

Ther-Biotic Pro™ IBS Relief†

A medical food with IBS-Defense™, a unique combination of clinically proven probiotics and a low-FODMAP prebiotic, for the dietary management of IBS†

Reduce IBS symptoms by up to 79%^Δ

Introduction

Irritable bowel syndrome (IBS) is a common functional gastrointestinal disorder characterized by chronic symptoms such as abdominal pain, changes in bowel habits (diarrhea and/or constipation), and bloating.¹ These symptoms greatly impact the lives of people with IBS.² Although pharmacological interventions can address specific symptoms of IBS, their use may trigger exacerbation of symptoms. For example, frequent and/or prolonged antibiotic therapy can disturb microbiome diversity,³ which makes someone who already suffers from IBS more susceptible to constipation, diarrhea, and abdominal pain. These symptoms are often related to an unbalanced microbiota.

Numerous scientific studies have identified distinct microbiota differences between those affected by IBS and those who are not.^{1,4-6} Dysbiosis—an imbalance of beneficial and unfriendly bacteria in the gut—is commonly observed in people with IBS.¹ Abnormalities within the gut microbiota have been found to contribute to the pathogenesis of IBS and symptom severity.⁶⁻⁸ Dysbiosis may influence IBS symptoms by causing inflammation imbalance, intestinal permeability,

and sensitivity to gas in the intestine, as well as altering immune function, and modifying digestive motility.^{9,10}

By seeding the gut microbiome with beneficial bacteria, certain probiotics can support a healthy microbial balance over time, resulting in healthy inflammation modulation, intestinal wall stability, immune function, and digestive motility. However, not all probiotics work equally well for IBS management—which is why we formulated Ther-Biotic Pro™ IBS Relief with probiotics that have been clinically proven to reduce IBS symptoms.†

Ther-Biotic Pro™ IBS Relief is a medical food for the dietary management of IBS that helps strengthen the gut barrier by rebuilding beneficial bacteria to reduce IBS symptoms, including constipation, diarrhea, and abdominal pain.† Its unique combination of three clinically proven probiotic strains and a low-FODMAP prebiotic—IBS-Defense™—has been specially formulated for the dietary management of IBS.†

Clinically proven probiotics to reduce the severity of IBS symptoms^{+Δ11-14}



Product Features

- + Carefully selected probiotic strains clinically proven to reduce IBS symptoms†
- + Contains a low-FODMAP prebiotic that is well-tolerated by people with IBS
- + Utilizes InTactic® Technology to protect the probiotics from stomach acid and ensure their improved survival and delivery to the colon
- + Specialized moisture-resistant and desiccant-lined packaging further enhances the survivability and shelf-stability of the strains
- + Hypo-allergenic, non-GMO, and shelf-stable



A balanced microbiome is essential for GI health

The GI mucosa is the largest body surface exposed to the external environment. The selective permeability of this intestinal barrier contributes to human health by enabling nutrient absorption yet limiting entry of luminal antigens and toxic substances. Accordingly, a compromised intestinal barrier is believed to contribute to various gastrointestinal disorders, including IBS.^{15,16} In individuals with IBS, pathophysiological changes to the intestinal mucosa have been observed, including inflammation imbalance,¹⁷ immune activation,¹⁸ altered nutrient absorption, and impaired function of tight junctions between enterocytes,¹⁹ leading to a disruption of selective permeability and visceral hypersensitivity.²⁰ Interestingly, all of these factors have been shown to be linked to one crucial component of the GI system: the microbiome.

A balanced microbiome supports epithelial barrier integrity and repair by stimulating epithelial cell proliferation, inducing the secretion of cytokines that regulate barrier function, producing essential nutrients and vitamins that act as building blocks for repair, and providing energy sources for intestinal epithelial cells through the synthesis of short-chain fatty acids.²¹ Through its roles in hindering

colonization by bacteria and shaping innate immunity, the microbiome also regulates

gastrointestinal inflammation balance and

immune activation.²² However, in individuals

with IBS, altered nutrient absorption

and dysbiosis is often observed.^{5,7} This

imbalance in the intestinal microbiome

contributes to a breakdown of the

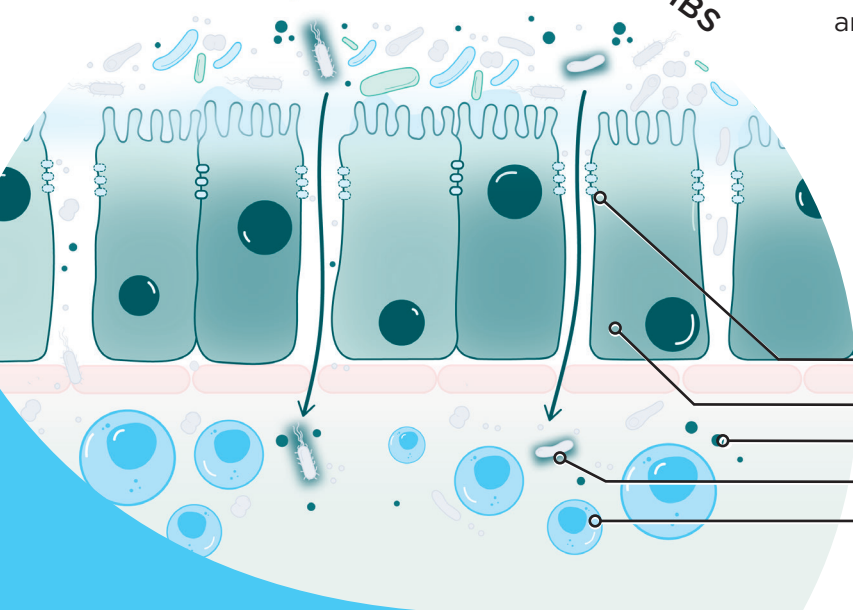
gut barrier (leaky gut), which has

been implicated as a root cause of

IBS symptoms, including diarrhea,

constipation, and abdominal pain.²³

Changes to the intestinal barrier in IBS



Impaired function of tight junctions

Inflammation imbalance

Altered nutrient absorption

Microbial translocation to the bloodstream

Immune activation

Healthy microbiome

Microbiome modulation for effective dietary management of IBS

In recent years, dietary modification through the use of medical foods, has shown promise as a key tool in the management of IBS.[†] Alterations to the composition of a diet—especially components directly impacting the bacterial community, such as probiotics—have a positive effect on microbiome composition and GI function.²⁴⁻²⁶ When used as part of a daily nutrition plan, probiotics as medical food can help protect and strengthen the intestinal barrier, thereby aiding in digestion and nutrient absorption.^{27,28} Accordingly, certain probiotics as medical food can help reduce IBS symptoms.^{29,30}

IBS-Defense™†

Only Ther-Biotic Pro™ IBS Relief contains IBS-Defense™, a unique 20 billion CFU combination of 3 clinically proven probiotics and a low-FODMAP prebiotic, protected by our proprietary InTactic® technology.†

Clinically proven probiotics

Ther-Biotic Pro™ IBS Relief was specially formulated with 3 probiotic strains that have been clinically proven to reduce the severity and frequency of IBS symptoms, including constipation, diarrhea, abdominal pain, and flatulence.†11-14 In addition to physical relief, people with IBS experienced a reduction in the impact of IBS on their everyday life and an improvement in mental well-being.†13

1 *Lactobacillus plantarum*

2 *Lactobacillus acidophilus*

3 *Bifidobacterium lactis*

Combined with a low-FODMAP prebiotic

Prebiotics are essential for building a healthy microbiome, but short-chain prebiotics, called FODMAPs, are poorly absorbed in the small intestine and are prone to have an osmotic effect within the proximal colon. This can cause discomfort, gas, and bloating in all people, especially those with IBS.

The solution: Ther-Biotic Pro™ IBS Relief contains partially hydrolyzed guar gum, a low-FODMAP prebiotic that causes no excess GI discomfort and is well-tolerated by those with IBS.†31,32



Dysbiosis

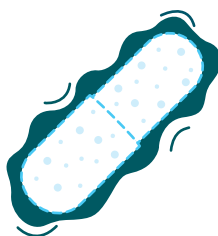
High concentration of unfriendly bacteria

Protected by InTactic® technology and patented packaging

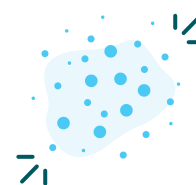
Ther-Biotic Pro™ IBS Relief uses a patented, desiccant-lined packaging to protect the live probiotics from moisture and light. This allows the probiotics to remain viable at room temperature, without refrigeration, for the duration of their shelf life. Upon ingestion, Ther-Biotic Pro™ IBS Relief utilizes InTactic® technology to protect the live probiotics and ensure their enhanced survival and delivery to the digestive tract.†



The outer shell dissolves in the stomach in the presence of gastric acid



InTactic® polycscharide complex and water form a gel-like matrix that protects the probiotics from gastric acid, enzymes, and bile



Once they have reached the colon, the live probiotics are released

Formula

Ther-Biotic Pro™ IBS Relief†

IBS-Defense™†:

L. plantarum, *L. acidophilus*, *B. lactis*, PHGG (partially hydrolyzed guar gum) (bean extract), and InTactic® proprietary polysaccharide complex.

K-IBS: 21 Capsules | **K-IBS42:** 42 Capsules

†MEDICAL FOOD | Ther-Biotic Pro™ IBS Relief is a medical food for the dietary management of IBS. It is not a replacement for any medication. Use under medical supervision. A prescription is not required for purchase.

Δ A clinical study on the *L. plantarum* strain in Ther-Biotic Pro™ IBS Relief on average reduced constipation by 79%, diarrhea by 70%, and abdominal pain by 67%, and improved mental well-being by 110%, within 12 weeks.

Other Ingredients

Stearic acid and vegetarian capsule.

Each capsule contains 10 mg sodium and 10 mg potassium. Not a significant source of any other essential nutrient. Each serving (1 capsule) contains probiotics at clinically studied levels with a total of 20 billion lyophilized lactic acid bacteria.

Storage

Store in a cool, dry place (59°F-85°F) away from direct light. Shelf-stable.

Directions

Adults consume 1 capsule daily or as directed by your healthcare professional. Adolescents consult with your healthcare professional.

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