

# Target gb-X™

## Gut-Brain Axis

Target gb-X with Ecologic BARRIER is a specially formulated probiotic supplement designed for maximum support of the gut-brain axis.

Ecologic+  
— Inside



It is the first formulation clinically documented to reduce cognitive reactivity to sad mood, a recognized marker for susceptibility to more significant mood alterations, as evidenced by:<sup>1</sup>

- Reduction in rumination
- Decrease in aggressive thoughts

## Target gb-X

- 5 billion CFU (9-strain) probiotic blend
- Single-serving sachets (2 grams)
- Best taken on an empty stomach with water or dairy
- Hypoallergenic\* and non-GMO

\*Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. No artificial additives, colors, flavorings, preservatives, sugar, or salicylates are used. Contains corn.

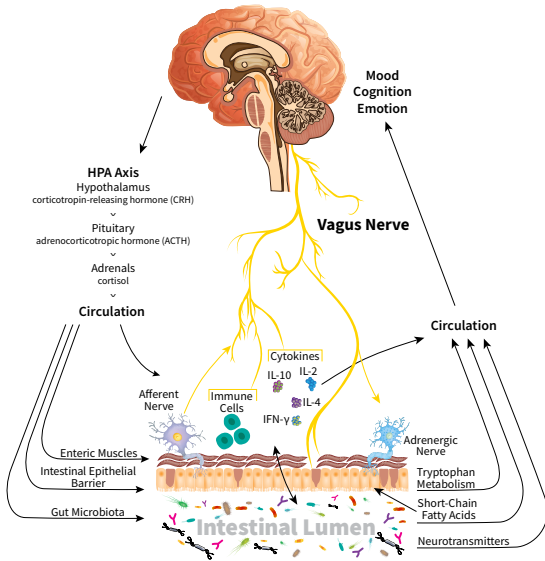
1. Steenbergen L, et al. A randomized controlled trial to test the effect of multispecies probiotics on cognitive reactivity to sad mood. *Brain Behav Immun.* 2015 Aug;48:258-64.



†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.

# The Gut-Brain Axis

A bidirectional superhighway



## Your brain and your intestinal tract talk constantly.

- Through the wandering 10<sup>th</sup> cranial, vagus nerve
- Through hormonal feedback
- Through regulatory immune cells
- Through proteins that influence inflammation
- And, curiously, through neurotransmitters

In fact, your gut manufactures more serotonin than the neurons in your brain. There's a lot of communication going on, and your gut is doing most of the talking.

A vital component to the gut-brain axis is your microbiota —the friendly bacteria living in your intestinal tract. These microbes effectively compete with undesirable bacteria and break down the toxins they generate. By doing so, the good microbes keep problematic components from entering circulation. Your commensal microbes also feed the cells lining your intestines thereby supporting the tight junctions required to prevent leakage. Additionally, they produce neuroprotective short-chain fatty acids that help support brain health. Your microbiota is a complex and collaborative population of symbiotic bacteria critical to many systemic functions, not the least of which includes mood and cognition.

Available through your healthcare professional.

