The 4 essential criteria for a good probiotic

They must be produced from strain known to be effective.

Bifidobacterium longum BB536 and Lactobacillus acidophilus LAC 361 are two of the most scientifically studied strains. Several studies have demonstrated the beneficial effects of BB536 in the treatment of antibiotic-induced diarrhea and as a general stimulant to the immune system.

L. acidophilus LAC 361 has been studied for its effects on infections related to the use of antibiotics and on certain types of vaginal infections. One study even demonstrates the correlation between B. longum and L. acidophilus in the prevention of antibiotic induced diarrhea.

The bacterial strain must adhere to the intestinal wall.

The property of adhesion is an essential condition for a probiotic to be effective. Several probiotics pass through the digestive system without stopping. Our Bifidobacterium longum BB536 specifically created for the human organism, is one of few - on the market - with a superior property of adhesion. The adhesive properties of Lactobacillus acidophilus LAC 361 have also been long recognized. Bifidobacterium longum BB536 adheres to induction sites of the intestinal mucus membrane and stimulates the production of white blood cells, molecules that maintain a good immune response.

The strain must be resistant to gastric acid.

When probiotics are orally ingested, they must survive the hostile and acidic environment of the digestive system. Our Bifidobacterium longum BB536 strain meets this criterion and almost 85% of it reaches the large intestine. Lactobacillus acidophilus LAC 361, as the name suggests, thrives in an acidic environment and easily colonizes the small intestine.

The powder form of our strain guarantees a higher acidic resistance than capsule form probiotics and those found in yogurt. After 30 minutes, 85% of Lactobacillus acidophilus (powder form) can be found in the duodenum.

The strain must remain stable at room temperature.

To avoid condensation, which could adversely affect the strain, it is not recommended to refrigerate probiotics. All Virage Santé probiotics are stable at room temperature (tests have proven their stability after over two years).

<table>
<thead>
<tr>
<th>Frequently asked questions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is a probiotic?</strong></td>
</tr>
<tr>
<td>A probiotic is a preparation containing living microorganisms, that benefits the host by improving intestinal microflora.</td>
</tr>
<tr>
<td>These bacteria aid in the maintenance of a stable intestinal ecosystem. It is now recognized that maintaining a healthy gastro-intestinal flora can protect against gastro-intestinal infection.</td>
</tr>
<tr>
<td><strong>When must I take probiotics?</strong></td>
</tr>
<tr>
<td>At 45 years old and up: the amount of Bifidobacterium drops (it is then recommended to take probiotics)</td>
</tr>
<tr>
<td>Dietary changes from travel</td>
</tr>
<tr>
<td>Preventively to maintain a healthy intestinal flora (take on a regular basis)</td>
</tr>
<tr>
<td>To improve the immune response</td>
</tr>
<tr>
<td>When having gastric discomfort (heartburn)</td>
</tr>
<tr>
<td>When taking antibiotics (continue for an additional week after taking)</td>
</tr>
<tr>
<td><strong>What are the benefits of probiotics?</strong></td>
</tr>
<tr>
<td>Irritable bowel syndrome</td>
</tr>
<tr>
<td>Lactose intolerance</td>
</tr>
<tr>
<td>Minimizes the duration and frequency of diarrhea associated antibiotic, to Clostridium difficile, to rotavirus infections, traveler’s diarrhea and juvenile diarrhea</td>
</tr>
<tr>
<td>Prevents chronic urinary infections</td>
</tr>
<tr>
<td>Prevents general infections and contagion</td>
</tr>
<tr>
<td>Prevents vaginitis related to antibiotic use</td>
</tr>
<tr>
<td>Reduces cholesterol</td>
</tr>
<tr>
<td>Restricting allergy symptoms</td>
</tr>
<tr>
<td>Strengthens the immune system</td>
</tr>
<tr>
<td>Suitable for diabetics</td>
</tr>
</tbody>
</table>

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What you need to know about probiotics

Probiotics: a rational and thoughtful choice!

Virage Santé offers a range of probiotics for the digestive health of the whole family!
According to the Journal of Biotechnology, Balacta and Ofibid meet the criteria as excellent sources of probiotics.

### Ofibid®
- **Sizes:** 30g and 100g
- **0.5 billion CFU/teaspoon**
- Ofibid® is produced with only *Bifidobacterium longum* BB536. This strain colonizes the high part of the digestive system. The fixation is preferentially done in the large intestine (anaerobic system = no oxygen).

### When to choose Ofibid®?
- **Bloating and gas**
- **Constipation**
- **Inflammatory bowel disease**
- **Ulcerative colitis**

### Balacta®
- **Sizes:** 30g and 100g
- **0.5 billion CFU/teaspoon**
- Balacta® is a formula composed of *Lactobacillus acidophilus* LAC361 and *B. longum* BB536. It ensures an almost complete colonization of the intestinal tract from the small to the large intestine.

### When to choose Balacta®?
- **Crohn’s disease**
- **Gastro-enteritis**
- **Traveler’s diarrhea** (turistic)

### Study on the efficacy of Bifidact®

**The impact of probiotics on diarrhea caused by radiotherapy in patients receiving radiation treatment**

Gastrointestinal side effects are frequent in patients under radiotherapy treatment. An estimated over 70% of patients will suffer from an acute inflammation.

**Double blinded study, compared to a placebo (229 patients)**

A recent study (2012) led by the CHUQ radiotherapy oncology team has tested the efficacy of Bifidact®, a double-strain probiotic (*Bifidobacterium longum* BB536 and *Lactobacillus acidophilus* LAC 361), compared to placebo, to prevent delay instances of moderate of severe diarrheas symptoms in patients under radiotherapy treatment.

**RESULTS**

**Doseage and efficacy**

The statistical analysis of the 229 patients demonstrates that there is no significant difference between the three groups in terms of moderate to severe diarrheas (0.356) during the radiotherapy treatment. However, the regular (standard) dose recommended by the manufacturer (2.6 billions CFU/day) has cut by half the incidence of severe diarrheas at the end of the treatment (60 days) *p=0.04*

Furthermore, a higher dose of Bifidact® (30 billion CFU/day) did not provide any additional benefits in regards to diarrhea prevention, which goes against the popular belief saying that the addition of a greater quantity of bacteria guarantees better efficacy.

For an enteric 10% rate before the radiotherapy treatment, Bifidact®, at regular dosage (2.6 billions CFU/day), has proved effective in reducing the incidence of any grade of diarrhea (p=0.001) and more significantly of very severe diarrheas (grade 4: p=0.0328).

### When to choose Pedi-Biotic®?

- **Acute diarrhea and due to rotavirus**
- **Helps prevent colds and the flu**
- **Infant colic**
- **Juvenile diarrhea**
- **Prevention of allergies, eczema and atopy**

### Pedi-Biotic®
- **Size:** 60g
- **2.7 billions CFU/teaspoon**

Pedi-Biotic® is a formula specifically designed for infants and young children. Pedi-Biotic® favours growth and the settlement of friendly bacteria in the entire digestive system thanks to the addition of a prebiotic (arabino-galactan).

Their immune system is in process of building. Pedi-Biotic® is there to strengthen the immune response of children. Also, several scientific studies have confirmed the beneficial effects of probiotics in order to ease the severity and the duration of diarrheas in young children when taking antibiotics.