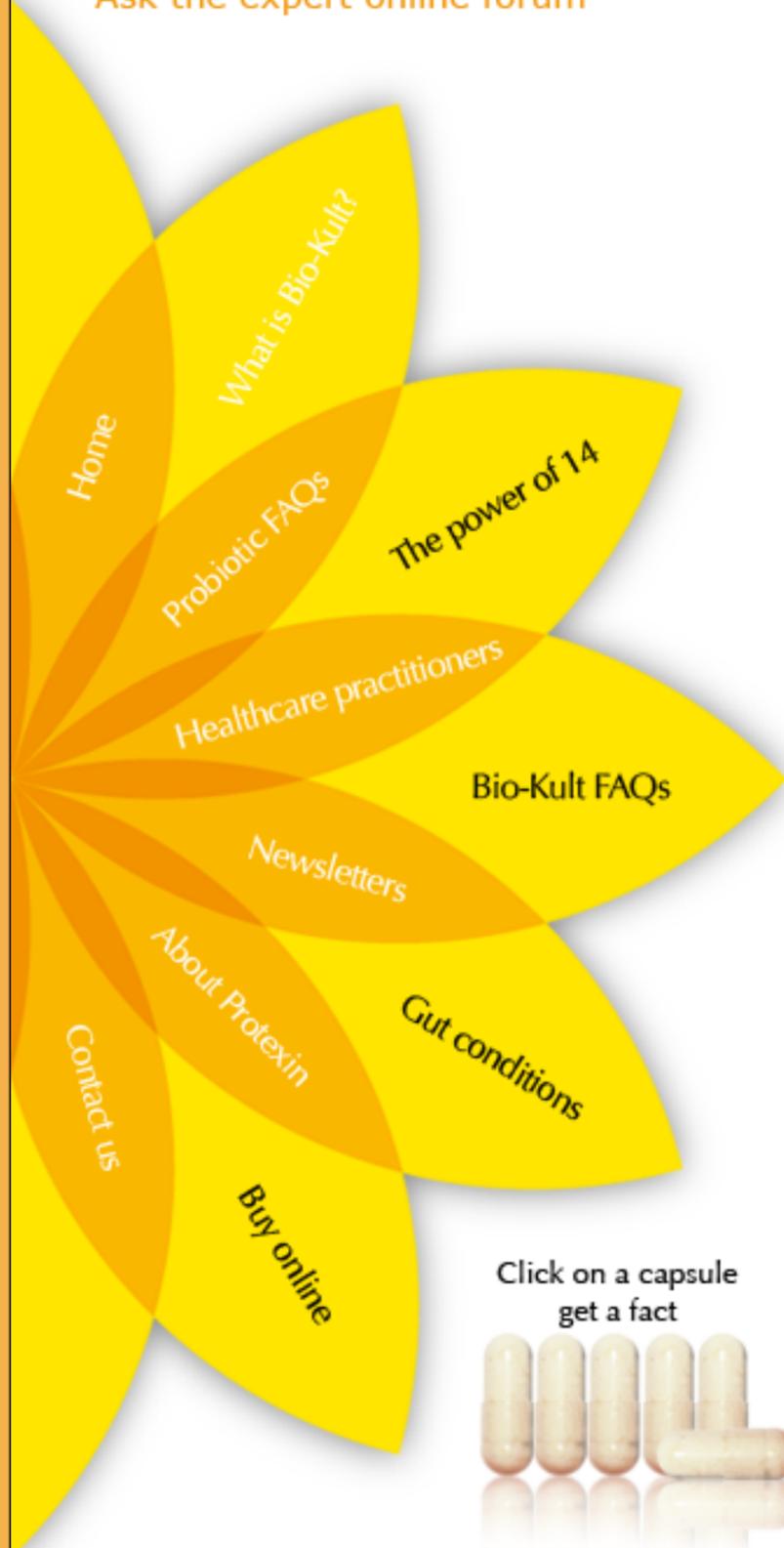
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Usage / dose guidelines

To help maintain a healthy digestive and immune system we recommend that you take 1-2 capsules twice daily with food.

If you are taking Bio-Kult with antibiotics we recommend a double dose to be taken separately to the antibiotic, preferably at opposite ends of the days, or at least 3 hours after the antibiotic. After finishing the course of antibiotics continue taking Bio-Kult for at least 2 weeks.

Digestive disorders can vary enormously from a mild upset caused by food poisoning, to chronic disorders such as Ulcerative Colitis. If you are taking Bio-Kult with these conditions we recommend that you seek advice from your Doctor or Health Care Practitioner for specific dosages suitable to your condition. For further advice or to find your nearest practitioner please contact us on...

Bio-Kult capsules can be pulled apart and the contents sprinkled on to food, mixed in a drink, or swallowed whole.

Bio-Kult is completely safe, has no contra indications and has no risk of overdose.

Guidelines for general use

Divide daily dose into two. Half with breakfast, half with evening meal.

Do not take with very hot food or very hot drinks.

If you are taking antibiotics

Take four capsules daily, ideally at a different time of day from the antibiotics.

If possible begin no later than when taking the first antibiotic.

Take for at least two months.

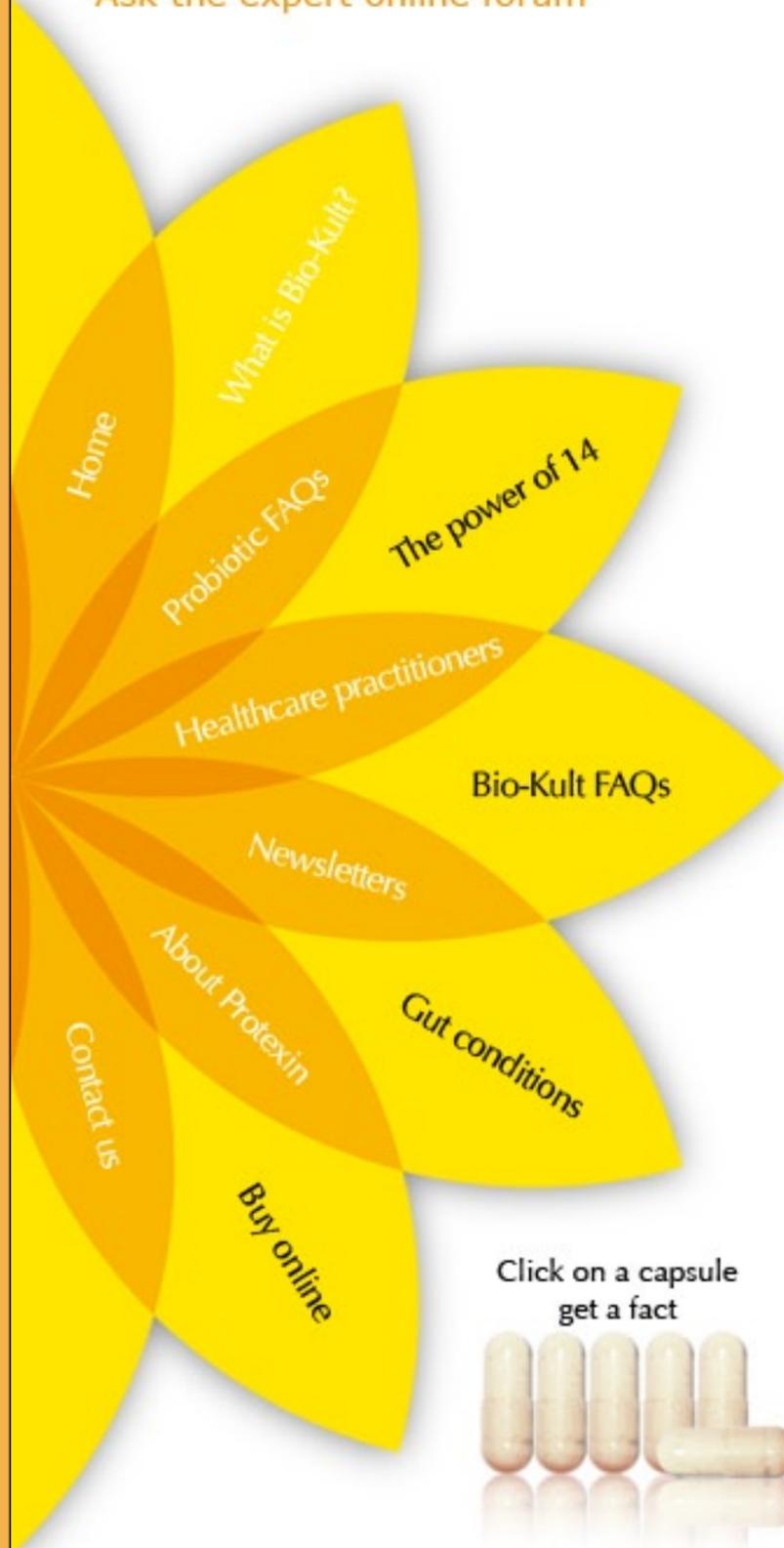
For under 12's take half the adult dose.

For travellers

Take two capsules daily for one week before travel



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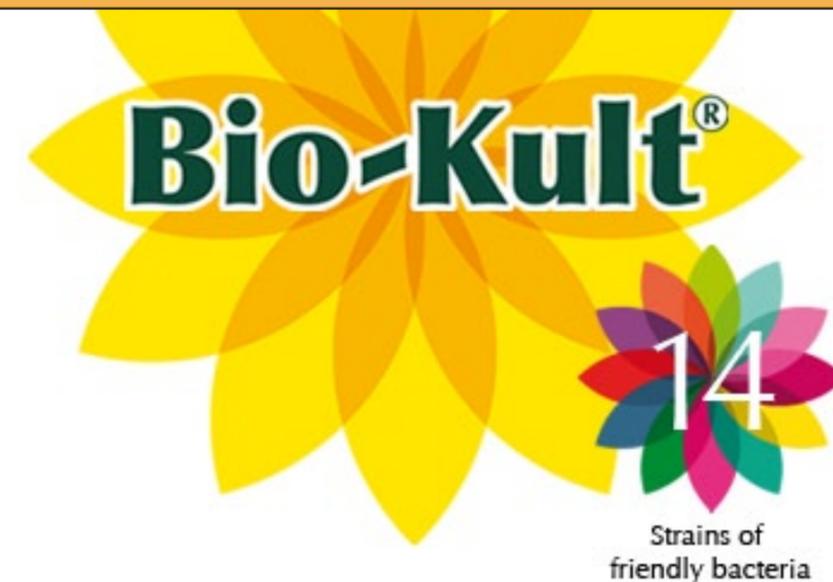


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Quality: Statement Relating to the Manufacture of Probiotic Formulations

The management and staff of Probiotics International Ltd. are committed to the quality of manufacturing and supply of all of our probiotic formulations. All products manufactured in our facilities are subject to our stringent quality control procedures, and we guarantee that the products manufactured will be of the highest quality.

Quality control is implemented and maintained by our own Technical and HACCP team backed by independent UKAS (United Kingdom Assurance Scheme) accredited microbiological and analytical laboratories which carry out the identification and enumeration of micro-organisms for all products.

Certificates of Analysis are kept for every batch of product and are available on request.

We are accredited to GMP (Good Manufacturing Practise) RPSGB (Royal Pharmaceutical Society of Great Britain) and FEMAS (Feed Materials Assurance Scheme) and BS ISO 9001. We have fully documented Quality Assurance, HACCP (Hazard Analysis and Critical Control Points), Health and Safety, Hygiene and Environmental policies which form the basis of all our procedures and operations.

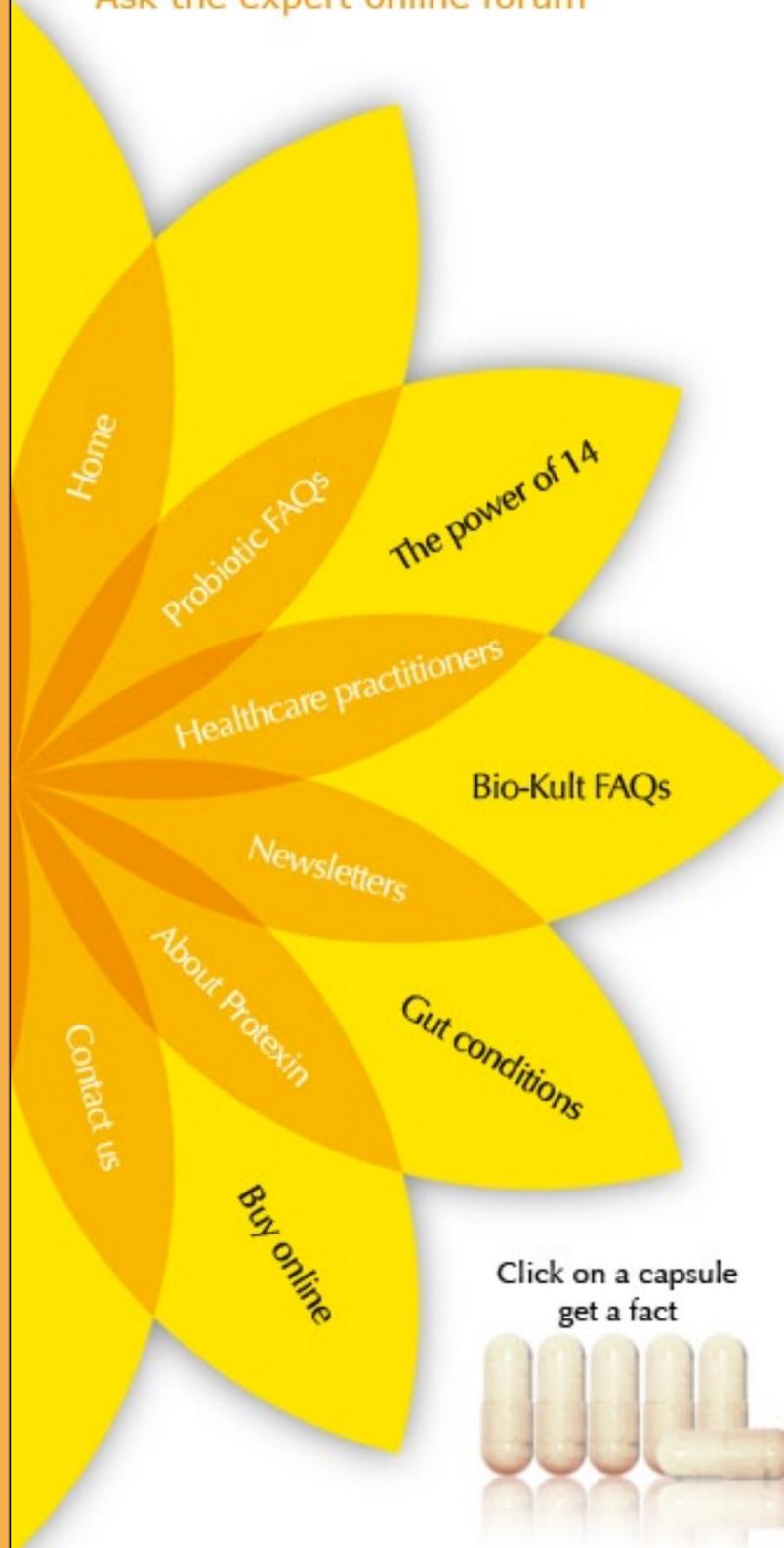
Toby Lewis

Toby Lewis - Managing Director



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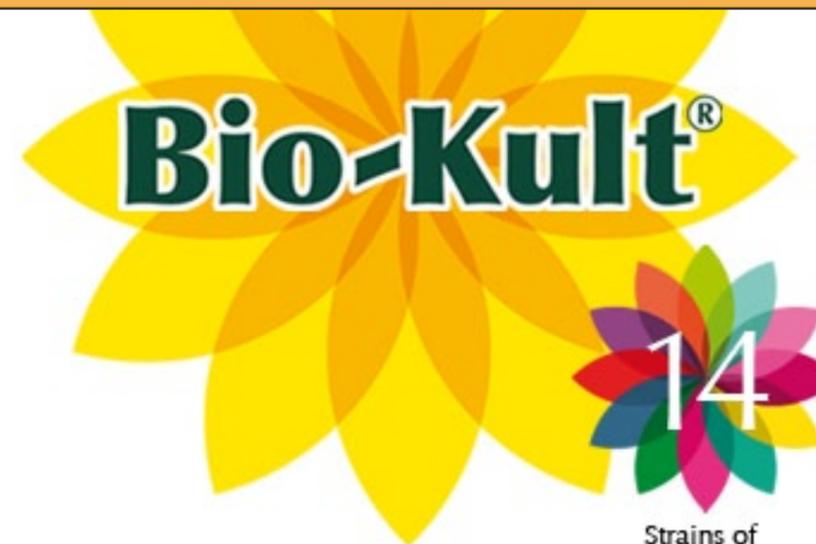
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Bio-Kult is grown in a Maltodextrin Base, with a guaranteed minimum probiotic count of 10 Billion per gram. The capsule size is 200 mg hence there are 2 billion active probiotics per capsule. We feel strongly that our customers should be able to check that the product is what it says.

Every batch of Bio-Kult is tested by a UKAS certified, independent laboratory for bacterial count. A copy of each Certificate can be viewed by selecting the appropriate batch number here:

Batch no 1256

Cambridge Bioceuticals Ltd
38 Paddock Street
Soham
Cambridgeshire
CB7 5FJ



MICROTECH SERVICES (WESSEX) LTD
1 Kinson Road, Bournemouth,
Dorset BH10 4AQ
Tel: 01202 330700 Fax: 01202 330774

Report Number: R 47220/2	Page 1 of 1
Your reference: P11.08/0336	Our reference: 47220
Product: Bio Kult 120s	
Stock Code: F 7041	
Batch Number: 18292	
Man. date: 11/03/2008	Date received: 2.4.08
Description: 15 g of cream powder received in a plastic screw-topped container.	Date examined: 2.4.08
	Date reported: 7.4.08

TEST REPORT

Method Number *	TEST	RESULT (colony forming units)
A:21	Total Viable Count/g (MRS agar, anaerobic incubation 37°C / 96 hrs)	>1.0 x 10 ¹⁰

Melody Greenwood
Melody Greenwood
BSc, MPhil, CMBiol, FIBiol, FIFST

**Certificate
No: 1256**

Cambridge Bioceuticals Ltd makes no medical claims for Bio-Kult. It is sold only as a food supplement.

Bio-Kult is manufactured in the UK, and is available only from selected Practitioners, Health Food Stores and Approved Retailers.



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(100,000,000,000,000) bacterial
cells in your body, which is 2000
times the world's population, and
ten times as many other cells in
your body!

Close or Esc key



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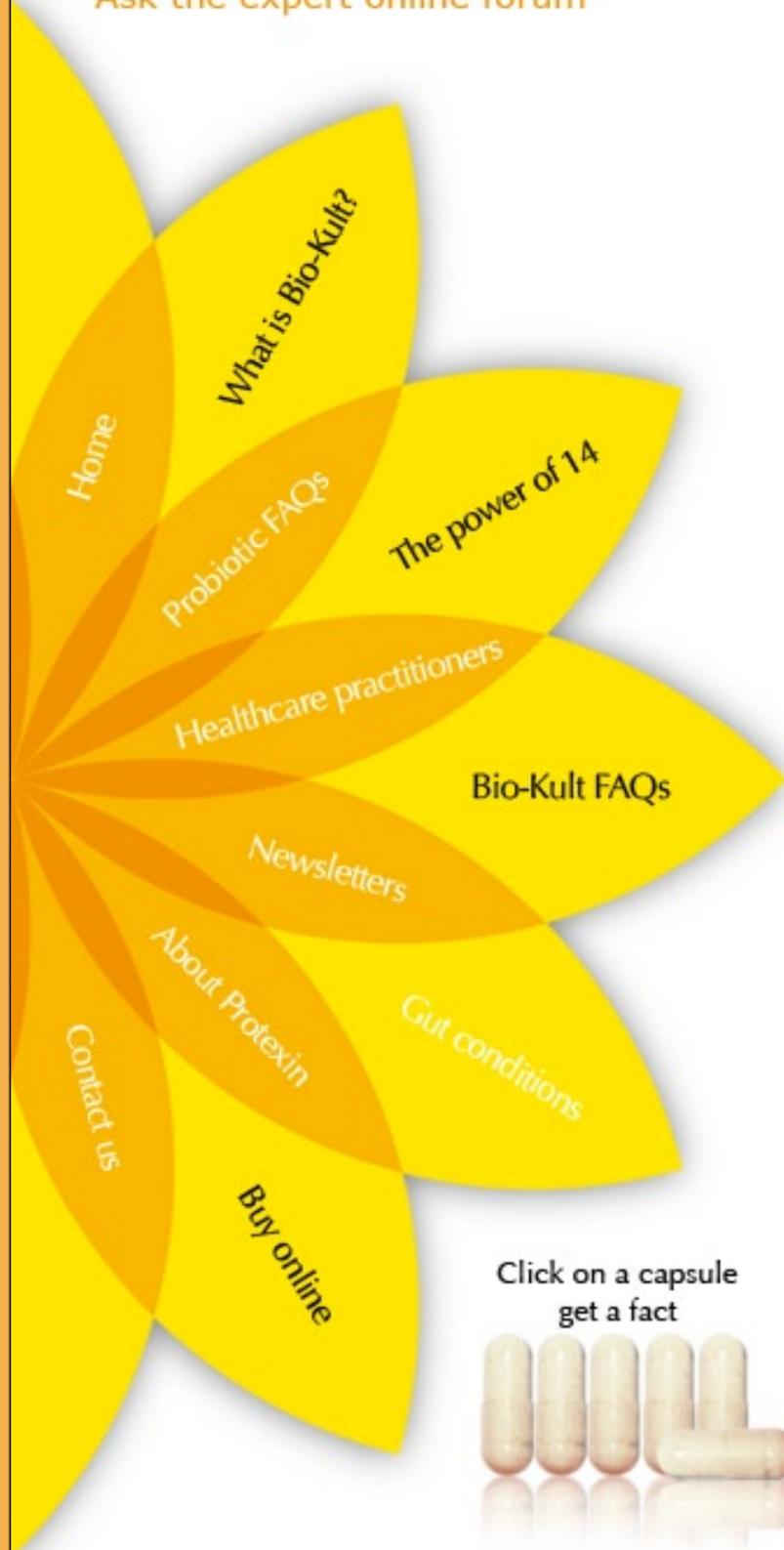
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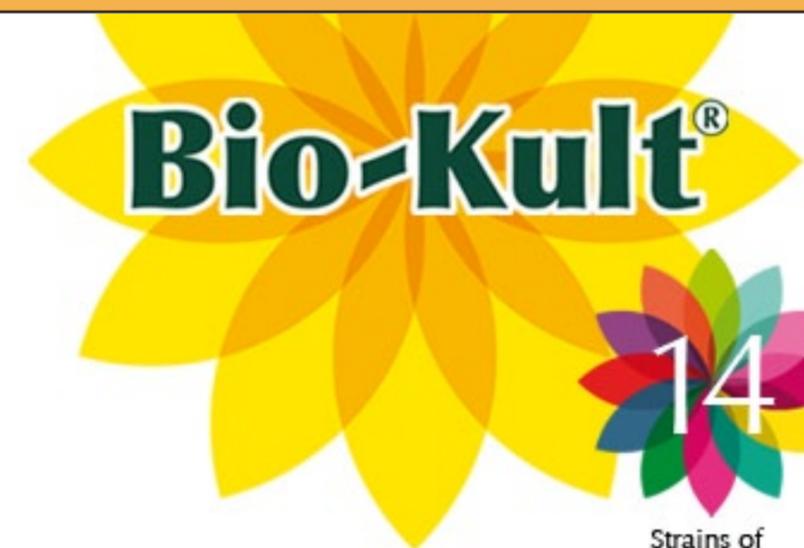
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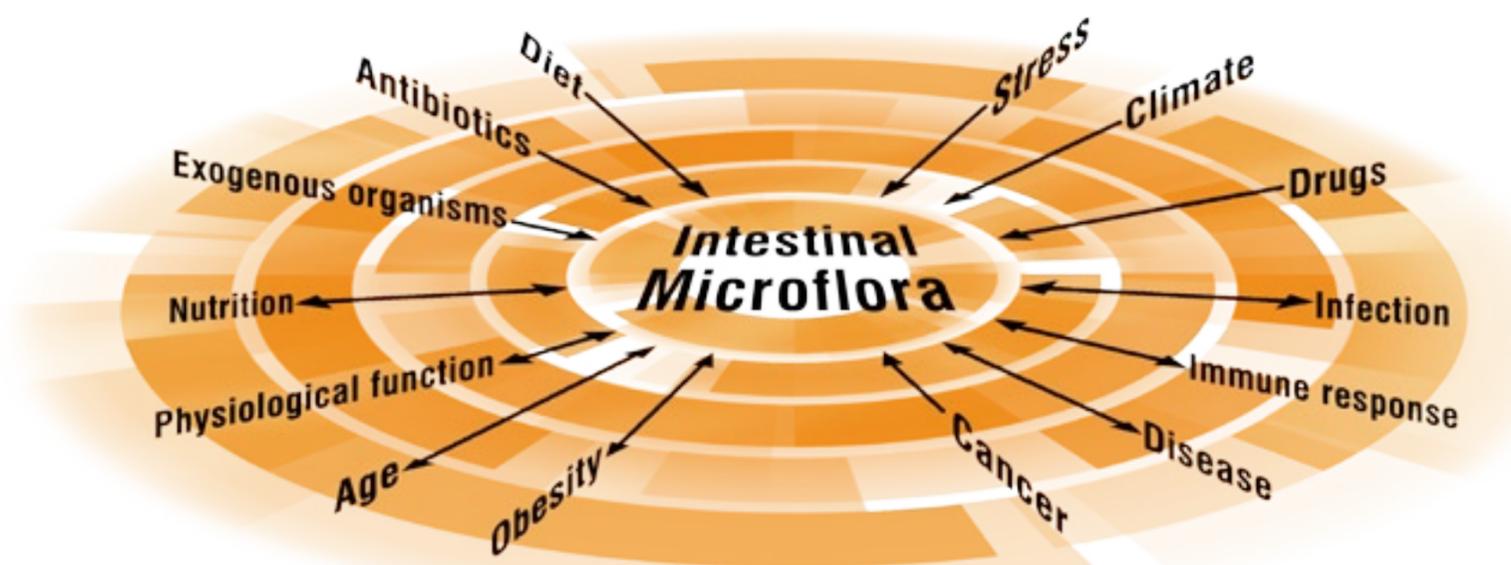
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A.A.D - Antibiotic Associated Diarrhoea
Candida
Travellers Stomach
Atopic Dematitis
Leaky Gut Syndrome
Autism
Dysbiosis

Gut conditions

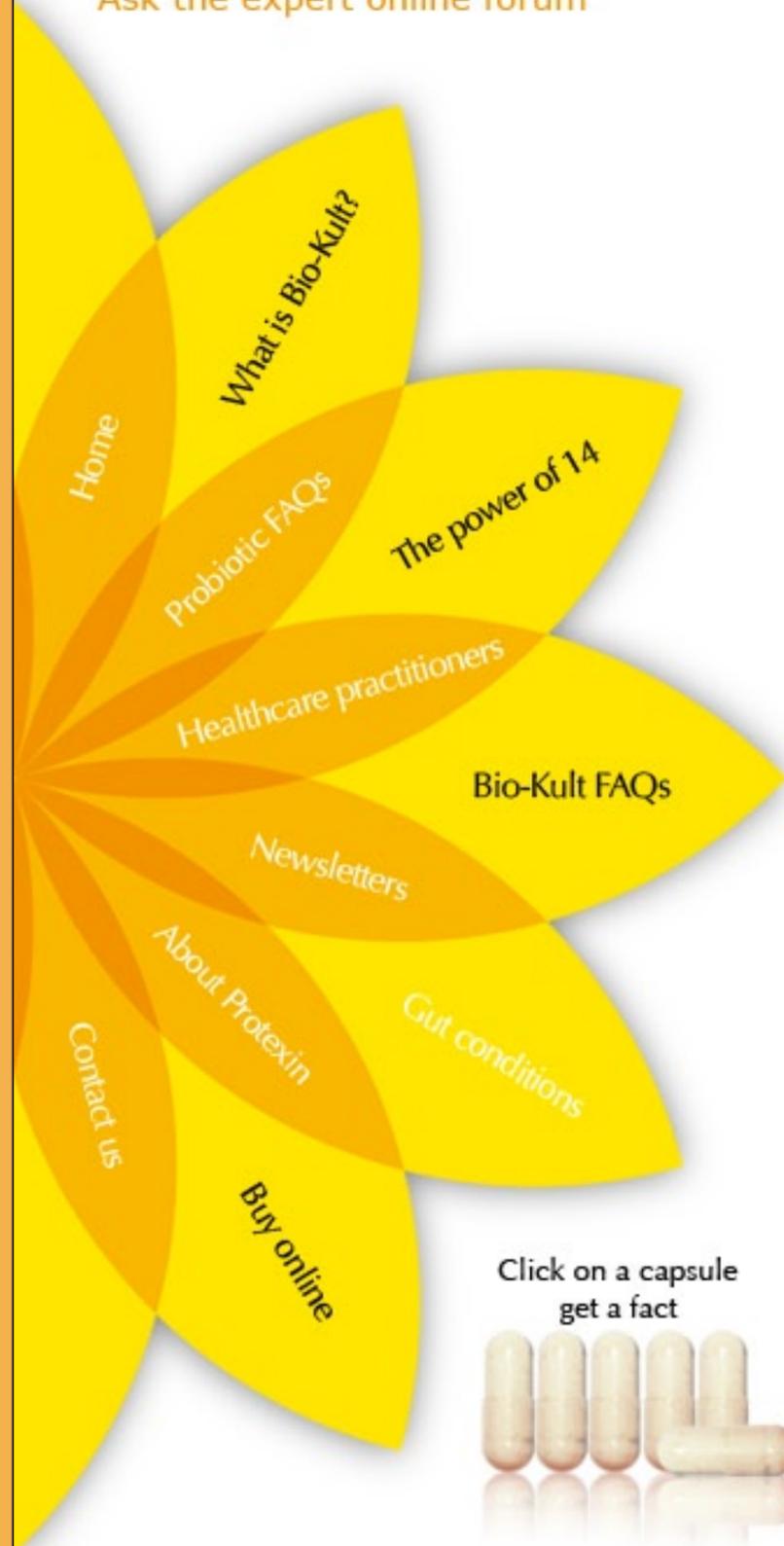
Probiotics represent a nutritional live microbial supplement that positively affects the host by enhancing the microbial balance. They work in a number of ways including; competitive exclusion, production of bacteriocins and lowering of gut pH. Although all probiotics mechanisms of action are not yet fully understood, it is known that they also have an effect on immune responses in the gut, which reduces inflammation⁽¹⁾. The use of probiotics has been suggested for the prevention and treatment of gut health problems, including acute infectious diarrhoea, antibiotic associated diarrhoea and inflammatory bowel disease.



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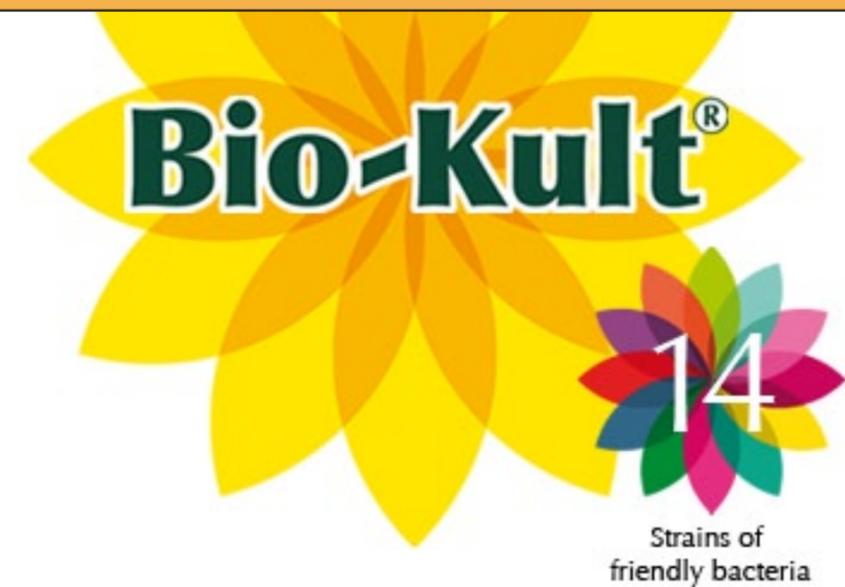
Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a very common condition affecting approximately 15% of the population at any one time⁽¹⁾. People with IBS usually have three main symptoms; pain in the lower abdomen, diarrhoea or constipation and abdominal bloating. In IBS the intestine does not work properly, but with no obvious damage to the digestive tract. Patients with IBS may in fact have one or more of the following gastrointestinal complaints; leaky gut, dysbiosis, Candida overgrowth, parasitic infections, food intolerances and allergies.

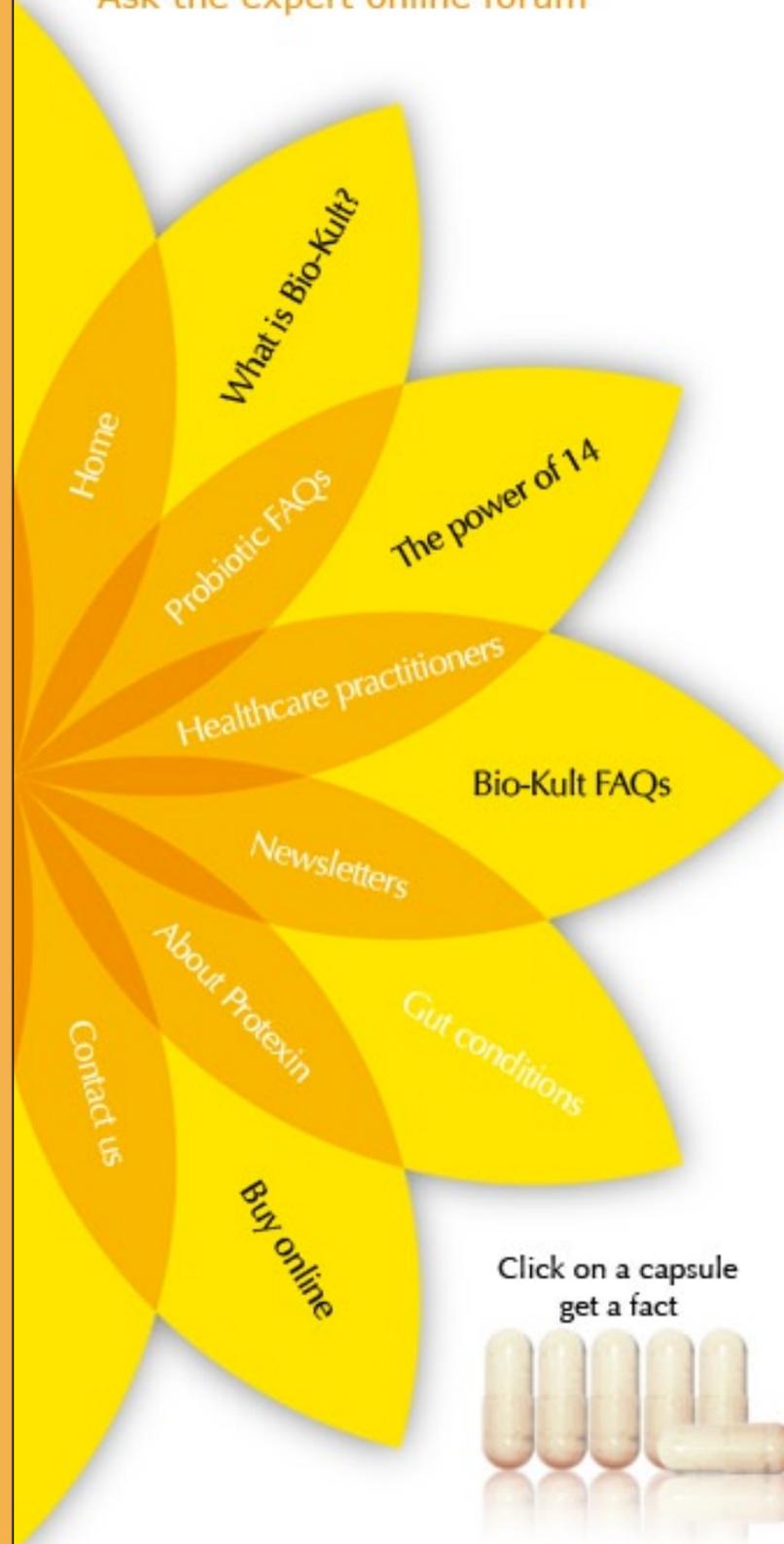
In addition to increasing the numbers of beneficial bacteria in a person's intestine, probiotics may also reduce the amount of gas produced. People with IBS tend to produce higher than average amounts of gas⁽²⁾, while Lactobacilli and Bifidobacteria (in probiotics) produce no gas. Evidence has shown that taking a daily probiotic can help reduce the symptoms of IBS⁽³⁾.

References

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3. Cartwright P (2003). *Probiotics for Crohn's and Colitis*. Prentice Publishing.



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I.B.D. - Inflammatory bowel disease

Inflammatory bowel disease (IBD) is a general term that covers several conditions in which the intestine is persistently inflamed. The two main forms of IBD are Crohn's Disease and Ulcerative Colitis (UC). IBD should not be confused with IBS (Irritable Bowel Syndrome), a completely separate condition in which the intestine is not damaged.

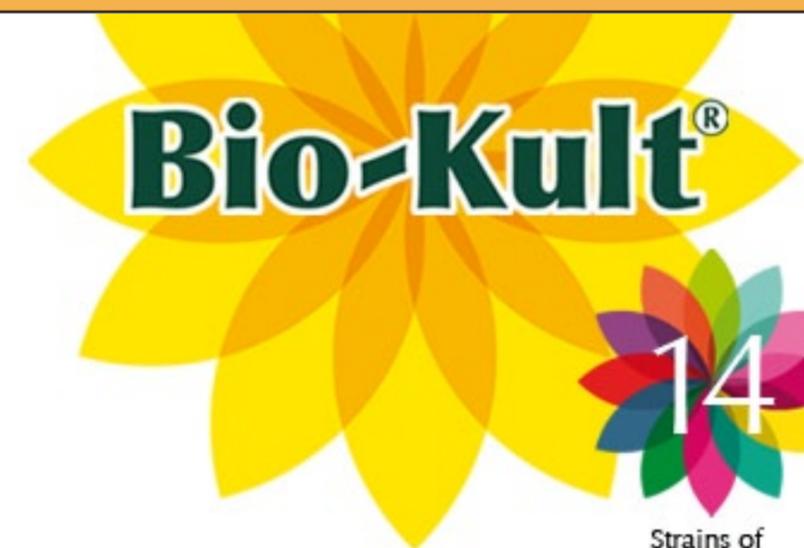
Crohn's and UC are long-term conditions that, although mostly starting in young adults, can start at any age. The main symptoms are diarrhoea, pain and blood in the stool, and currently there is no cure. Treatments include a range of drugs that reduce the inflammation and, in severe cases, surgery to remove damaged intestine.

There are three main factors thought to be responsible for intestinal inflammation associated with IBD; genetics, the immune system and gut microflora. It is only recently it has become clear that these diseases centre on the immune cells and tissues in the intestine reacting incorrectly to the normal gut microflora.

In human studies, an imbalance in colonic bacteria has been described, including a reduction in potentially protective organisms such as Bifidobacteria spp. and Lactobacilli spp. An increase in pathogenic organisms such as Escherichia coli was also seen, which along with inflammation of the intestinal mucosa, results in the development of lesions on the gut wall.⁽¹⁾

The theory proposed to explain bacterial involvement in IBD is as follows; "a pathogen, possibly a bacterium, reaches the intestine in large numbers and triggers the immune system, but instead of stopping when the pathogen has been defeated, the inflammation carries on as though there were dangerous invaders still present."⁽²⁾ It is thought that this inflammation continues due to the immune system mistakenly reacting to the normal gut microflora.

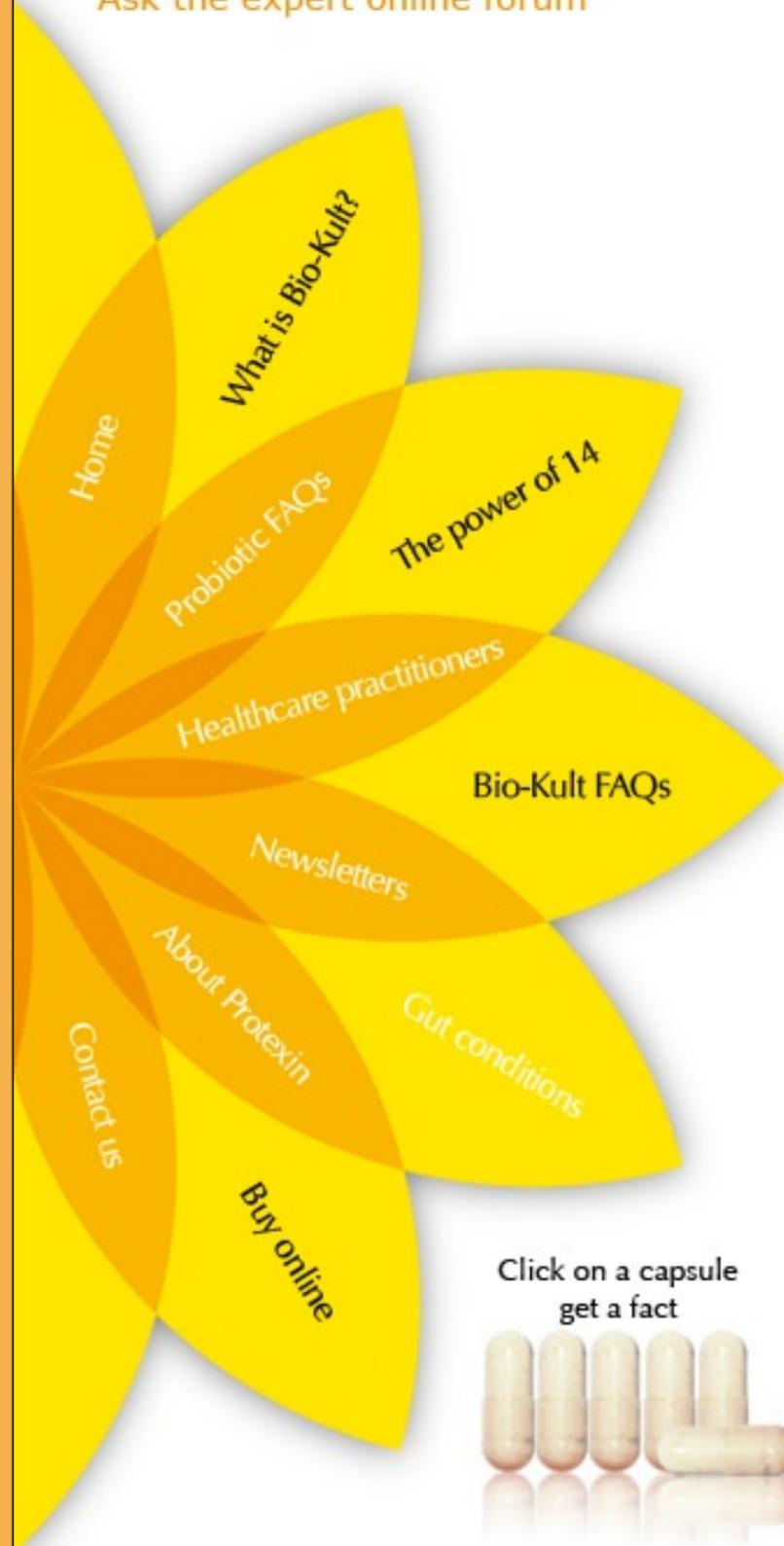
The initial trigger for the inflammation is when a pathogen passes through the gut mucosa of the intestinal wall. In normal subjects the epithelial cells form tight junctions and only allow small nutrient



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Diarrhoea

Diarrhoea causes an imbalance in the gut microflora, increased gut permeability and inflammation of the intestine.⁽¹⁾ If probiotic bacteria are able to adhere to the intestinal epithelium and colonise the gut, then it has been suggested they can be used to help treat or prevent diarrhoea. There are many studies suggesting that probiotics are effective for the treatment and prevention of different types of diarrhoea.⁽²⁾ The mechanisms of action have been studied and one method is thought to be due to the probiotic bacteria interfering with the invasion and adhesion of pathogens.⁽³⁾ In addition to stopping bacteria infecting cells already exposed, probiotic bacteria may help to protect the gut epithelium from further invasion.

When an infection passes to the intestine, the gut mucosa becomes irritated and secretion is increased. These fluids are produced to flush out the infectious agent and are also associated with increased gut motility. Probiotics help to reduce irritation and inflammation of the gut wall which has the effect of reducing diarrhoea as a physiological response. Literature suggests that probiotics reduce the symptoms and duration of diarrhoea⁽⁴⁾. Researchers have therefore concluded that probiotics are a useful addition to rehydration therapy in treating acute infectious diarrhoea in both adults and children. Probiotics are effective in treatment diarrhoea caused by bacteria pathogens and Rotavirus, having the greatest effect if given as soon after the onset of diarrhoea as possible

References

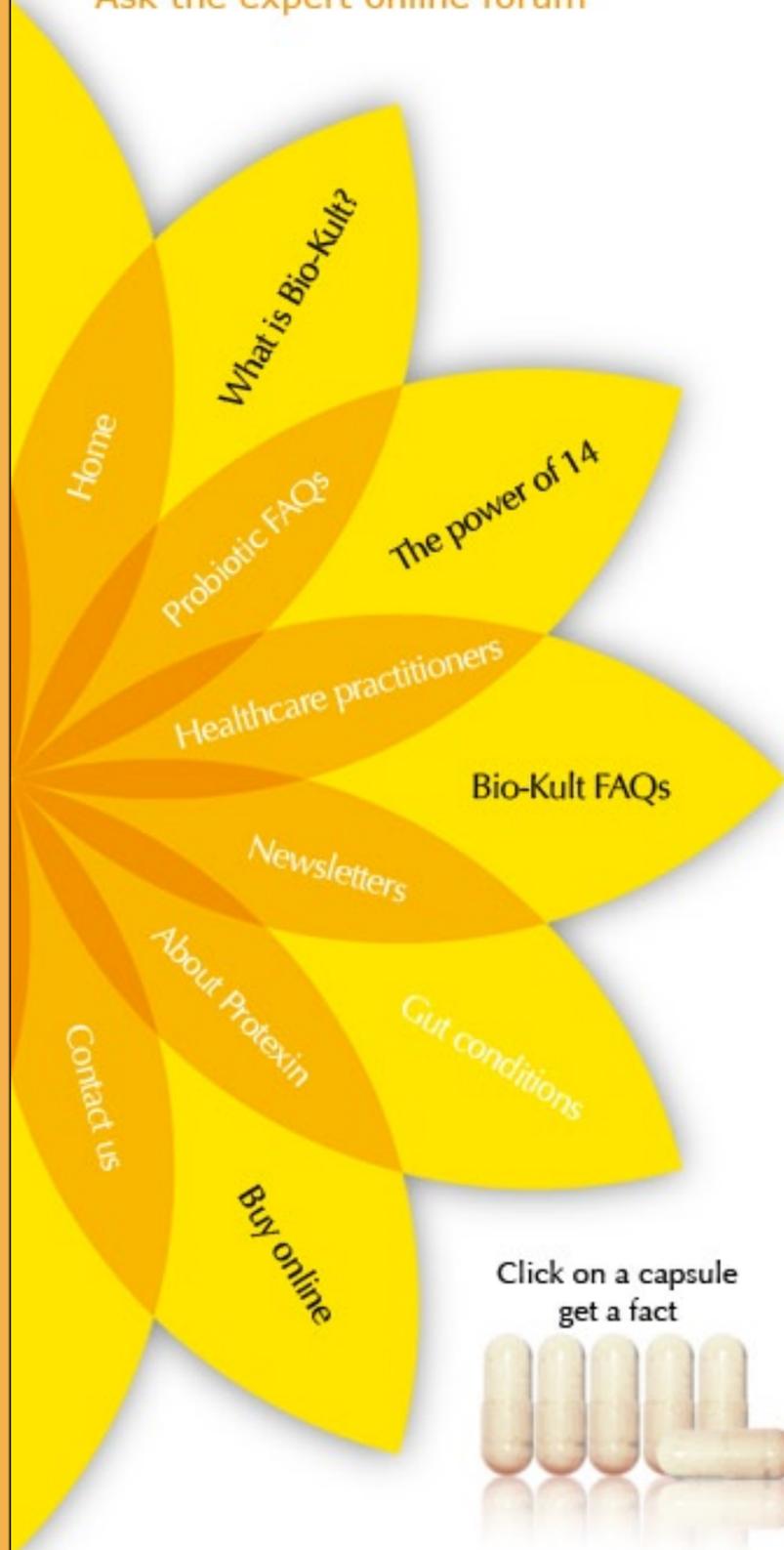
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Antibiotic Associated Diarrhoea (AAD)

5-30% who take a course of antibiotics suffer from diarrhoea⁽¹⁾. As well as being an unpleasant side effect, it can in some cases, lead to chronic or persistent diarrhoea. Antibiotics are taken for a variety of bacterial infection in order to kill the bacteria and prevent disease. However, at the same time as killing pathogenic bacteria they may also kill the beneficial bacteria within the gut. Antibiotics disturb the gut microflora, reducing colonisation resistance and increasing the risk of developing an intestinal infection; the main symptom being diarrhoea. Oral antibiotics such as Cephalosporins, Clindamycin and broad spectrum Penicillins are more likely to cause AAD than parenteral antibiotics⁽²⁾. [The World Health Organisation defines antibiotic-associated diarrhoea (AAD) as three or more abnormally loose bowel movements per 24 hours.]

AAD causes and symptoms

A reduction in the number of beneficial bacteria in the gut causes an imbalance in the microflora and can allow pathogenic species to increase. The gastrointestinal microflora is less able to resist colonisation by pathogenic species, which causes clinical symptoms, most commonly diarrhoea.

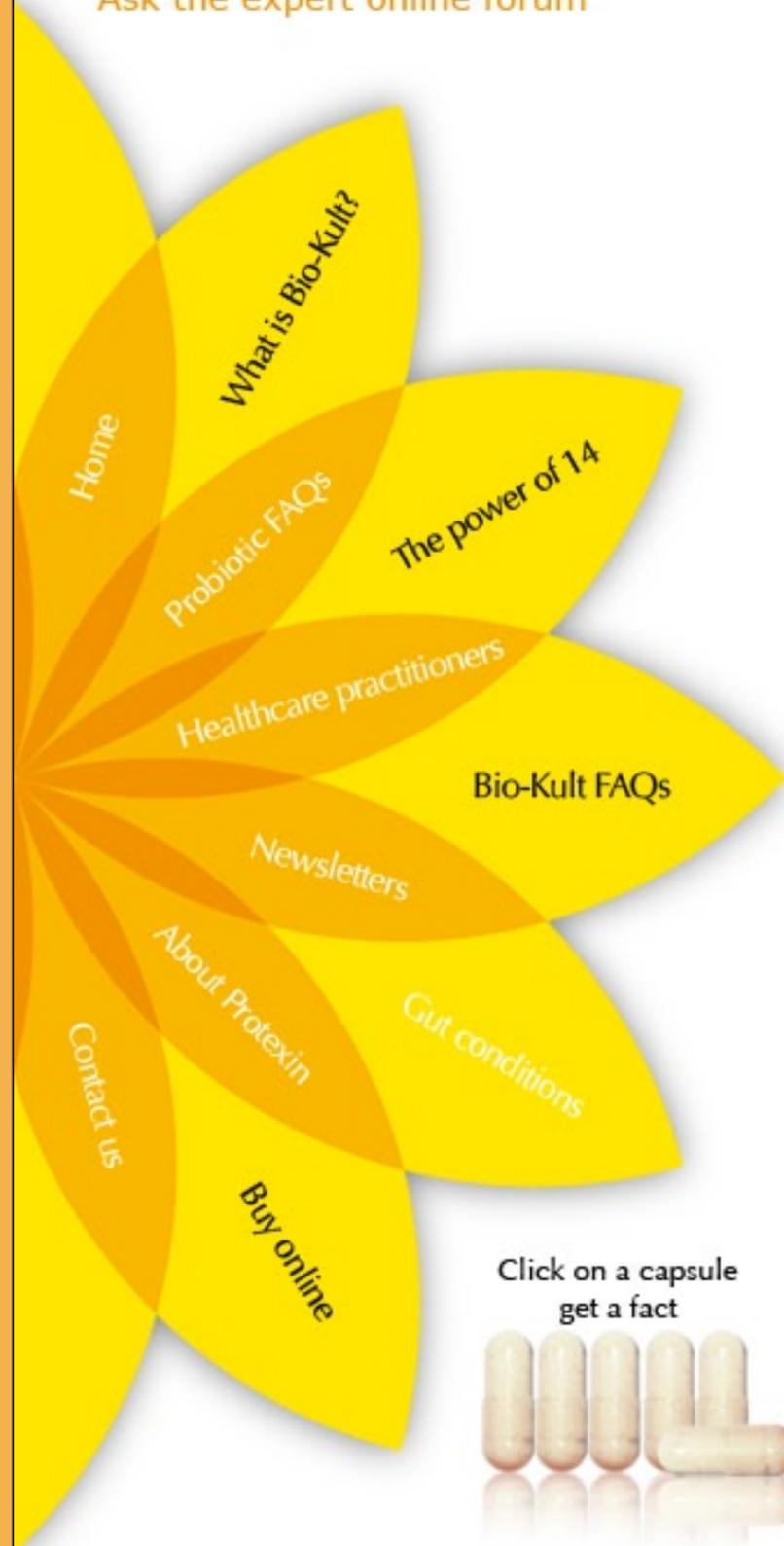
The use of Probiotics in prevention of AAD

Probiotics are used to treat or prevent antibiotic associated diarrhoea because they replace the beneficial bacteria which are lost during antibiotic therapy. This in turn helps to prevent colonisation of pathogens, which can cause diarrhoea. If taken at the same time as antibiotic therapy probiotics are effective at preventing antibiotic associated diarrhoea.

The recommended strategy is taking 2 capsules/day, ideally at least 3 hours after the antibiotic dose and carry on with the probiotics for at least 2 weeks post antibiotic course.



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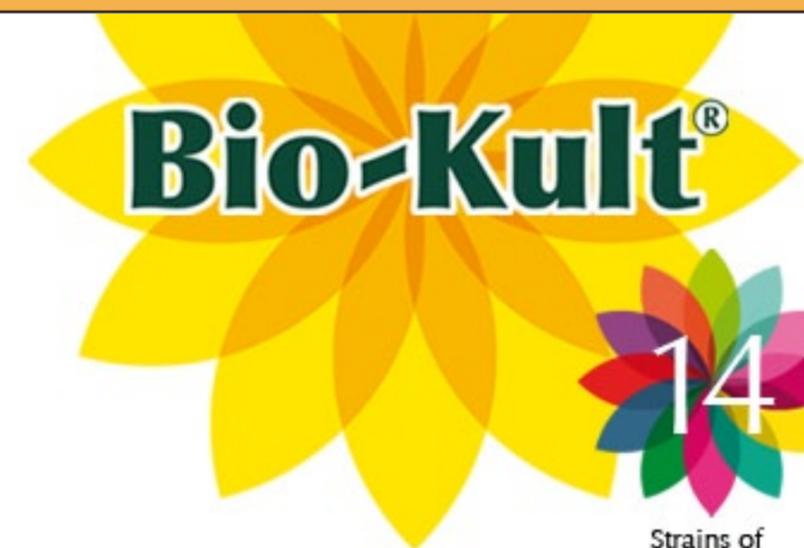
Candida

The yeast *Candida albicans* is present on or in most humans as a harmless organism, however it can also become a major fungal pathogen of humans. Infections can be localised, occurring in areas such as the vagina or the mouth, spreading to affect almost any organ system. Candidiasis can be associated with or a predisposing factor for, a number of conditions including; chronic fatigue syndrome, arthritis, irritable bowel syndrome and allergies.

A study showed that the normal gut flora have a natural resistance to *Candida albicans* but this may be reduced when antibiotics are taken.⁽¹⁾ Many women suffer from recurrent yeast infections indicating that there must be a reservoir of *Candida albicans*. There is a significant association shown between the presence of yeasts in the rectum and in the vagina.⁽²⁾ A review of the literature concluded that due to the recurrent nature of Candida vaginitis a complete treatment would not be possible without removing *Candida albicans* from the gut.⁽³⁾

Probiotic microbes not only suppress the growth of Candida in the gastrointestinal tract and vagina, but they also inhibit the adherence of Candida to the mucosa. The ability of probiotic bacteria to stimulate innate and acquired immune systems in the host and activate phagocytic cells is also thought to play a role in the inhibition of Candida. It is thought that although probiotics may not be able to cure yeast vaginitis, they are useful in combination with anti-fungal drugs, to reduce the risk of recurrence. The use of probiotics can help fortify natural resistance of the gut microflora to *Candida albicans*, particularly if antibiotics are used.

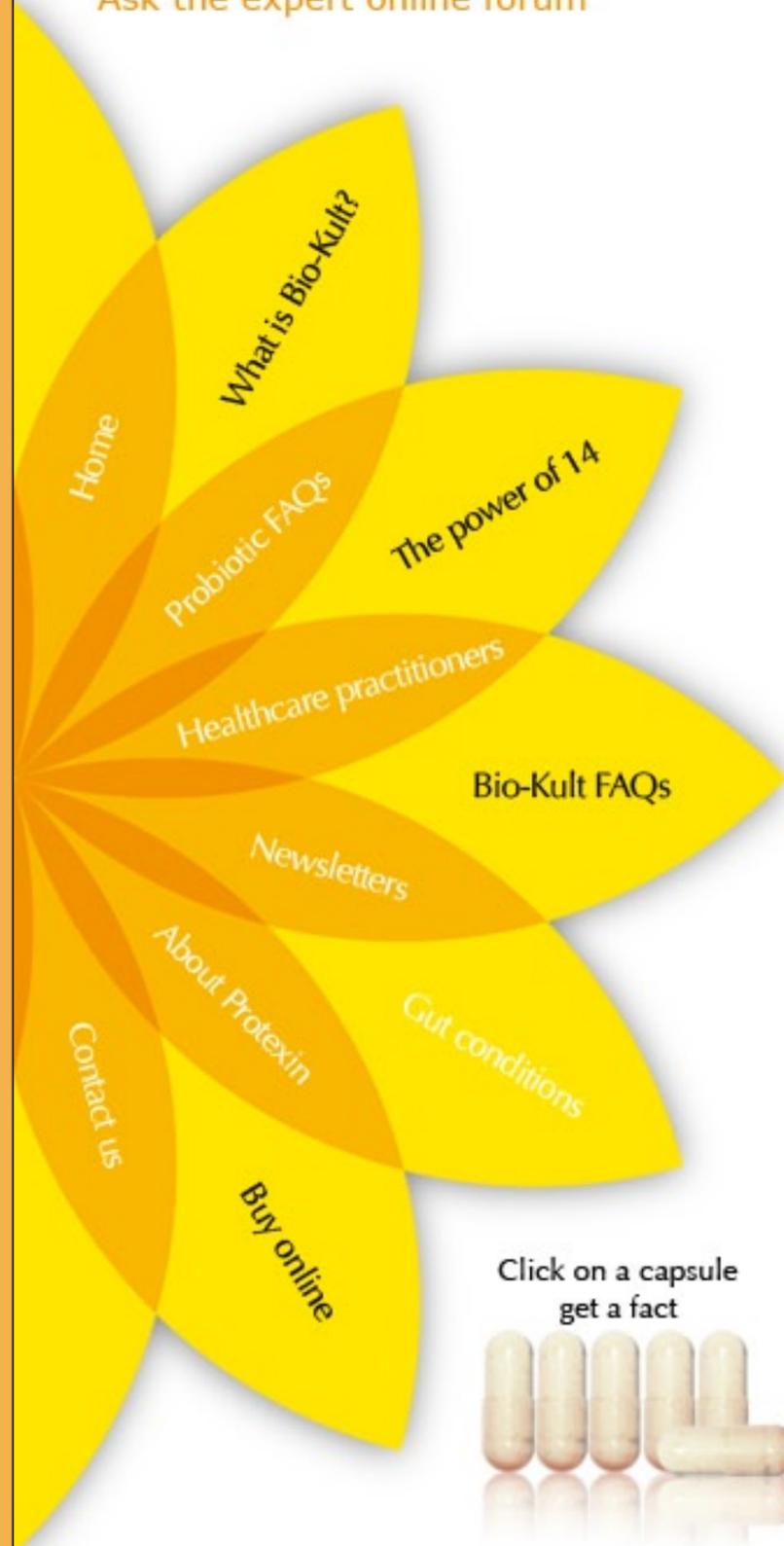
In a normal healthy individual, overgrowth of *Candida albicans* is prevented by the commensal bacteria, found in the normal balanced microflora. However, antibiotics have the ability to disrupt the bacterial populations within the gut. This can then lead to the overgrowth of undesirable microorganisms like *Candida albicans*. If probiotics are used in this situation then, although *Candida albicans* will not be completely eliminated, yeast counts will be reduced. By reducing the pH of the vaginal tract, probiotics also make it an unfavourable environment for yeast growth.



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Traveller's Stomach

Cause and Symptoms

Any food or water from an infected source can cause traveller's stomach. Symptoms may take 2-3 days to develop and are mainly diarrhoea, as well as abdominal cramps and nausea. These symptoms can often last for 10 days on return. Vomiting and fever are less common symptoms.

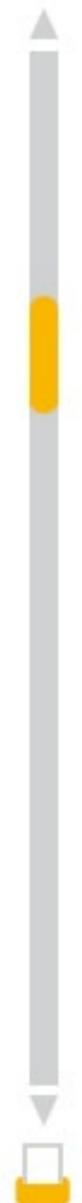
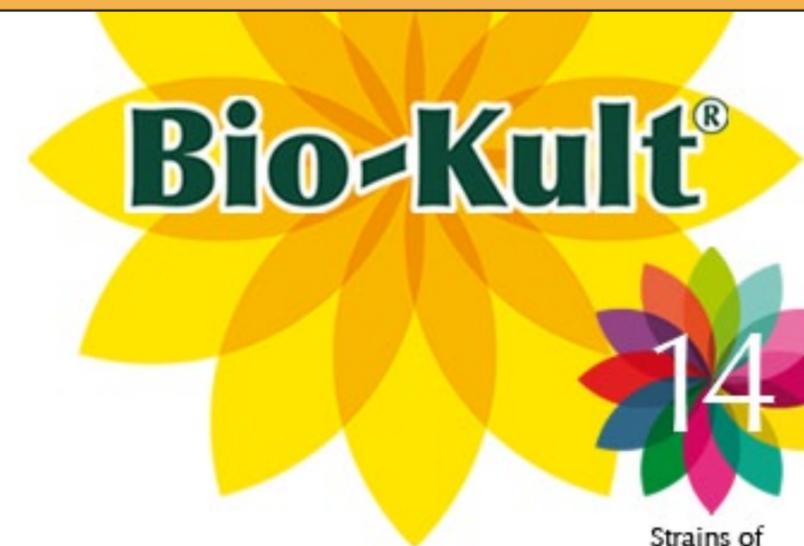
The most common cause of Traveller's Stomach is bacterial contamination in food or water⁽¹⁾, with the remainder caused by viruses or parasites.

Prevention and probiotics

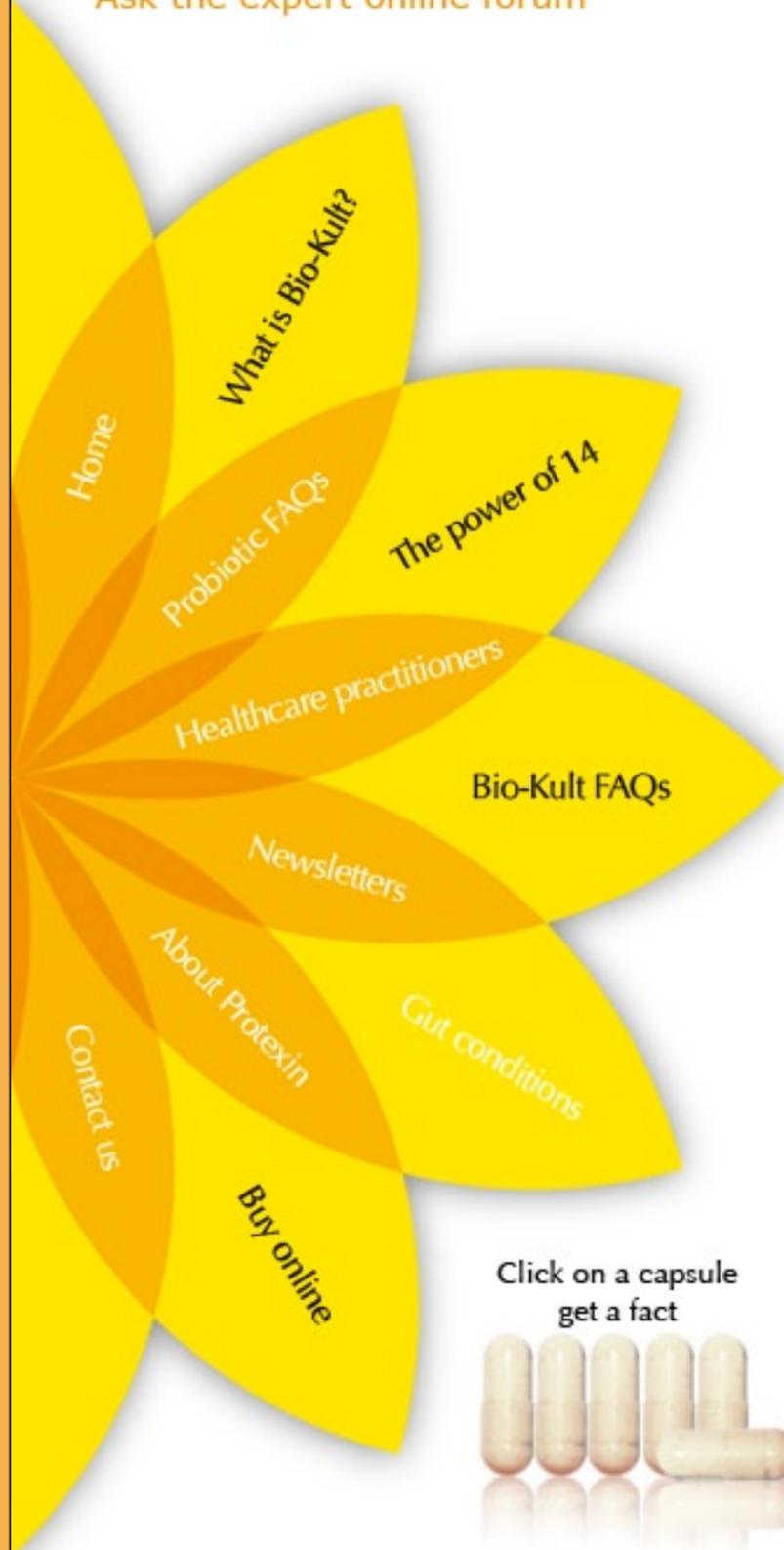
The use of probiotics as a preventative for diarrhoea whilst travelling has been studied and there is evidence which suggests a lower incidence of diarrhoea when Lactobacilli and Bifidobacterium are used both as a preventative and for treatment. Studies have found that giving probiotics strains to tourists visiting developing countries had a benefit in preventing diarrhoea.⁽²⁾ It has been suggested that in order to get the greatest protection from diarrhoea, traveller's should start taking probiotics before any trip, during travel and continue afterwards (to include time period when taking anti-malarials). This allows the establishment of beneficial bacteria within the gut prior to travel and helps to ensure optimum natural immunity.

Documented beneficial effects of probiotics on diarrhoea include;

- Reducing duration of diarrhoeal episodes
- Reduces stool frequency
- Reduces vomiting
- Reduces risk of diarrhoea
- Faster discharge from hospital
- Shorter recovery time



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Dysbiosis

Atopic Dermatitis

Eczema is a skin condition that is suffered by 10 to 20% of the world's population. It causes the skin to become red, itchy and flaky. This is a result of the skin's inflammatory response to physical or environmental irritants. Anybody can get eczema, although those with a family history will have a greater predisposition to the disease.

Normally, skin acts as a barrier to protect individuals against disease and infection. This protection is compromised when oversensitivity to external irritants, cause a negative immune response, resulting in an eczema reaction. When the skin heals, it thickens and can have a leathery appearance; this process is known as lichenification. Allergic reactions to foods, particularly milk products, animals, dust, cosmetics, and viruses can all trigger an episode of eczema. Environmental factors, such as stress, can also trigger a reaction. This skin condition can appear in infants, children, and adults, on any part of the body.

It has been suggested that some people develop atopic diseases, such as allergic rhinitis, asthma and atopic eczema, due to alterations in their intestinal microflora. It is therefore proposed that probiotics might help to prevent and treat atopic disorders by altering intestinal microflora. Distinctive alterations in the composition of the gut microflora have been found in people with atopic disease, which suggests that there is interaction between the intestinal immune system and specific microfloral strains, in the development of these conditions.⁽¹⁾

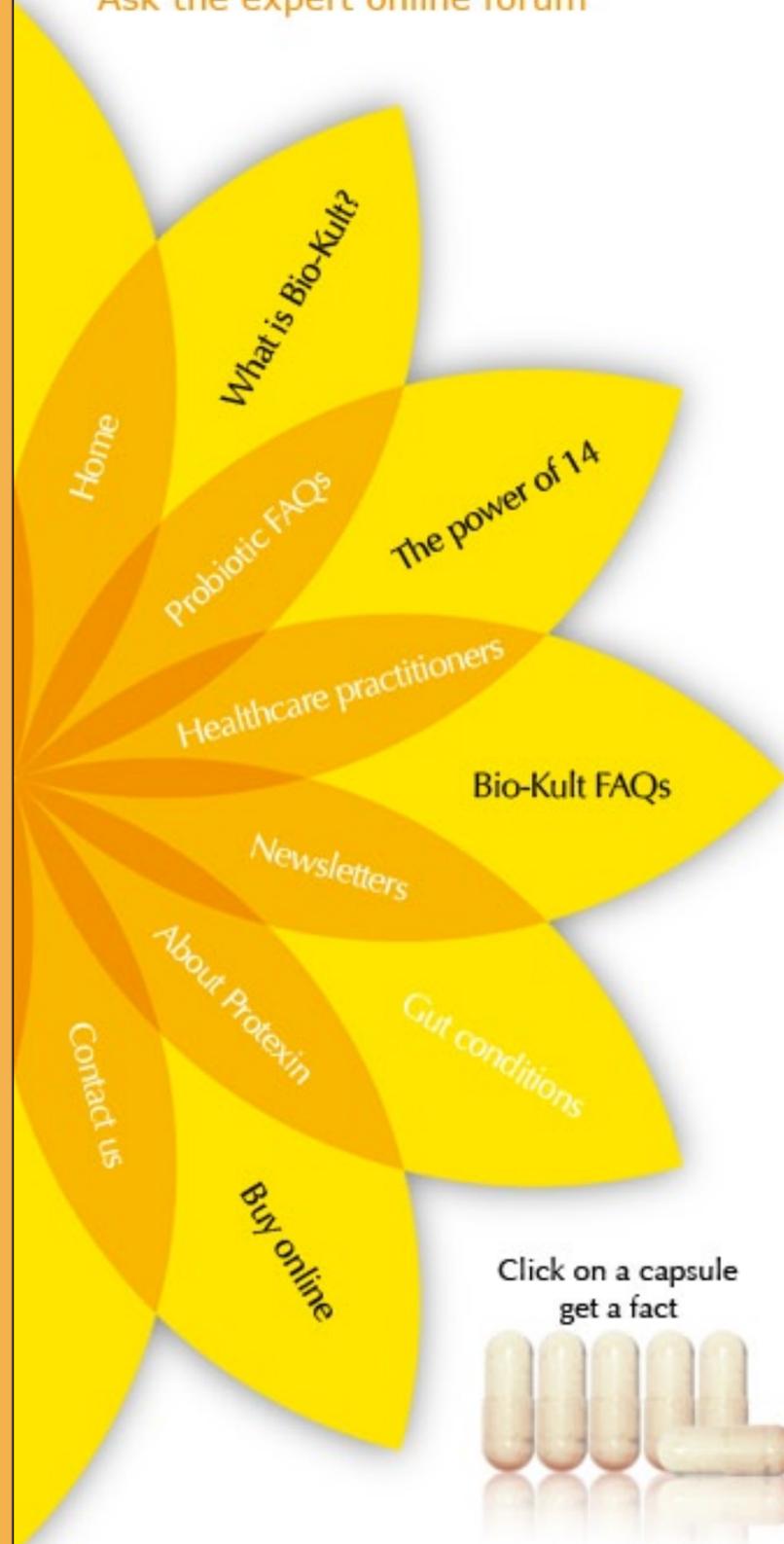
Many children with allergic conditions have a delay in the development of the gut microflora at weaning. A study began treatment with *Lactobacilli spp.* at or around birth and observed allergic symptoms for the next two years.⁽²⁾ It was found that those receiving probiotics were half as likely to develop atopic eczema as those infants who did not. Probiotics may therefore, be potentially beneficial to the maturation of infant's immune system. Adding probiotics to the daily diet of children with food allergies has helped to reduce eczema symptoms.



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Leaky gut Syndrome

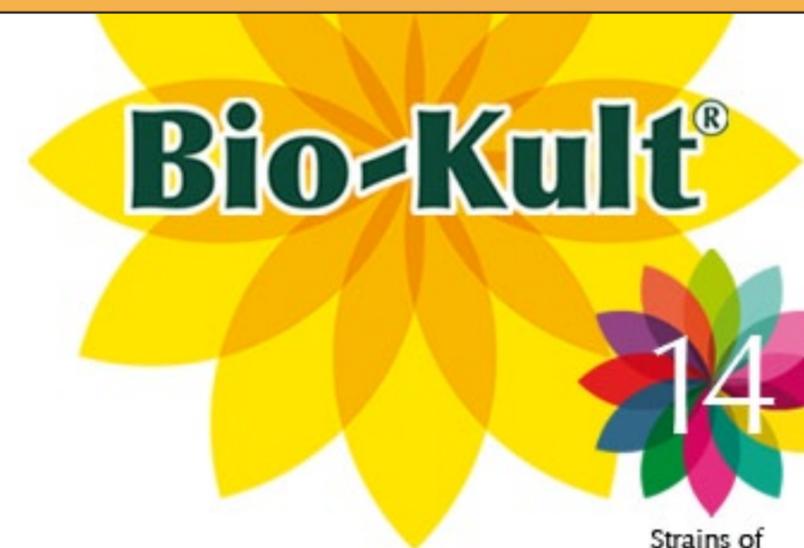
Along the normal gut lining, there are epithelial cells forming tight junctions which allow only small particles of digested food through to the blood stream. Leaky gut or intestinal permeability refer to the gut lining allowing bacteria and some undigested nutrients into the blood stream. Instead of being absorbed and digested, these molecules circulate throughout the blood stream. Here, they stimulate the immune system, and, in turn, immune system cells react to their presence as they would to any foreign protein by initiating an inflammatory reaction that leads to autoantibody production and autoimmune disease development. Evidence for this theory includes the presence of gastrointestinal tissue damage seen in patients with a number of different autoimmune diseases including irritable bowel syndrome, rheumatoid arthritis, and Crohn's disease.

Causes and Symptoms of Leaky Gut Syndrome

Common factors predisposing leaky gut syndrome include antibiotics, alcohol, caffeine, parasites, pathogenic bacteria, some food preservatives and additives, allergic states such as gluten sensitivity and lactose intolerance, corticosteroids, non-steroidal anti-inflammatory drugs, refined carbohydrates, oral contraceptives, and fungi. Chronic inflammation from these sources damages the protective coat of immunoglobulin (antibody) A, which interferes with the body's normal ability to inhibit these substances. The resulting toxins then interfere with the liver's ability to detoxify these substances. One result is increased sensitivity to environmental agents such as cigarette smoke, chemical cleaning agents and strong perfumes. Early symptoms include a tendency toward hay fever.

The use of probiotics in Leaky gut Syndrome

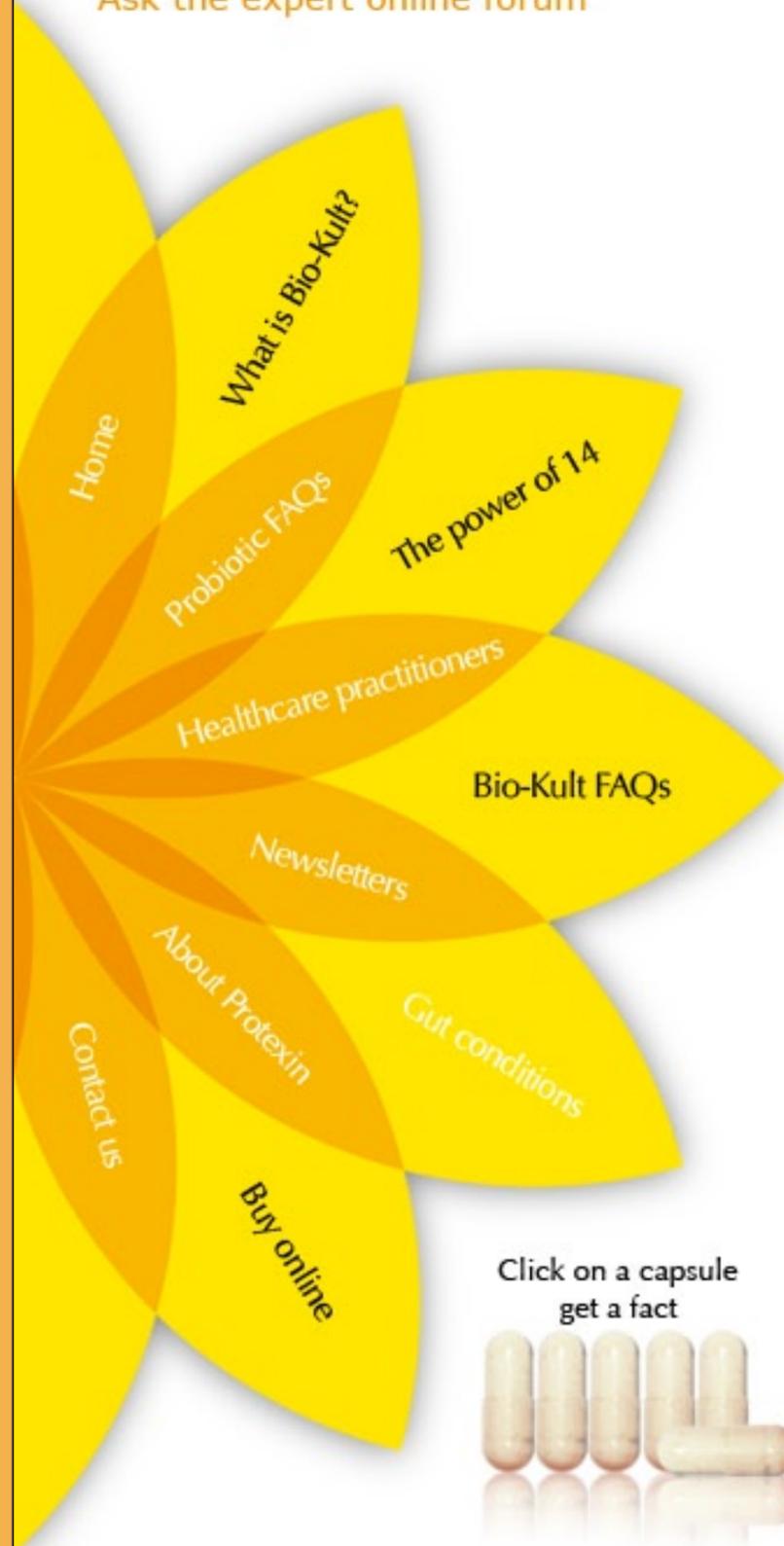
Probiotics have been shown to improve intestinal permeability and reduce inflammation in leaky gut patients¹.



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Autism

In recent years, a clear link has established between digestive problems and autism^{1,2}.

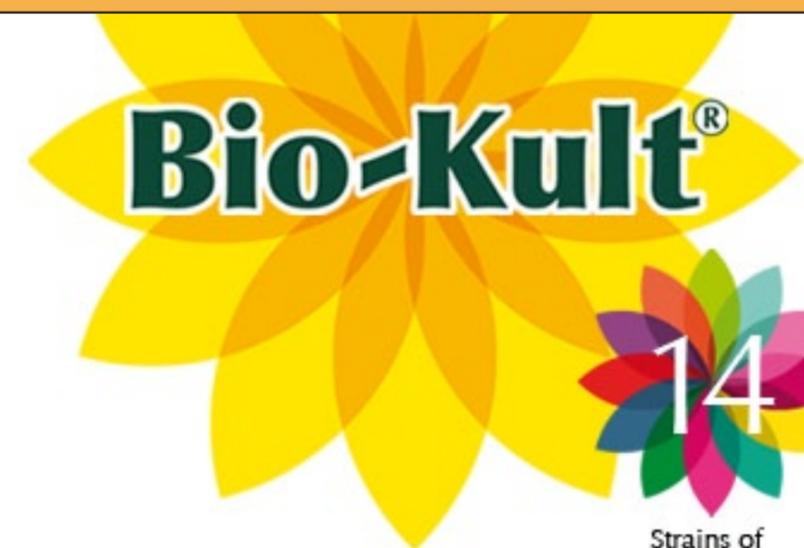
A crucial part of a normal digestive tract is the 1.5 kg of beneficial bacteria that live there.^{3, 4, 5} Without them we simply cannot be healthy. The functions of normal gut flora, known to science so far, are multiple and far reaching.

The Role of Normal Balanced Gut Bacteria (Gut Flora) in the Healthy Child

- The normal Gut Flora have a protective and barrier role against invasive pathogenic microorganisms by producing antibiotic-like substances, antifungal volatiles (AFV), and surfactins that dissolve the lipid membrane of envelope viruses and bacteria.
- They play a major role in the digestion and absorption of all nutrients.
- They provide a major source of nourishment and energy for the gut lining.
- They synthesise various amino acids, Vitamin K, panthotenic acid, thiamin, riboflavin, niacin, folic acid, pyridoxine, and cyanocobalamine.
- They help recycle bile acids and assist normal cholesterol metabolism.
- They have a major immuno-modulating role by stimulating antibody production, interferon synthesis, and inhibition of IgA degradation (IgA is secreted into the lumen of the digestive tract in response to approaching food and is essential for the proper digestion of that food).

This microscopic world within us is highly organised. In healthy people it is dominated by "good" bacteria which keep under control a huge variety of pathogenic "bad" bacteria. For whatever, yet unknown reason, autistic children develop deficient gut flora.^{1, 2}

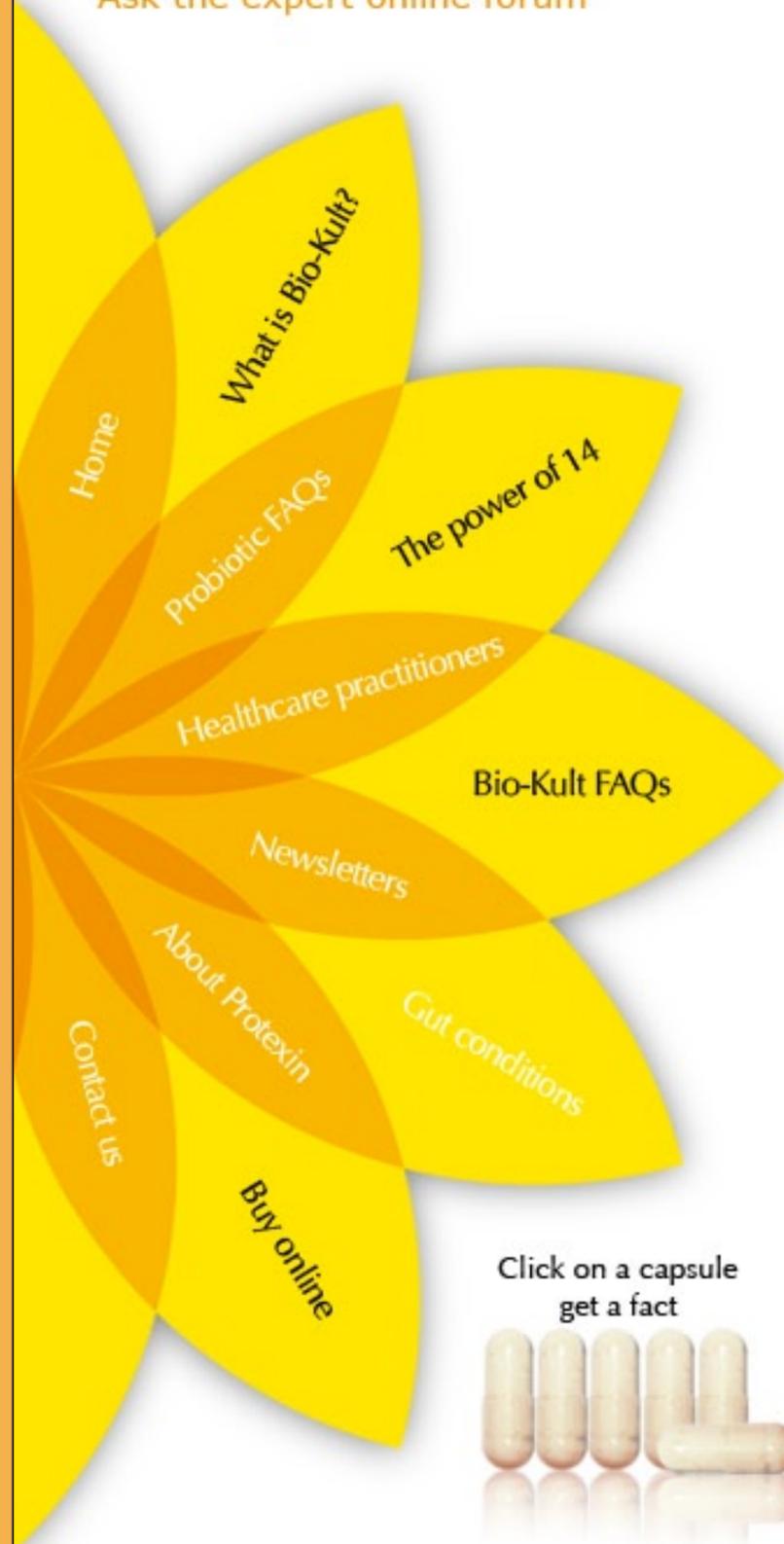
While purely breast fed, children may develop normally, as mother's milk is the easiest thing on Earth



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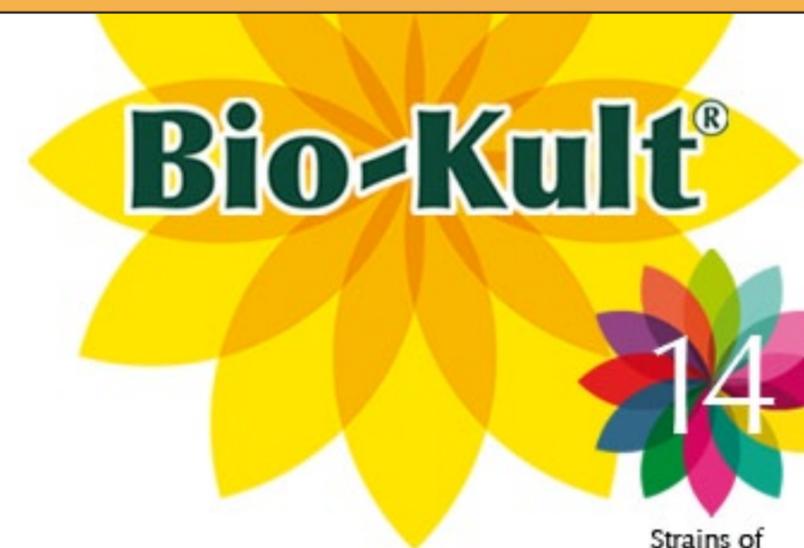
Dysbiosis is the disturbance of the normal bacteria in the gut, with reduced levels of the essential bacteria. The concept of dysbiosis is largely ignored by the medical profession in the UK, but is widely accepted on the continent, particularly in Germany. Veterinary practitioners also recognise the significance and importance of the bowel bacteria, and preparations containing these are commonly added to animal feeds. Much evidence exists to show that dysbiosis is the underlying cause of considerable illness, not just those associated with the intestine. These conditions may be caused by the result of the dysbiosis rather than being a direct effect.

The Causes of Dysbiosis

The most common cause of dysbiosis - and the reason why it is so common in the west is the inappropriate use of antibiotics. Infective illnesses, even when caused by viruses, are commonly and immediately treated with antibiotics, but are commonly ineffective. Whilst this may be effective in dealing with an acute bacterial infection, these so called wide spectrum antibiotics kill off a large range of bacteria, including the normal healthy bugs in the gut. This is why disturbed bowel action, particularly diarrhoea, commonly follows a course of antibiotics. Ironically the overuse of antibiotics increases the need for future antibiotics, as the dysbiosis induced by them suppresses the immune system.

Other medications enhance the development of dysbiosis. Hormones, particularly those taken to treat menopausal symptoms, appear to encourage dysbiosis and make it more difficult to treat. This only applies to hormones taken by mouth, and not those administered by an adhesive patch.

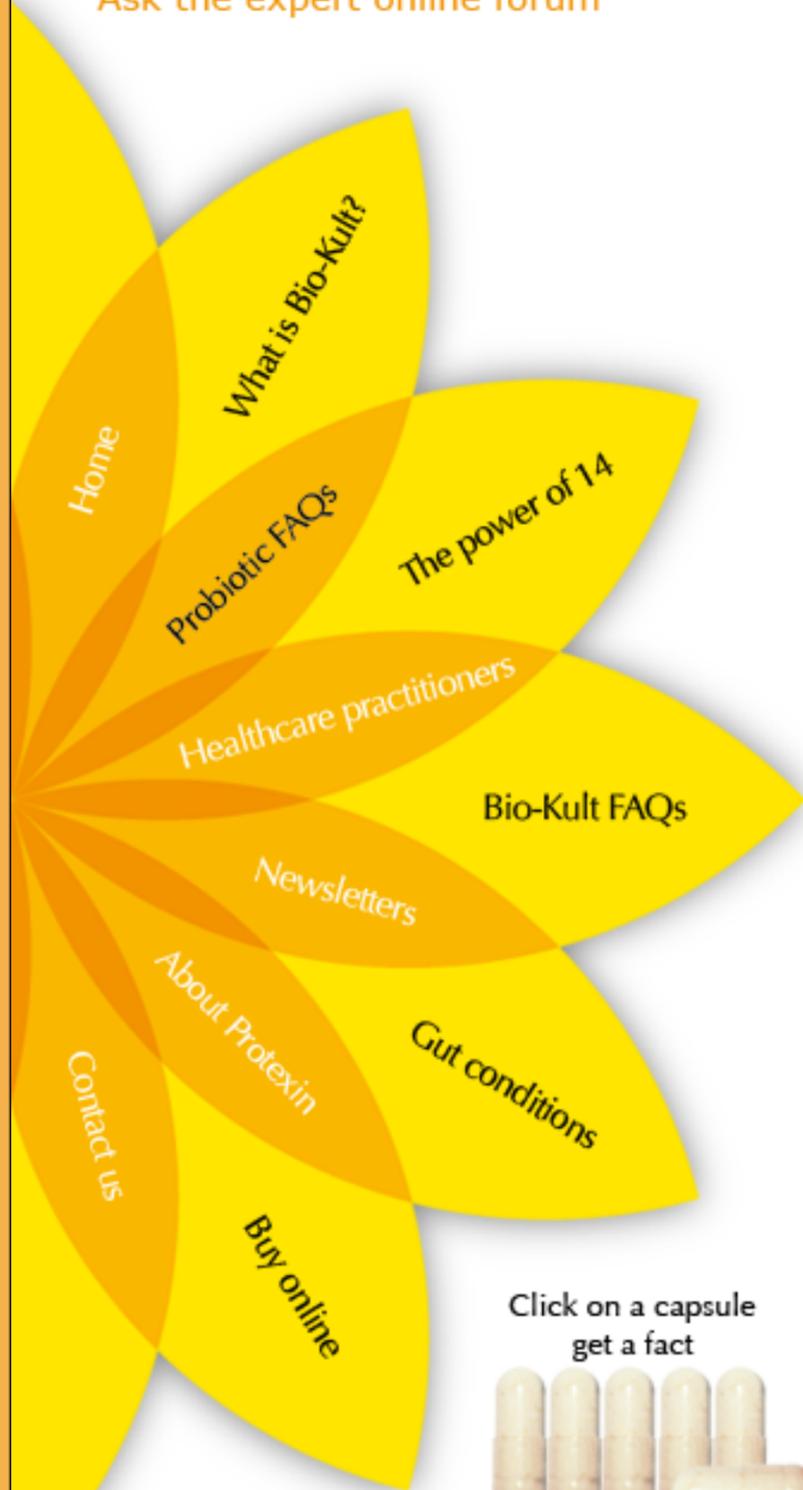
Stress, too, has a role in increasing the development of dysbiosis. This may not be a direct effect but one which results from poor dietary intake and inappropriate eating habits. Convenience foods, together with rapid and infrequent meals do not help normal bacteria to develop.



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What is gut microflora?

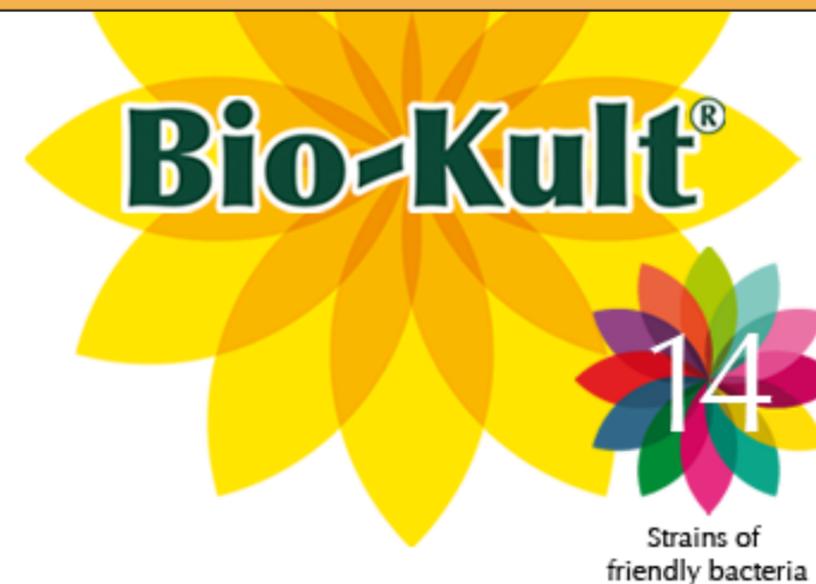
What is the basic concept of probiotics and how do they work?

What makes a good probiotic?

Is it possible to overdose on probiotics?

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What are probiotics?

Dr Roy Fuller defined a probiotic "A preparation of viable microorganisms which is consumed by humans or other animals with the aim of inducing beneficial effects qualitatively or quantitatively influencing their gut microflora and/or modifying their immune status" Fuller (2004). This definition emphasises the importance of viable living cells as essential components of probiotics.

The word probiosis originated from Greek: pro (for) and biosis (life), and is therefore opposite in meaning to antibiosis, promoting the proliferation of bacterial species within the gastrointestinal tract. Probiosis is defined as 'the property of the normal adult flora to resist the overgrowth of component strains and the establishment of foreign strains' and is reinforced or re-established by probiotics. The concept of probiotics applied to preventative medicine is claimed to have originated from Eli Metchnikoff. He postulated that the longevity observed in the Balkan people was due to the regular consumption of soured milk containing *Lactobacillus bulgaricus*.

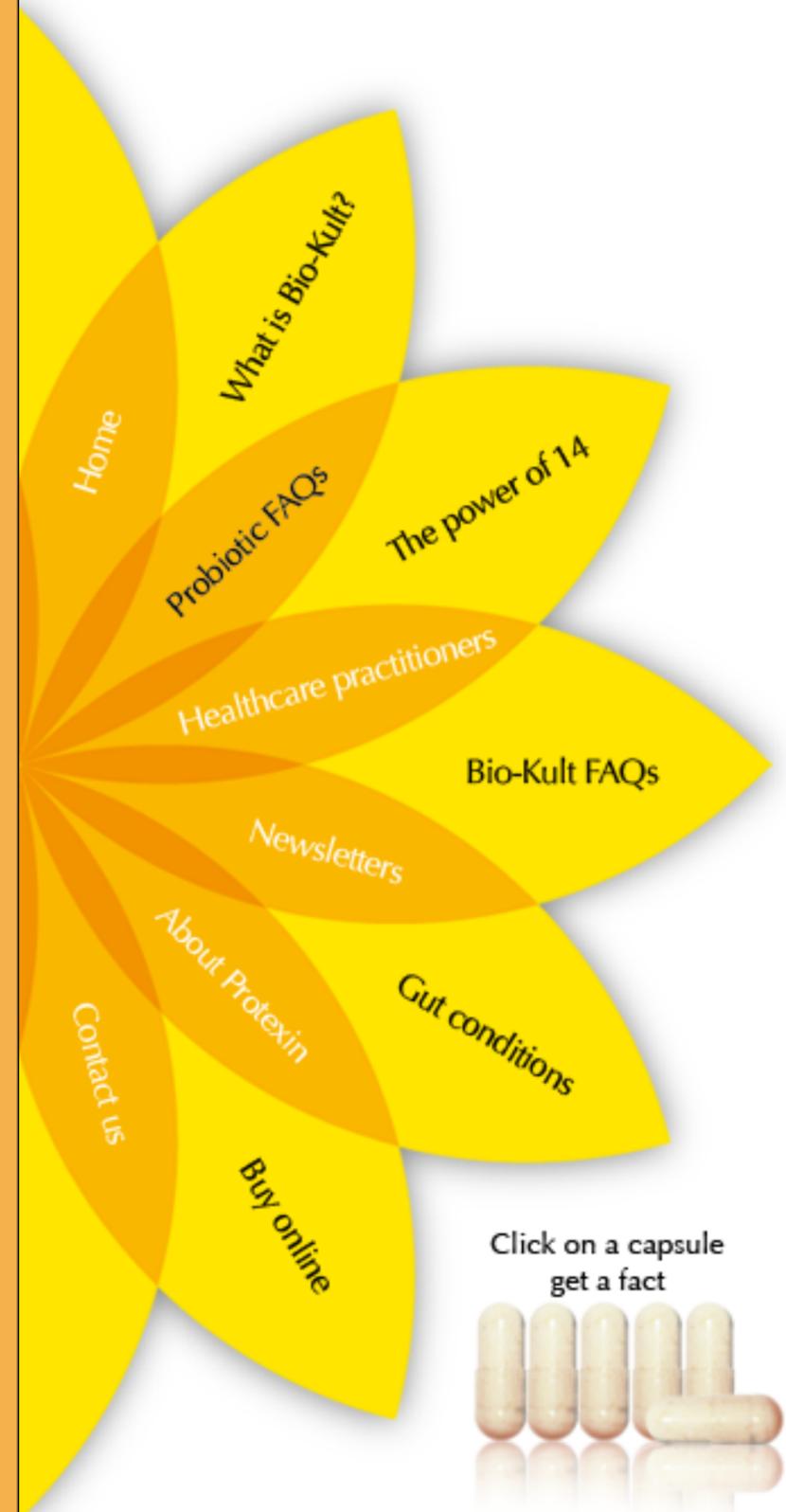
What is the gut microflora?

The collection of microorganisms resident in the gastrointestinal tract is termed as the microflora. The gut microflora contains a variety of different bacteria and fungi of which there are typically approximately 500 different types of microorganisms with a total population of $\sim 10^{14}$ (that is 100,000,000,000,000 bacteria) throughout the length of the intestinal tract.

The gut microflora is a complex collection of microorganisms which are distributed throughout the whole length of the gut. Within particular regions the organisms may be found in three niches:

- (a) associated with gut wall. This can either take the form of direct attachment to the epithelium or entrapment in the mucous layer of the epithelium
- (b) attachment to food particles





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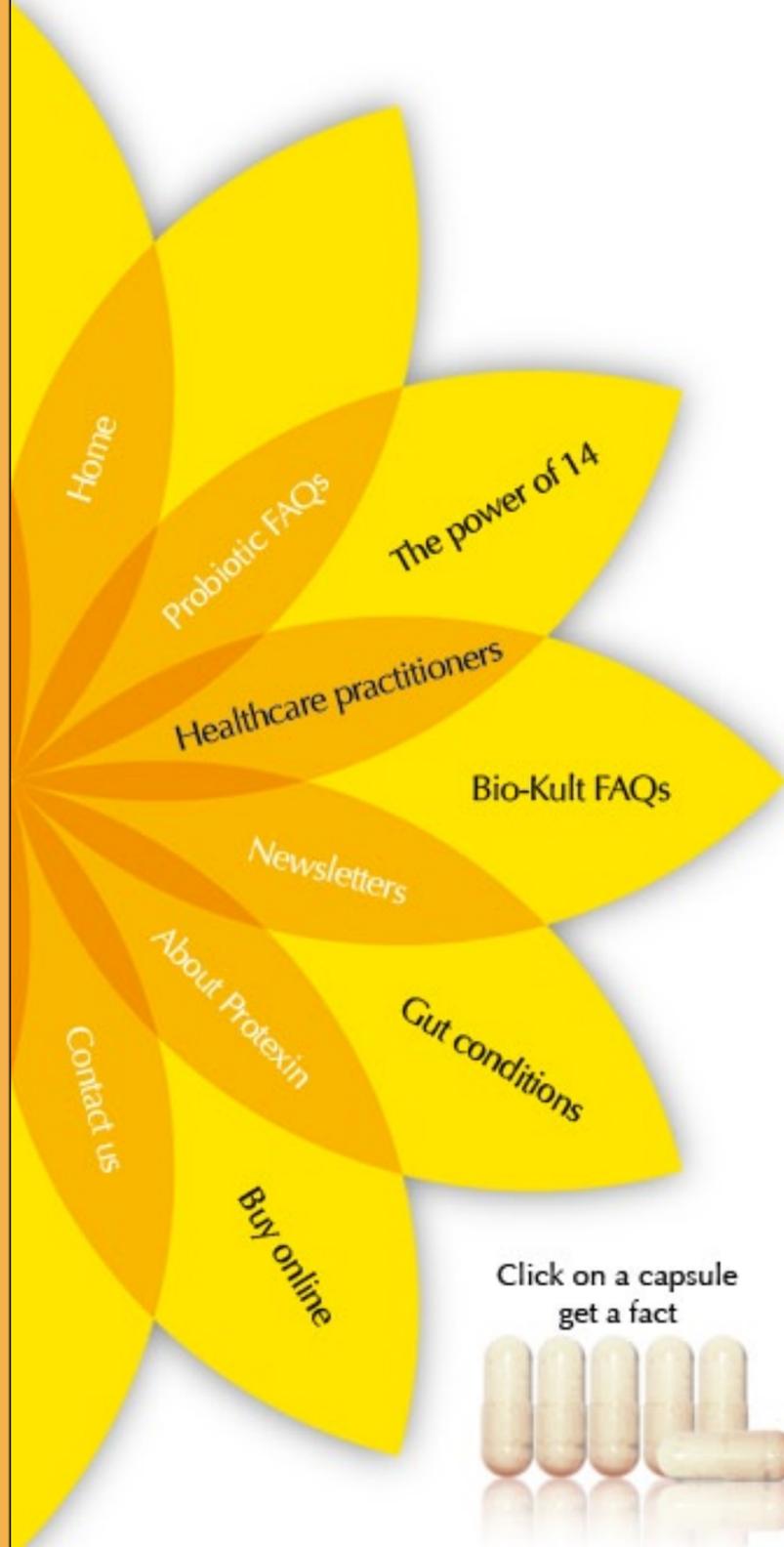
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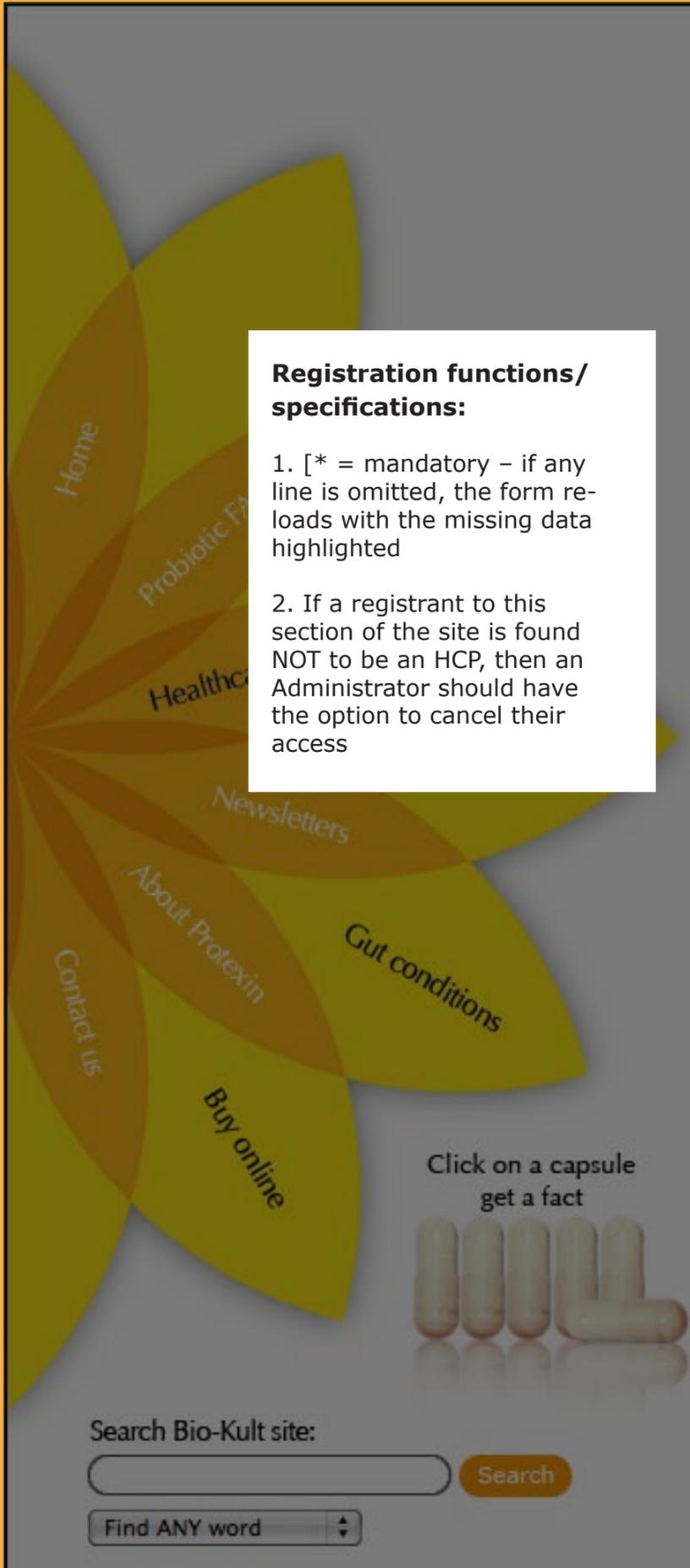
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(This will be the name which appears when you use the forum)	
*Healthcare practice name:	<input type="text"/>
*Address 1:	<input type="text"/>
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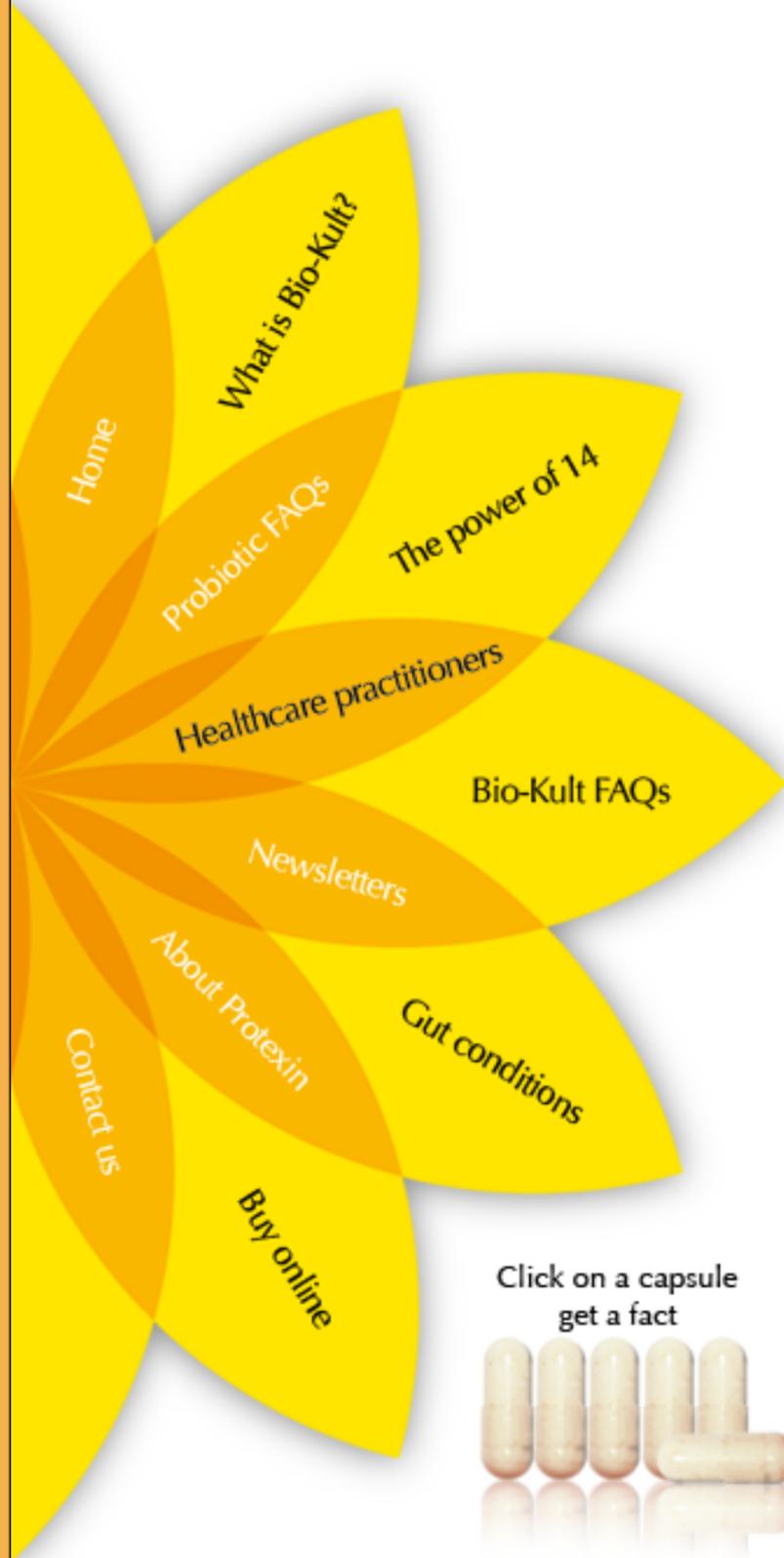
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Technical Support Forum

Welcome to the Technical Support Forum for Bio-Kult, which is here to help ensure you are best informed on Bio-Kult and the conditions it is associated with. It provides you with a place to discuss technical issues with each other and our Protexin probiotic experts.

While Protexin staff regularly monitor and reply to this forum (Monday to Friday 8:30am-5pm UK time), it is not meant as a means to resolve complex issues because of the nature of forums, and we recommend **contacting us** by other means.

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1 Topics

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09:15 am
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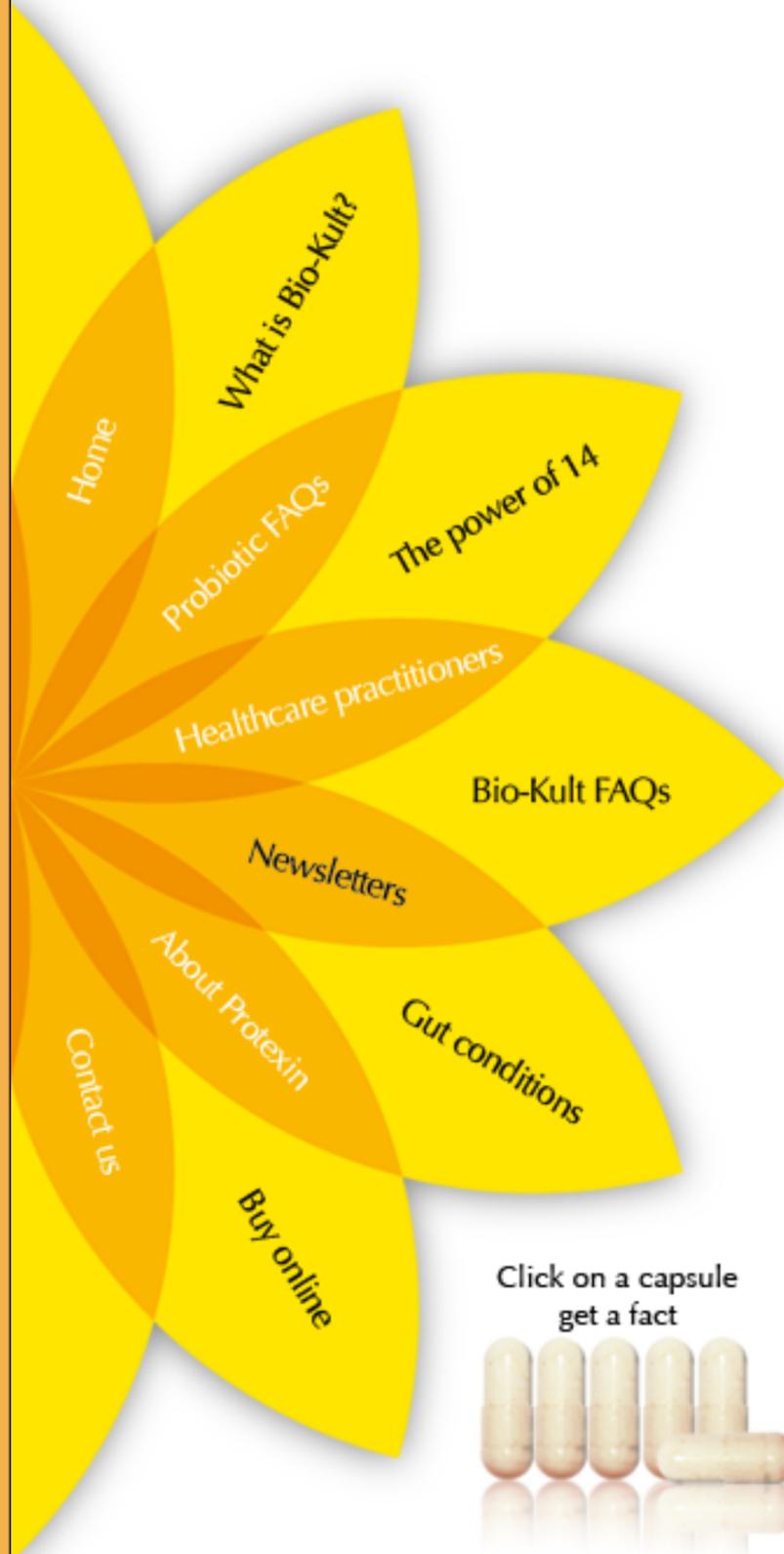
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Issue no: 3

Probiotic News

The following article is written by Dr Andrew Barnes
For seven years, a researcher into new vaccine development and the immunology of Bacillus subtilis spores (at Guy's Hospital, King's College London). Currently a freelance scientific consultant.

Bacillus subtilis: From probiotic to modern medicine

I first came across Bacillus subtilis when I was invited over to Vietnam, to give a series of lectures on the treatment and spread of HIV/AIDS, at the main hospital in Ho Chi Minh City. The Vietnamese took the approach that when a person became ill, they simply took one of every known antibiotic available (all of which were available from corner shops) and one would hopefully affect a cure. That way, there was no need to spend time and money on seeking professional medical help when suffering from illness. As a consequence, people regularly killed off their entire gut flora and so took B. subtilis to help repopulate themselves.

This summarises in a nutshell, the dilemma that faced the scientific community back then, with regard to B. subtilis. It was taken to help repopulate the gut, yet B. subtilis is a soil organism that cannot colonise the gastro-intestinal (GI) tract. B. subtilis needs to breathe air that contains oxygen (an obligate aerobe). B. subtilis is of course very small, so does not require lungs, but it requires oxygen just as much, and for much the same reasons, as humans do. The gut, however, contains very little oxygen, scuffed to by the methane generated in the hind gut (flatulence).

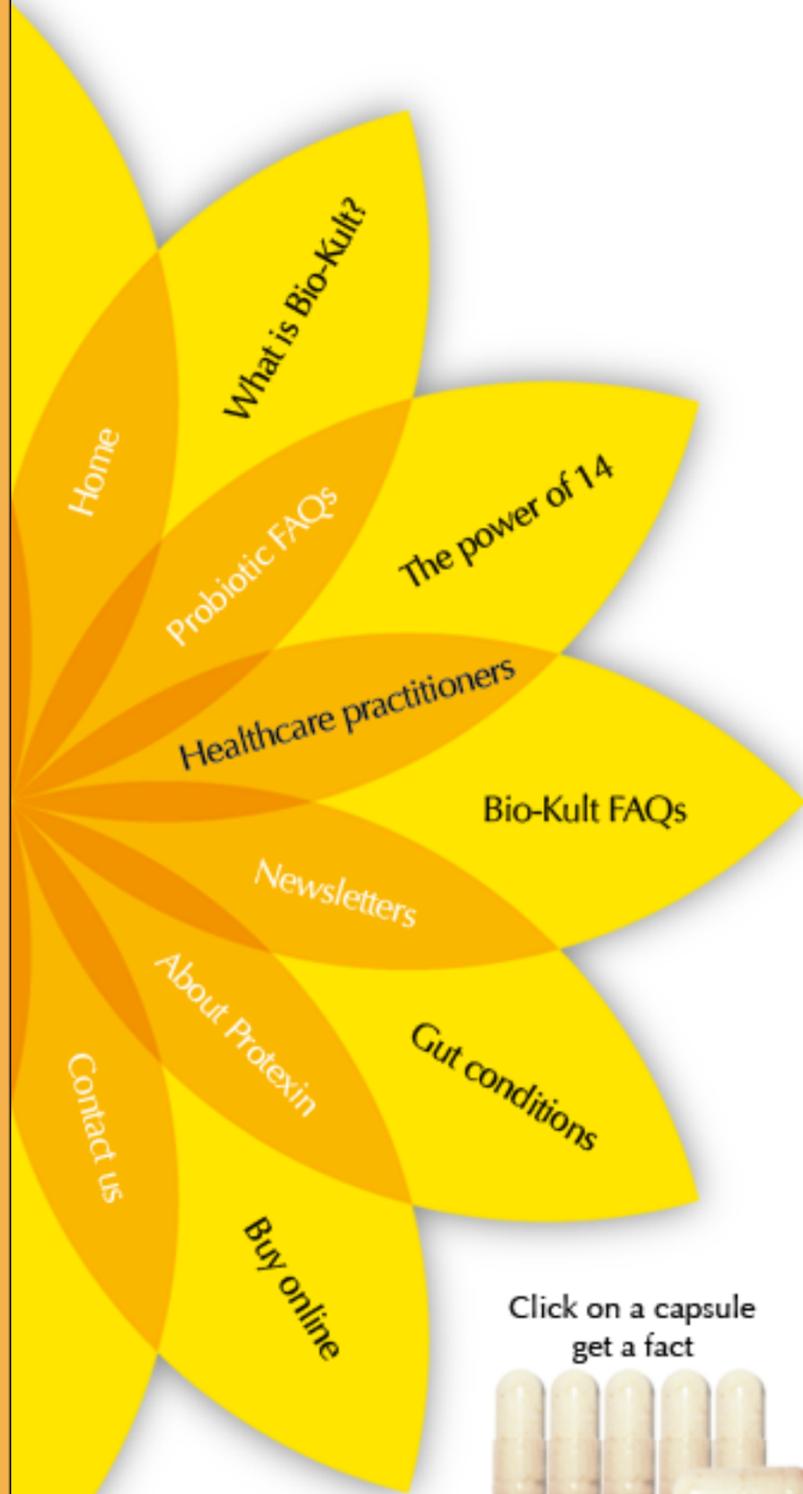
The low oxygen levels make the gut a very bad environment for B. subtilis to grow. If the environment is not good for growth, B. subtilis 'sporulates' - changes into its 'spore' form, which is dormant and very hardy. Spores can remain dormant for many years and then

I first came across Bacillus subtilis when I was invited over to Vietnam, to give a series of lectures on the treatment and spread of HIV/AIDS, at the main hospital in Ho Chi Minh City. The Vietnamese took the approach that when a person became ill, they simply took one of every known antibiotic available (all of which were available from corner shops) and one would hopefully affect a cure. That way, there was no need to spend time and money on seeking professional medical help when suffering from illness. As a consequence, people regularly killed off their entire gut flora and so took B. subtilis to help repopulate themselves.

This summarises in a nutshell, the dilemma that faced the scientific community back then, with regard to B. subtilis. It was taken to help repopulate the gut, yet B. subtilis is a soil organism that cannot colonise the gastro-intestinal (GI) tract. B. subtilis needs to breathe air that contains oxygen (an obligate aerobe). B. subtilis is of course very small, so does not require lungs, but it requires oxygen just as much, and for much the same reasons, as humans do. The gut, however, contains very little oxygen, scuffed to by the methane generated in the hind gut (flatulence).

The low oxygen levels make the gut a very bad environment for B. subtilis to grow. If the environment is not good for growth, B. subtilis 'sporulates' - changes into its 'spore' form, which is dormant and very hardy. Spores can remain dormant for many years and then





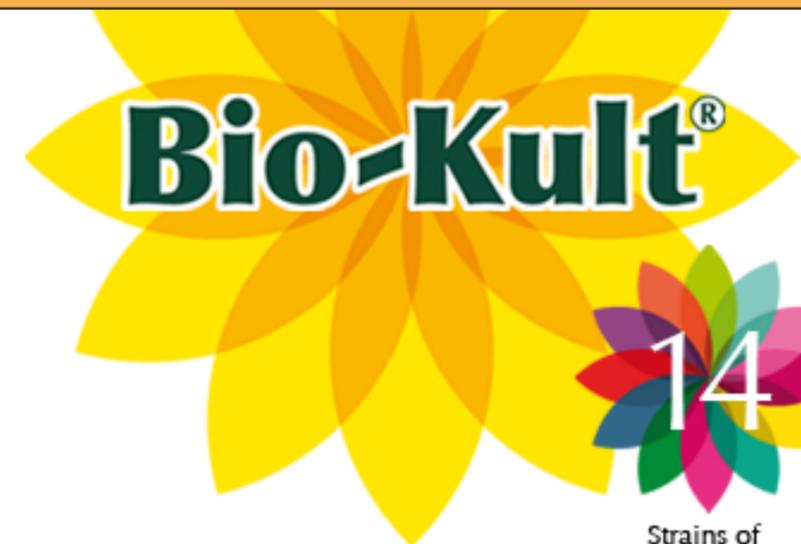
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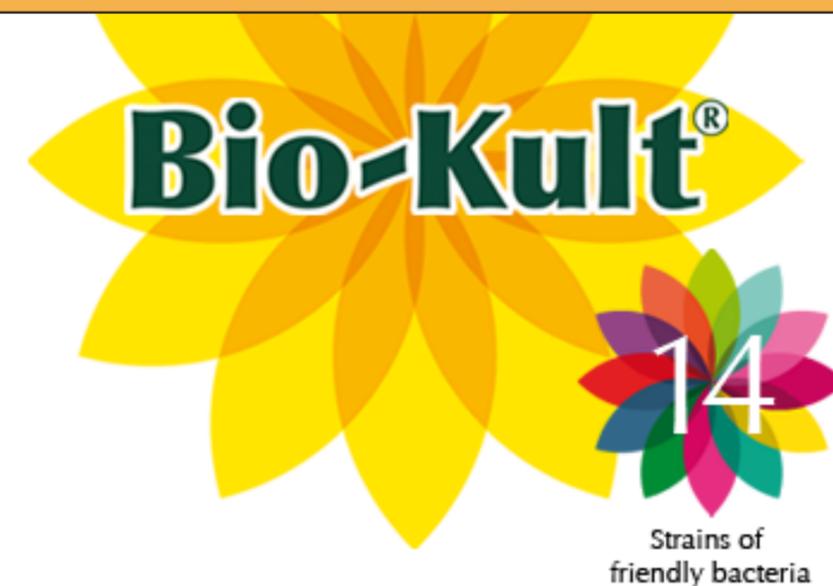


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Strains of friendly bacteria

Information on the Bio-Kult Strains

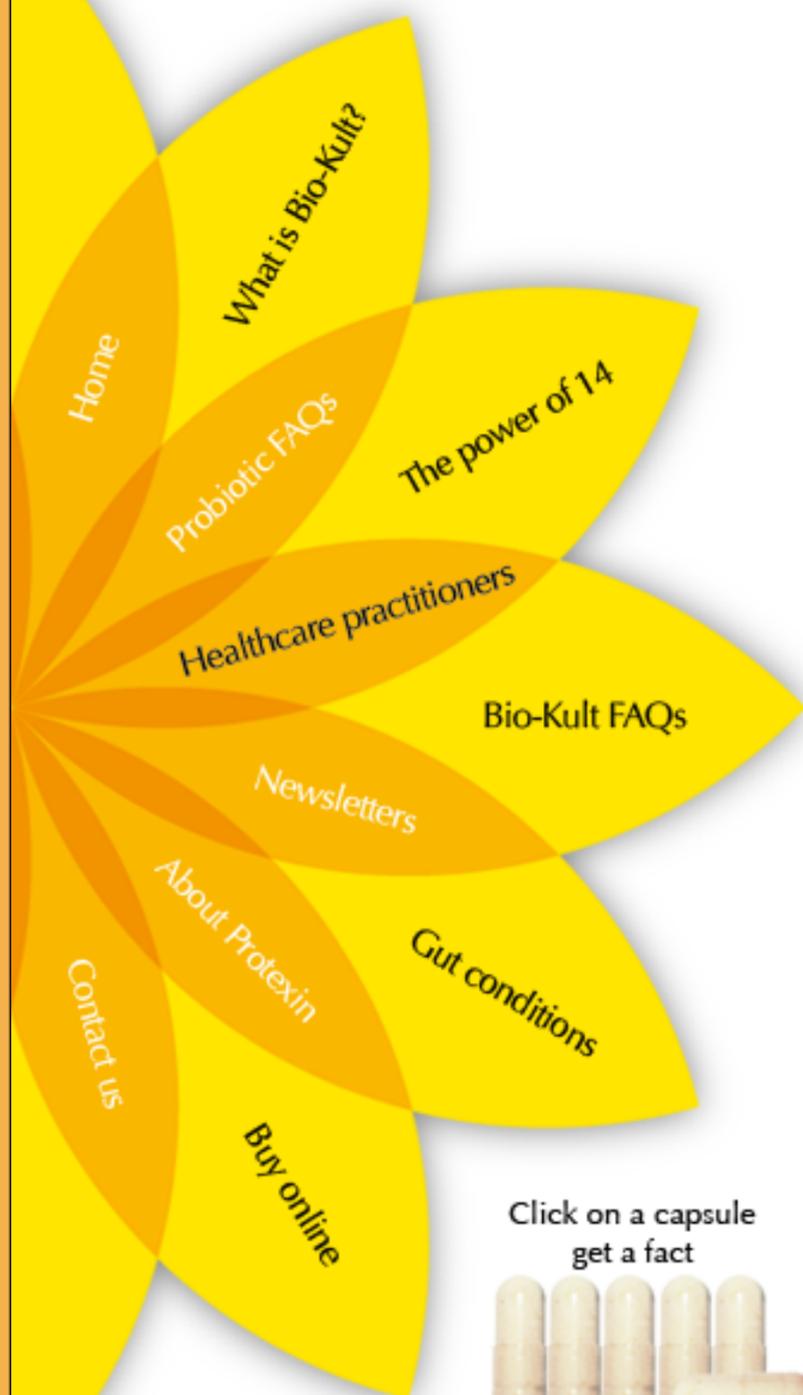
Strain	Morphology	Origin	Enzymic Activities





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Viability of Probiotic Microorganisms within the Gastrointestinal Tract

Acid Stability of Protexin Probiotic Microorganisms

***In Vitro* unbuffered growth at pH 2.0 for 2 hours contact time**

Summary:

Individual pure culture samples of probiotic microorganisms contained in Protexin human health formulations were tested for stability under acidic conditions to mimic the extreme fasting pH of the human stomach.

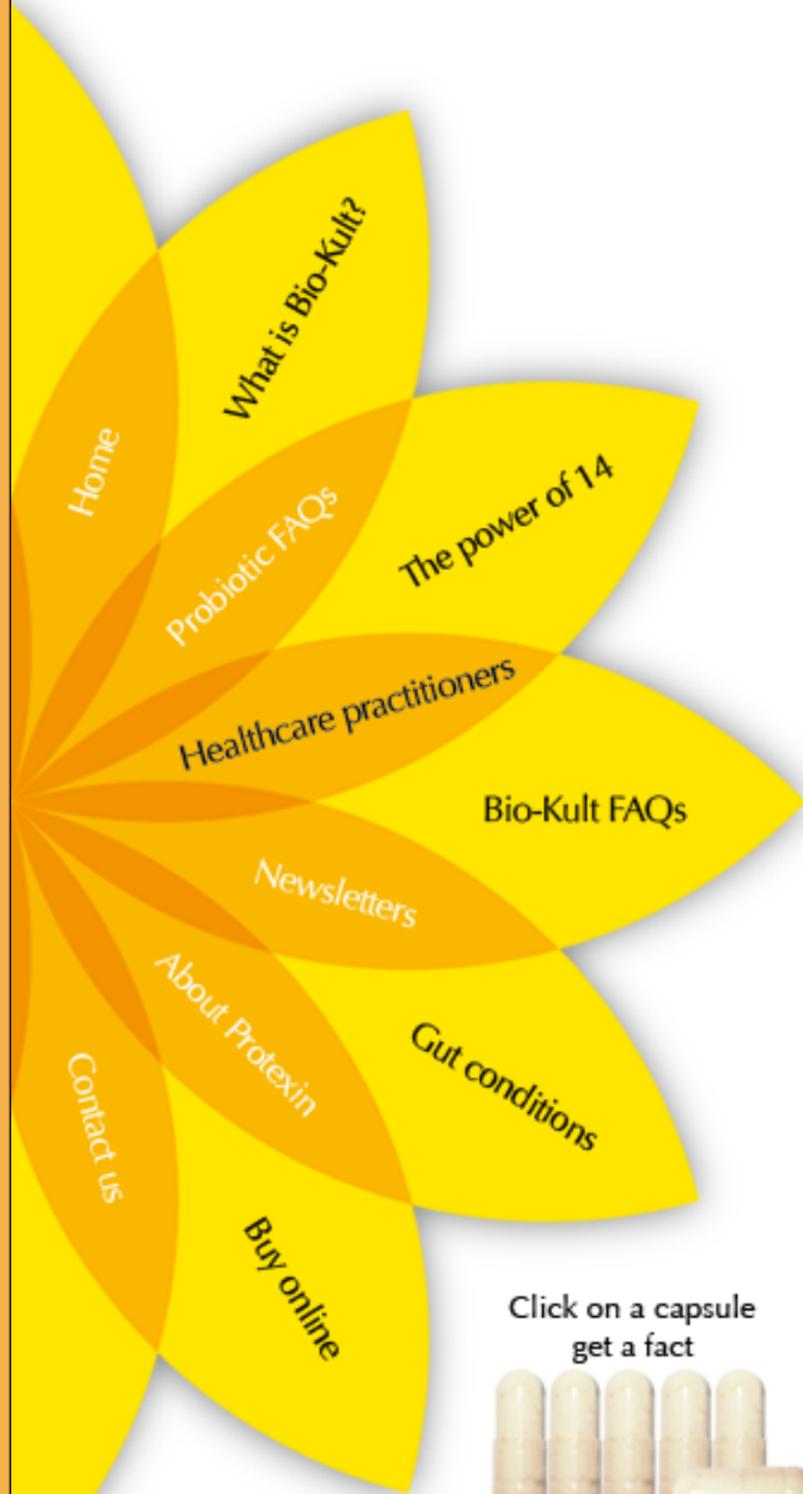
Introduction:

In order to produce beneficial effects within the gastrointestinal tract (GIT), probiotic microorganisms must have the capacity to survive and metabolise in the gut. They must therefore be resistant to GIT levels of acid.

Probiotic formulations also need to contain large numbers of viable organisms (highly concentrated) which, on ingestion, survive the rigorous onslaught of the mammalian upper gut in order to deliver their bacterial content to the small intestine. One of the primary barriers to the passage of bacteria is the acidity of the stomach. The pH of the stomach varies throughout the day under the influence of the buffering action which food or liquid may have on the stomach. However, the fasting pH of the human gut is around pH 3.0.

The amount of time for food to pass through the stomach also varies greatly from a few minutes to an hour or more. The food itself will have some neutralising effect on the pH of the stomach and hence a pH of 3.0 is probably the lowest to which the bacteria will be subjected. In addition the food





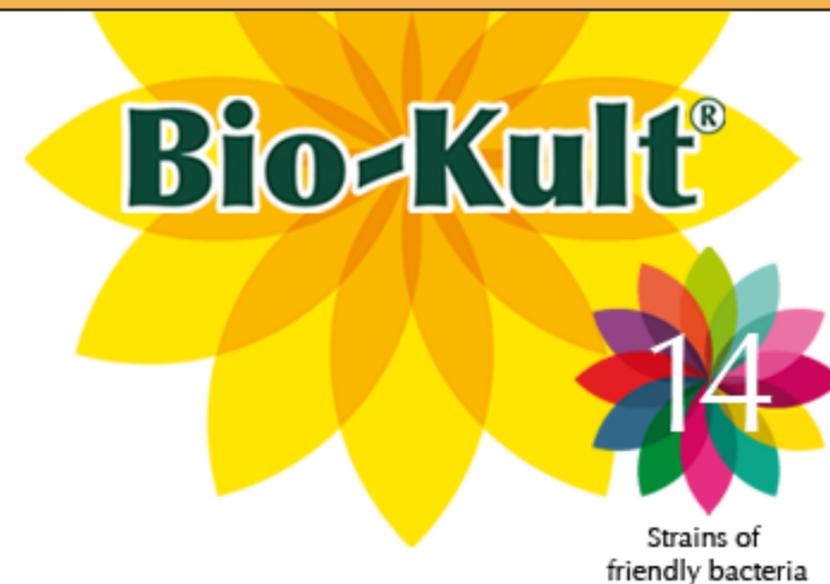
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Quality: Statement Relating to the Manufacture of Probiotic Formulations

The management and staff of Probiotics International Ltd. are committed to the quality of manufacturing and supply of all of our probiotic formulations. All products manufactured in our facilities are subject to our stringent quality control procedures, and we guarantee that the products manufactured will be of the highest quality.

Quality control is implemented and maintained by our own Technical and HACCP team backed by independent UKAS (United Kingdom Assurance Scheme) accredited microbiological and analytical laboratories which carry out the identification and enumeration of micro-organisms for all products.

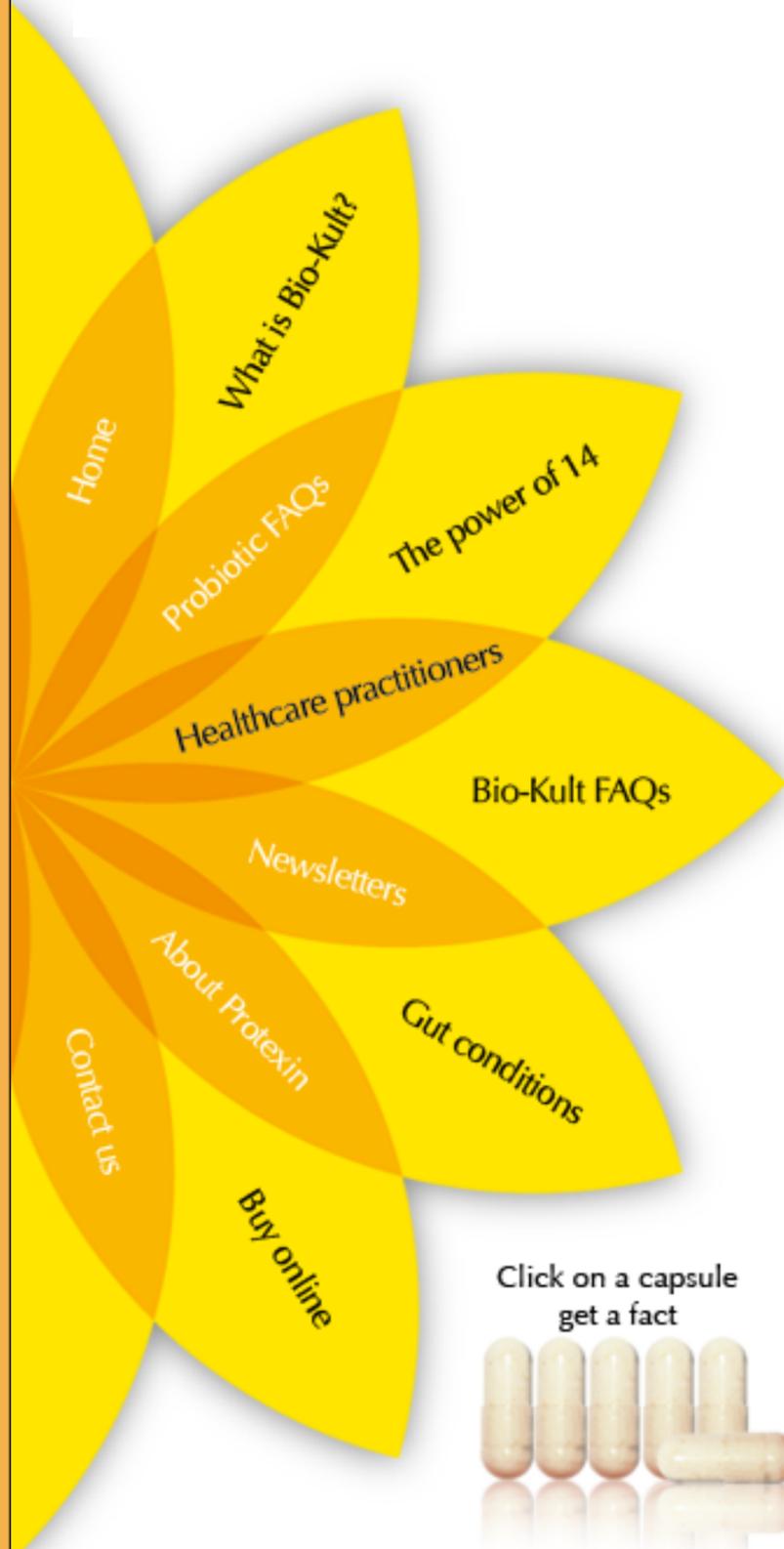
Certificates of Analysis are kept for every batch of product and are available on request.

We are accredited to GMP (Good Manufacturing Practise) RPSGB (Royal Pharmaceutical Society of Great Britain) and FEMAS (Feed Materials Assurance Scheme) and BS ISO 9001. We have fully documented Quality Assurance, HACCP (Hazard Analysis and Critical Control Points), Health and Safety, Hygiene and Environmental policies which form the basis of all our procedures and operations.

Toby Lewis

Toby Lewis - Managing Director





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Bio-Kult is grown in a Maltodextrin Base, with a guaranteed minimum probiotic count of 10 Billion per gram. The capsule size is 200 mg hence there are 2 billion active probiotics per capsule. We feel strongly that our customers should be able to check that the product is what it says.

Every batch of Bio-Kult is tested by a UKAS certified, independent laboratory for bacterial count. A copy of each Certificate can be viewed by selecting the appropriate batch number here:

Batch no 1256

Cambridge Bioceticals Ltd
38 Paddock Street
Soham
Cambridgeshire
CB7 5FJ

MICROTECH SERVICES (WESSEX) LTD
1 Kinson Road, Bournemouth,
Dorset BH10 4AQ
Tel: 01202 330790 Fax: 01202 330774

Report Number: R 47220/2		Page 1 of 1
Your reference: P11. 08/0336		Our reference: 47220
Product: Bio Kult 120s		
Stock Code: F 7041		
Batch Number: 18292		
Man. date: 11/03/2008		Date received: 2.4.08
Description: 15 g of cream powder received in a plastic screw-topped container.		Date examined: 2.4.08
		Date reported: 7.4.08

TEST REPORT

Method Number *	TEST	RESULT (colony forming units)
A:21	Total Viable Count/g (MRS agar, anaerobic incubation 37°C / 96 hrs)	>1.0 x 10 ¹⁰

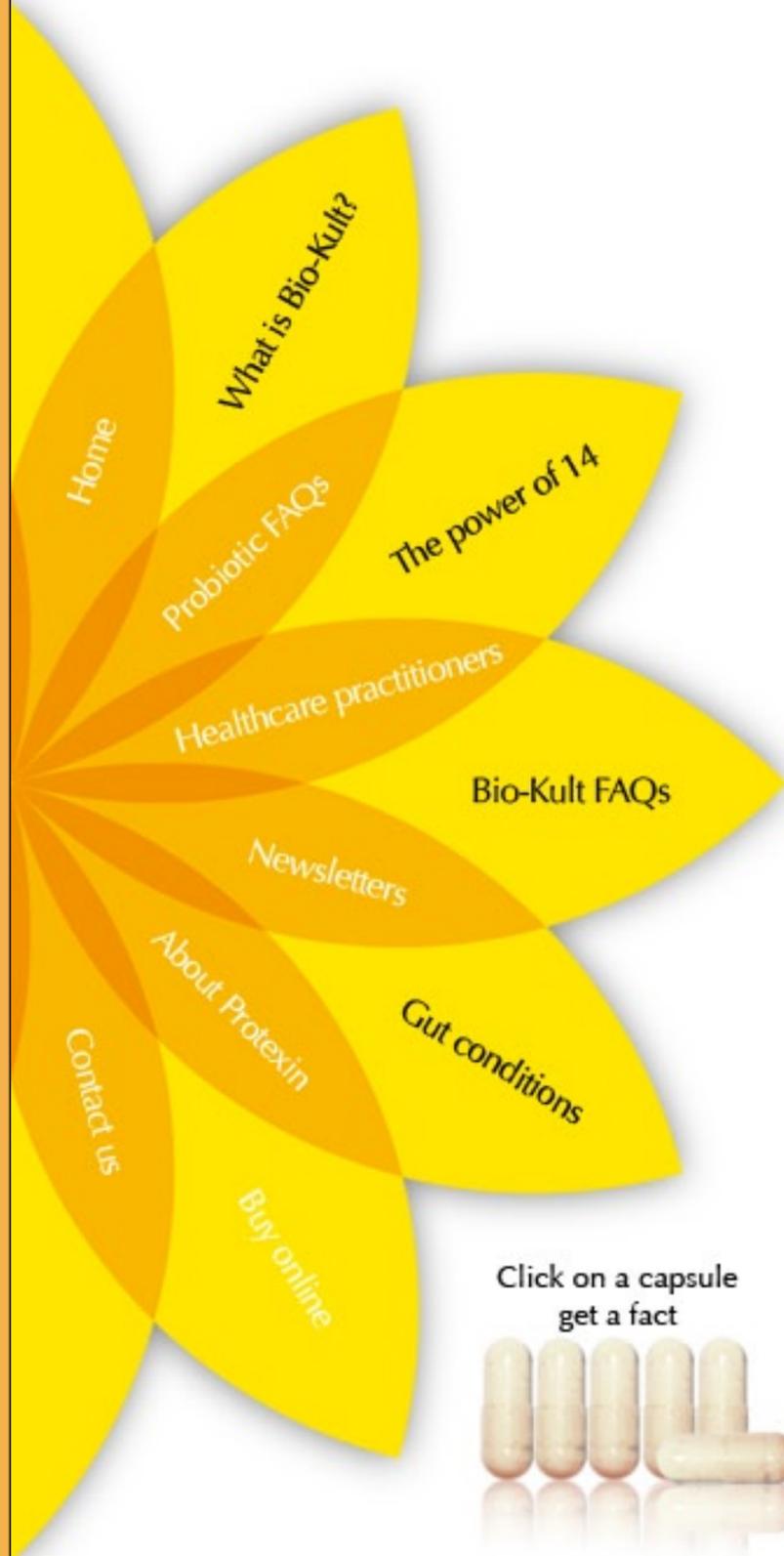
Melody Greenwood
 BSc, MPhil, CBiol, FIBiol, FIFST

Certificate No: 1256

Cambridge Bioceticals Ltd makes no medical claims for Bio-Kult. It is sold only as a food supplement.

Bio-Kult is manufactured in the UK, and is available only from selected Practitioners, Health Food Stores and Approved Retailers.





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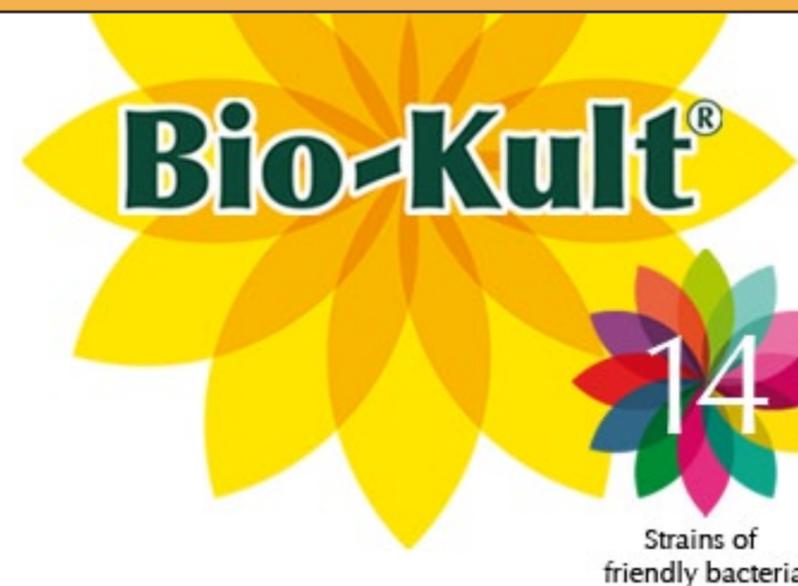
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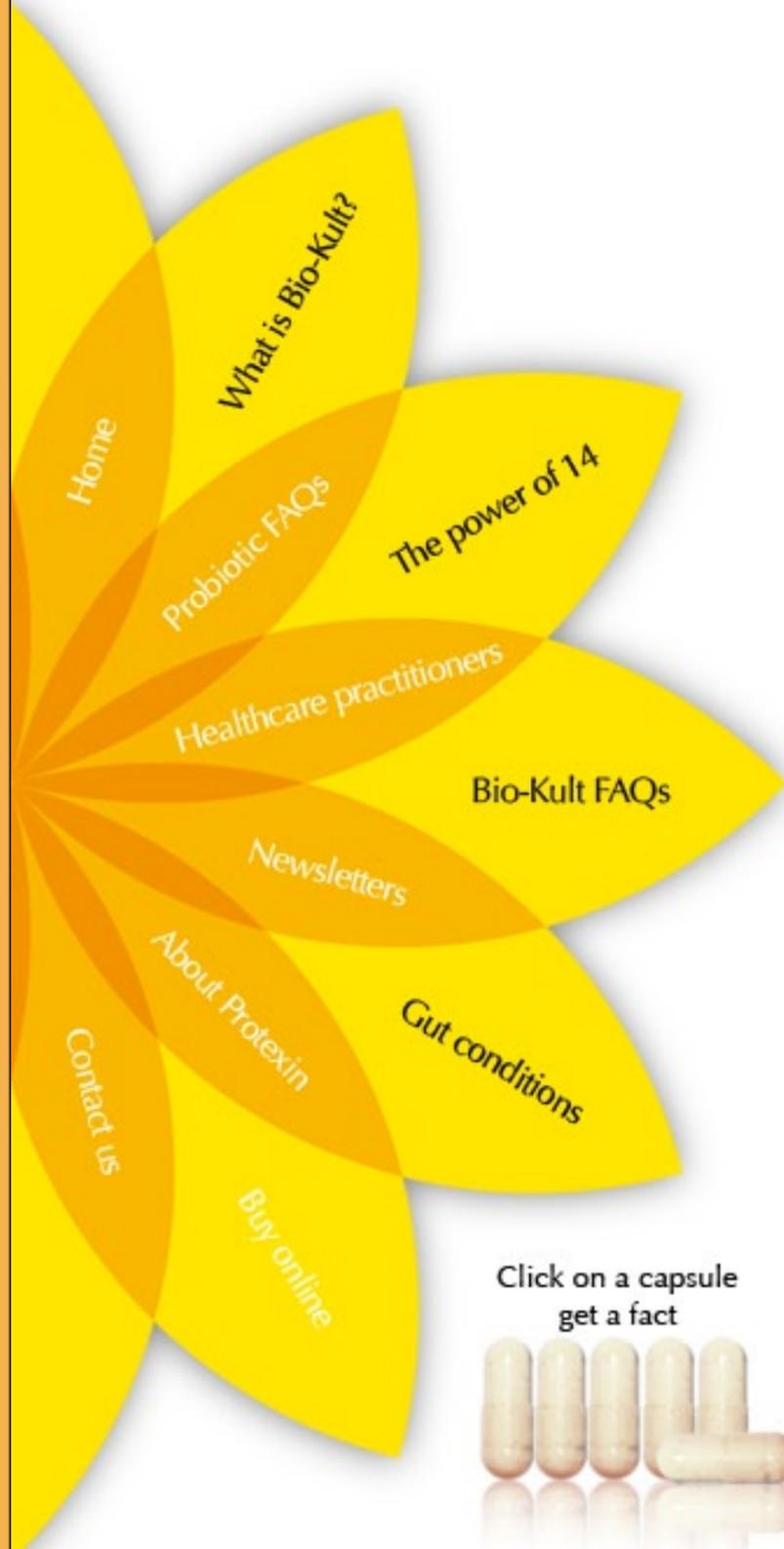
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Our Web Prices include postage and packaging worldwide for Bio-Kult and Duo-Kult. For the GAPS book a Shipping charge of £1.50 for the UK and Ireland and £4.50 for the rest of the world will be applied at checkout.





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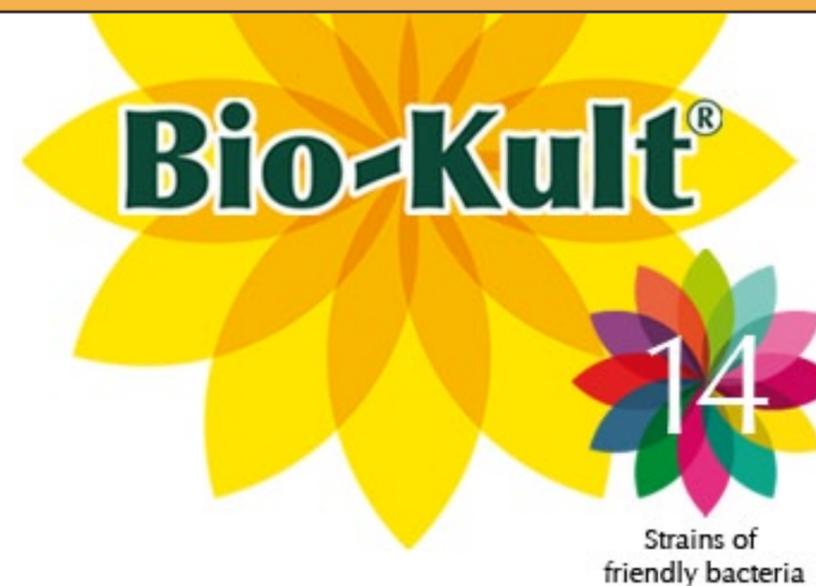
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The information we collect and how we collect it

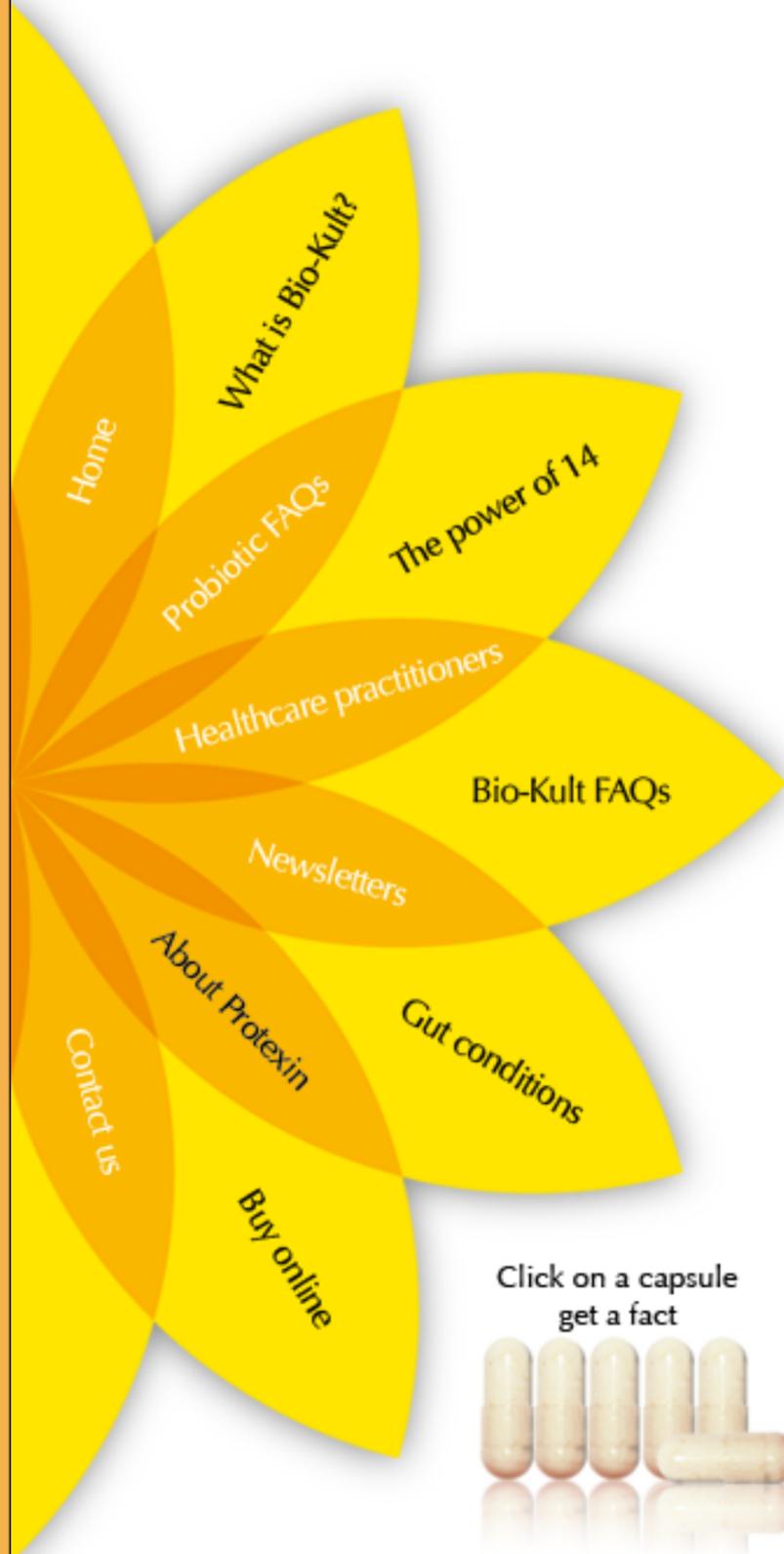
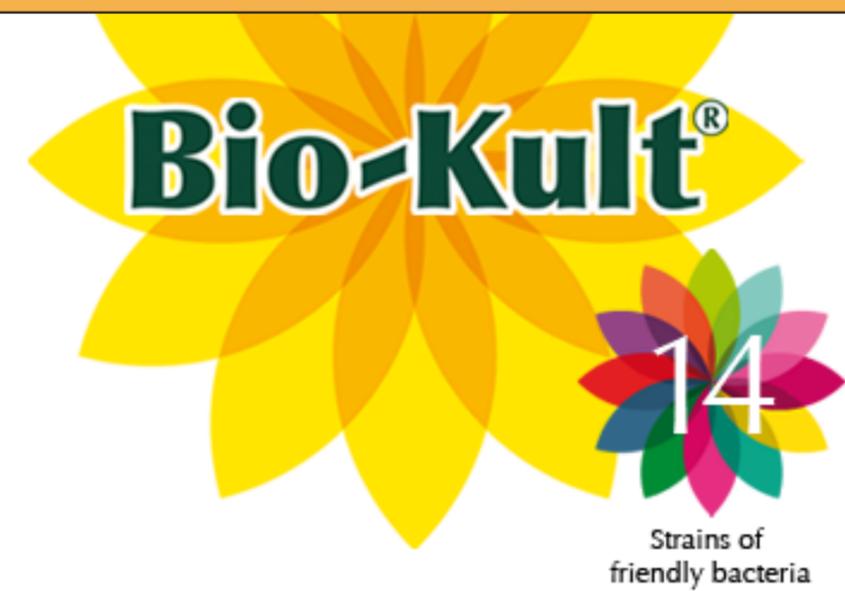
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About Protexin

Protexin is a world-wide brand name which incorporates probiotic products in the Veterinary and Animal Health Industries as well as the Human Health Industry.

Bio-Kult is now included in the Protexin range of products produced by Probiotics International Ltd, where all manufacturing takes place in Somerset, UK.



Protexin[®]

health care

Probiotics International Ltd is committed to a continuous programme of research working with universities and research institutes world-wide to enable us to bring the most effective products to the market, offering doctors, pharmacists and other healthcare professionals support in helping to maintain their patients' healthy digestive and immune systems.

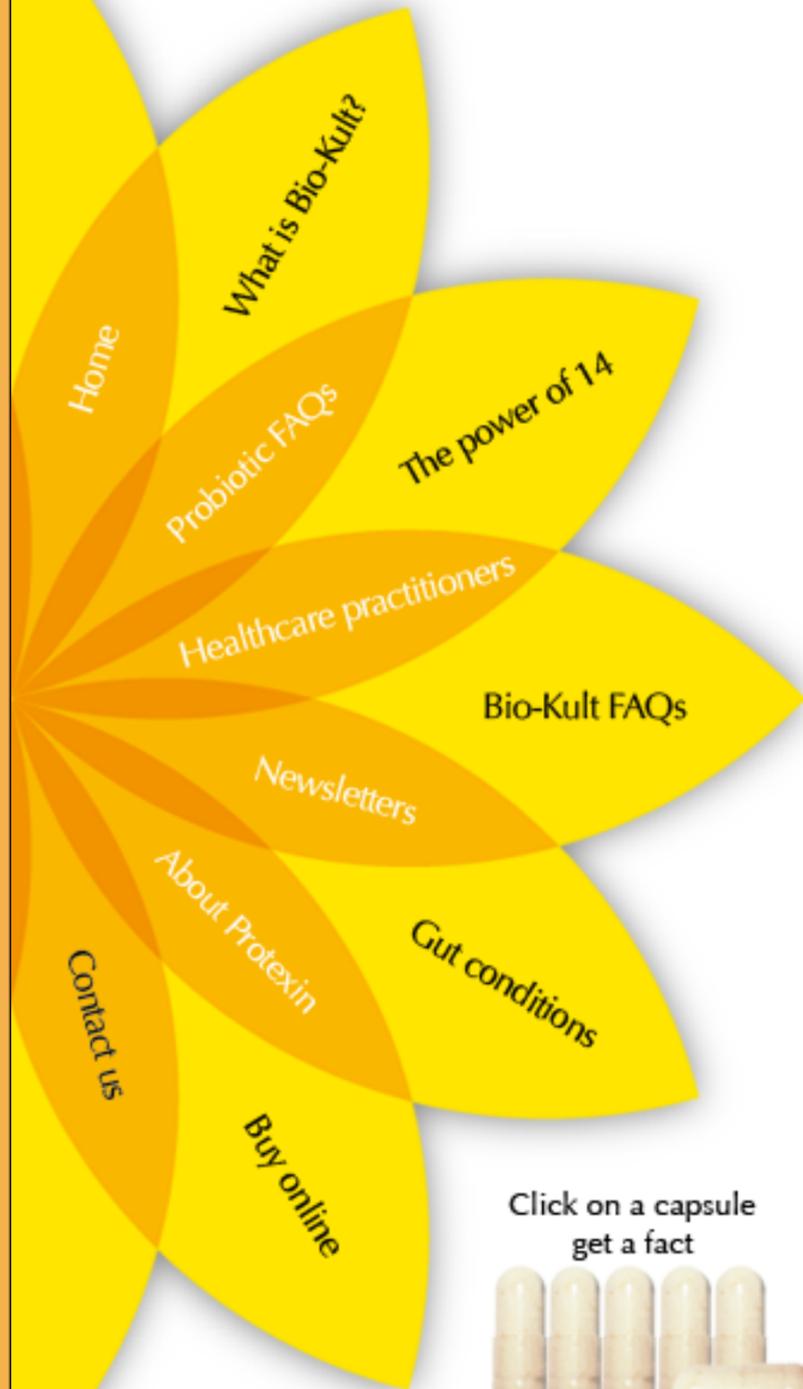


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Telephone:

+44 (0) 8707 666108

E-Mail:

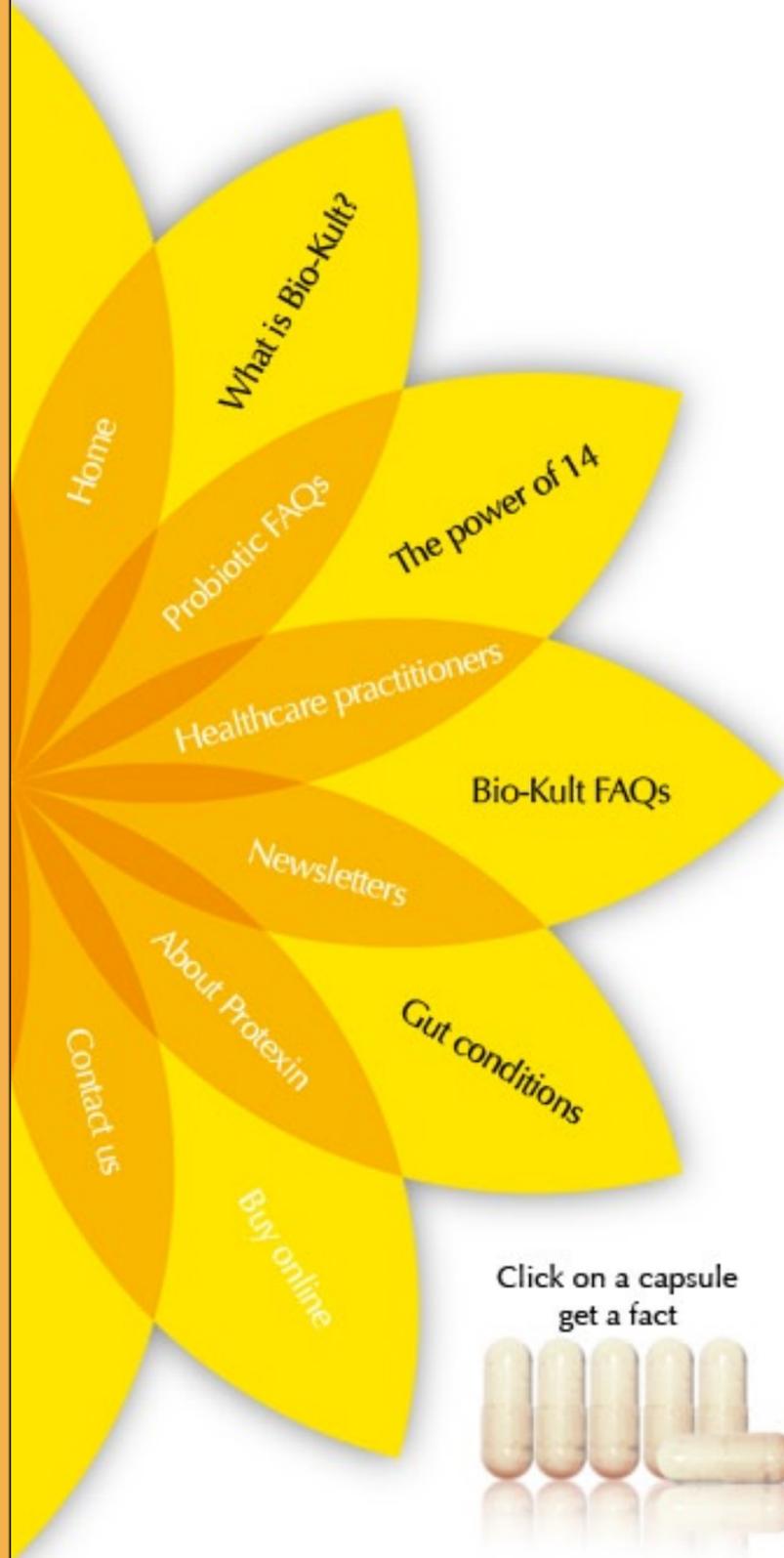
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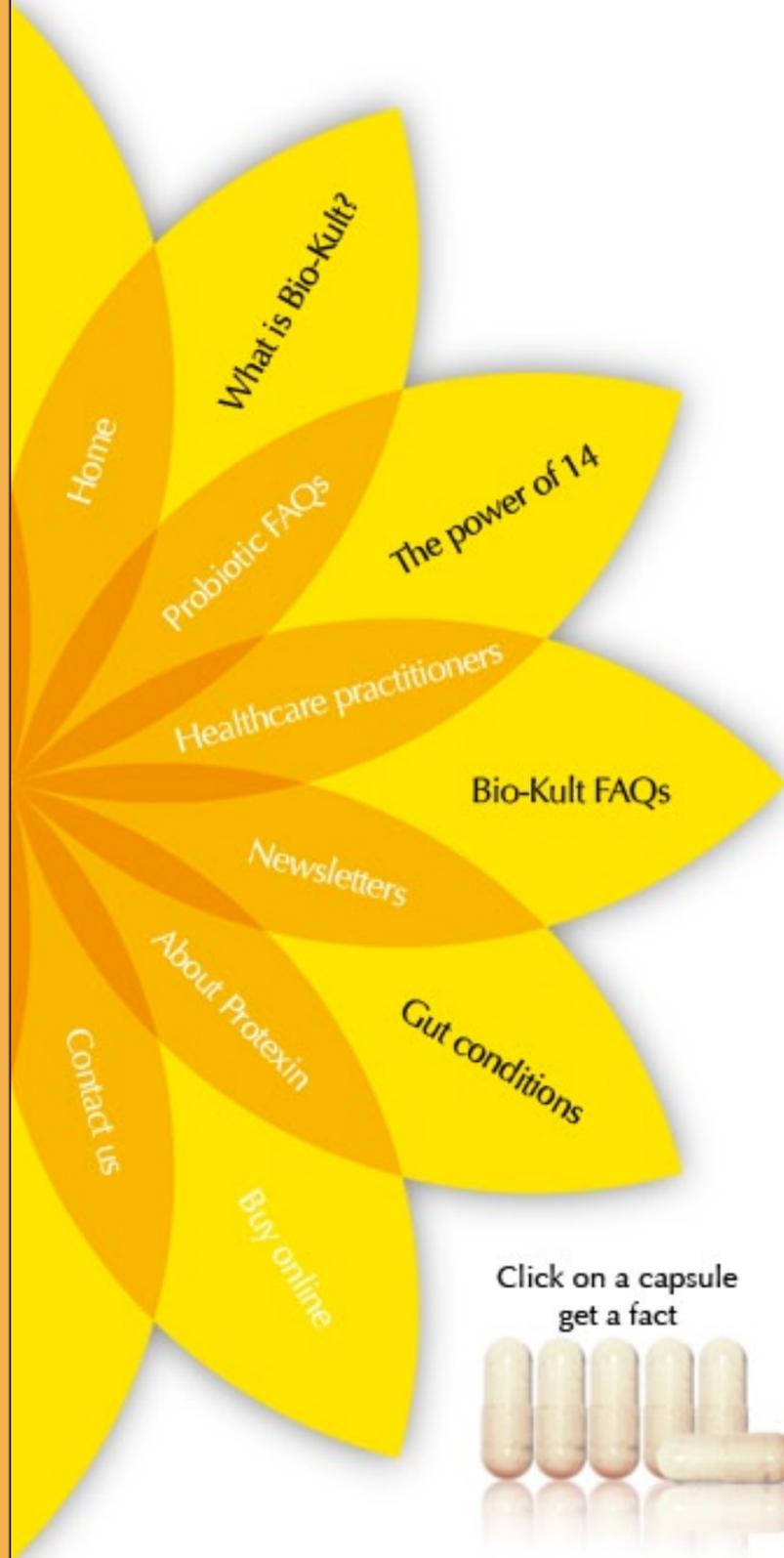
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Item	Quantity	Unit cost	Total	Remove
Bio-Kult 120 pack	2	£29.95	£59.90	Remove



TOTAL COST

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