

Saccharomyces Boulardii Powder and Capsules

A powerful yeast probiotic

Introduction

Saccharomyces boulardii is a nonpathogenic, transient yeast. Since its discovery in 1920, clinicians worldwide have used *S. boulardii* to support normal bowel transit time, promote healthy immune and inflammatory processes in the digestive tract, and bolster gastrointestinal microbiota diversity, particularly in conjunction with antibiotic therapy.¹ *S. boulardii* is also commonly used to safely and effectively displace undesirable yeast species.¹

Product features

- Clean, hypoallergenic formulations
- 3 billion CFU in a cellulose base. Capsules suitable for FODMAP and vegetarian/vegan diets
- Pure *S. boulardii* powder with multi-dose (9-45 billion CFU) measuring scoop for titration protocol accuracy
- Heat-stable formula maintains potency when refrigeration is not possible

Mechanisms of action

- Promotes intestinal brush border membrane enzyme activity¹
- Augments intestinal D-glucose and sodium absorption for improved hydration during occasional diarrhea¹
- Interferes with cellular signaling pathways via toxin inhibition/cleavage and stimulates endogenous IgA to promote a healthy inflammatory response¹
- Inhibits non-beneficial bacteria from binding to the digestive tract¹
- Decreases pseudohyphae to diminish undesirable yeast adhesion and biofilm formation¹

Research

S. boulardii has a long track record of demonstrated efficacy in both animal experiments and human clinical trials to support gastrointestinal health.¹ As recently as 2016, the European Society for Pediatric Gastroenterology, Hepatology, and Nutrition based their recommendation for use of *S. boulardii* on its quality of evidence.¹

In 2014, a pooled data review of 22 qualifying studies concluded that *S. boulardii* is a safe and effective approach to reducing the frequency and duration of occasional diarrhea.¹² A more recent 2016 review suggests *S. boulardii* may promote these positive outcomes by acting directly on non-beneficial species or their toxins and by supporting host immune signaling cascades and innate and adaptive immune system responses.¹³

In an additional 2015 meta-analysis of 11 randomized, controlled trials involving 2,200 subjects (including 330 children), administration of *S. boulardii* during triple therapy for a non-beneficial bacterium resulted in significantly improved outcomes and decreased adverse effects compared to controls.⁴

Use of *S. boulardii* to effectively compete with undesirable yeast species is also a common practice, based on its ability to inhibit adhesion and influence inflammatory response as demonstrated in *in vitro* studies by Murzyn and colleagues.⁵

In addition to promoting beneficial bacteria and yeast in the digestive tract, *S. boulardii* supplementation also has pronounced effects on digestive enzymes of the brush border membrane and has been demonstrated to enhance nutrient acquisition for the host.⁶

Conclusion

S. boulardii is a safe and effective tool to support gastrointestinal health and a balanced microbiota. Klair Labs offer practitioners a variety of clean formulations, well-adapted to any desired protocol.

*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.

Formula Powder

SUGGESTED USE: Small Scoop: 1 scoop (1 mL) 1-4 times daily with water, juice, food, or as directed by a healthcare professional. Large Scoop: 1 scoop (5 mL) 1 time daily with water, juice, food, or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Small Scoop (1mL or 600 mg) or Large Scoop (5mL or 3,000 mg)	
Amount Per Scoop	% Daily Value
<i>Saccharomyces boulardii</i> *	
Small Scoop	9 billion CFU (600 mg)
or	
Large Scoop	45 billion CFU (3,000 mg)
*Daily Value not established.	



Other ingredients: None.

SBP-180 300 small scoops / 60 large scoops

How supplied

300 small scoops or 60 large scoops per container.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light. Keep out of reach of children.

Formula Capsule

SUGGESTED USE: 1 capsule twice daily with meals or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Capsule	% Daily Value
Probiotic Blend in a base of cellulose	320 mg *
<i>Saccharomyces boulardii</i>	3 billion CFU *
*Daily Value not established.	



Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine.

V776-06 60 vegetarian capsules

V776-12 120 vegetarian capsules

How supplied

60 or 120 vegetarian capsules per bottle.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light. Keep out of reach of children.

References

1. Szajewska H, Canani RB, Guarino A, et al. Probiotics for the prevention of antibiotic-associated diarrhea in children. *J Pediatric Gastroenterol Nutr.* 2016 Mar;62(3):495-506.
2. Feizizadeh S, Salehi-Abargouei A, Akbari V. Efficacy and safety of *Saccharomyces boulardii* for acute diarrhea. *Pediatrics.* 2014 Jul;134(1):e176-91.
3. Stier H, Bischoff SC. Influence of *Saccharomyces boulardii* CNCM I-745 on the gut-associated immune system. *Clin Exp Gastroenterol.* 2016 Sep 13;9:269-79.
4. Szajewska H, Horvath A, Kolodziej M. Systematic review with meta-analysis: *Saccharomyces boulardii* supplementation and eradication of *Helicobacter pylori* infection. *Aliment Pharmacol Ther.* 2015 Jun;41(12):1237-45.
5. Murzyn A, Krasowska A, Augustyniak D, Maikowska-Skrobek G, Lukaszewicz M, Dziadkowiec D. The effect of *Saccharomyces boulardii* on *Candida albicans*-infected human intestinal cell lines Caco-2 and Intestin 407. *FEMS Microbiology Letters.* 2010 Sep;310(1):17-23.
6. More MI, Vandenplas Y. *Saccharomyces boulardii* CNCM I-745 improves intestinal enzyme function: A trophic effects review. *Clin Med Insights Gastroenterol.* 2018 Feb;11:1179552217752679.

†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.

klaire.com | 888 488 2488