

IBS-URGENCY is an exclusive formulation based on 5 probiotic strains, highest quality bovine colostrum and FOS and AOS prebiotics, aimed at maintaining colon health and helping improve intestinal well-being in certain digestive functional disorders such as irritable bowel syndrome. Each capsule contains 12 billion viable microorganisms, thanks to an enteric coating offering protection against the acidity of the stomach. It contains *Bifidobacterium infantis* and *Lactobacillus plantarum*, probiotics which due to their inherent properties have shown a pronounced improvement in the symptoms associated with this syndrome. A colostrum with a quality guarantee has been included, which is free of pesticides, hormones, heavy metals and antibiotics, and has maximum levels of polypeptides, rich in available proline (8% PRP's).

Ingredients: Bacterial culture (12 billion live active healthy cells per capsule; see nutritional information) (in contact with **milk** and **soy**), bovine colostrum (from *Bos taurus*) (**milk**), inulin (from chicory root, *Cichorium intybus*), arabinogalactan (from *Larix laricina*), anticaking agent: magnesium salts of fatty acids, potato starch, antioxidant: L-ascorbic acid, PH⁵D enteric-coated vegetable capsule (glazing agent: hydroxypropylmethylcellulose; aqueous enteric-coating solution; purified water).

Nutritional information:

2 capsules (1 750 mg)

<i>Bifidobacterium infantis</i> ssp. <i>infantis</i> R0033**	8,000 billion CFU
<i>Bifidobacterium longum</i> R ssp <i>longum</i> 0175**	8,000 billion CFU
<i>Lactobacillus acidophilus</i> R0418**	2,666 billion CFU
<i>Lactobacillus plantarum</i> R1012***	2,666 billion CFU
<i>Lactobacillus rhamnosus</i> R0011*	2,666 billion CFU
Colostrum (high content of proline-rich polypeptides)	270 mg
Inulin	20 mg
Arabinogalactan (AOS)	20 mg

Source of strains: * dairy / ** human / *** plant
CFU: Colony-Forming Unit Cells

The **enteric coating** of the capsule ensures capsule contents survive stomach acids and are slowly released in the intestine only.

Contains lactose, milk, and soy.

Contains no: Preservatives, artificial flavour or colour, sugar, wheat, or yeast.

Size and format:

30 enteric-coated vegetable capsules

Recommended daily dose:

2 capsules daily with water or juice.

Do not exceed the stated recommended daily dose.

Store preferably refrigerated.

Indications and uses:

Support treatment for irritable bowel syndrome and other digestive disorders such as inflammatory bowel diseases and leaky gut syndrome.

Cautions:

Consult a health care practitioner prior to use if you have nausea, fever, vomiting, bloody diarrhoea, or severe abdominal pain; if you are pregnant or breast-feeding; if you have liver or kidney disease; if you have been instructed to follow a low-protein diet; if you have an immune system disorder; if you have a history of cancer; or if you have diabetes. Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhoea) occur, worsen, or persist beyond 3 days. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

Highlights:

- It contains 5 specific strains with proven efficacy (12 billion probiotic microorganisms per capsule), high quality colostrum, FOS and AOS.
- With *B. infantis* and *L. plantarum*, the probiotics that have shown the most pronounced effect on symptom improvement in Irritable Bowel Syndrome (IBS).
- Colostrum with a quality guarantee (free of pesticides, hormones, heavy metals and antibiotics) and the maximum available levels of proline-rich polypeptides
- Enteric coating to maximize protection of the live organisms against stomach acid.

PROBIOTICS: These are non-pathogenic live bacteria which contribute to the balance of the intestinal flora, generating a microenvironment of protective beneficial bacteria. This is helpful for good digestive functioning and creates a hostile environment for the settlement of the pathogenic organisms responsible for a great variety of digestive disorders. In addition to their important role in digestion, the intestinal microflora are essential for maintaining immunity, and their imbalance weakens the immune system and contributes to a hyper-permeable intestine, which is related to a number of digestive disorders such as hypersensitivity, food allergy and chronic intestinal inflammation. Probiotics are usually recommended after antibiotic use, or in cases of infectious diarrhoea in order to repopulate the damaged flora. They are also included in programs for the prevention and treatment of allergy and food intolerance, and regulation of intestinal

transit. However, many studies endorse their use for certain digestive disorders such as Inflammatory Intestinal Diseases (Crohn's disease, ulcerative colitis, undetermined colitis) or **Irritable Bowel Syndrome (IBS)**, a functional digestive disorder with a multi-factorial aetiology, including intestinal motility disorders, visceral hypersensitivity, alterations of the brain-gut axis, food intolerance, altered intestinal flora, inflammatory changes to the intestinal mucosa and a history of gastrointestinal infection. The fact that many patients with IBS present an imbalance in intestinal microbiota and that the provision of beneficial bacteria greatly improves the symptoms associated with IBS leads us to think of probiotic therapy as a good treatment alternative. Studies have shown that supplementation with certain probiotics in IBS patients relieves abdominal pain and distension, and positively affects bowel movement frequency and the quality of life of these patients. IBS-URGENCY includes 12 billion probiotic microorganisms from 5 strains specifically selected for their inherent properties, which have proven to have a more pronounced effect on the symptoms associated with IBS.

- ***Bifidobacterium infantis***: Dominant in colon flora, its effectiveness has been proven in different studies upon confirming that it decreases pain and swelling, regulates intestinal transit and regulates the IL-10/IL-12 ratio, shown to be high in IBS patients, indicating a pro-inflammatory state in the intestinal mucosa⁽¹⁾. In a study in which *B. infantis* was administered for 4 weeks to 362 women with IBS, over 20% efficacy was observed in overall symptom improvement compared to placebo.
- ***Bifidobacterium longum***: In a study evaluating the effect of a probiotic combination on symptoms and colon transit in IBS patients, a reduction in flatulence and colon delay was observed in the first 4 weeks of treatment. This combination included *B. longum*^(2,3,4).
- ***Lactobacillus acidophilus***: This effective probiotic has been shown to improve overall symptoms (abdominal pain, flatulence, intestinal transit and general well-being) in patients with IBS^(5,2,3). In another study, overall symptoms were reduced by 55,6 % in 14 days of treatment with a combination of *L. plantarum* and *L. acidophilus*.
- ***Lactobacillus plantarum***: Studies have shown a reduction in abdominal pain and flatulence in IBS patients after treatment with *L. plantarum* for 4 weeks^(6,7).
- ***Lactobacillus rhamnosus***: This has been shown to be effective at improving abdominal pain in paediatric patients with different functional disorders, especially in those with IBS.

COLOSTRUM: The most balanced food nature provides, diverse studies confirm its usefulness for treating a variety of gastrointestinal disorders. It has a high proportion of immunoglobulin, antimicrobial factors (lactoferrin), immunomodulating polypeptides, anti-inflammatory cytokines, growth factors and other bioactive factors that promote an immune response and the growth of *B. infantis*, one of the main probiotics in our formulation. Growth factors participate in the regeneration and proliferation of the intestinal epithelium for correct intestinal absorption and permeability⁽⁸⁾. Proline rich polypeptides (PRPs) are some of the integral components of colostrum, and are of great importance due to their ability to modulate the immune system and regulate the production of certain cytokines, signalling molecules that control the inflammatory process^(8,9). IBS-URGENCY contains bovine colostrum with a quality guarantee, free of pesticides, hormones, heavy metals and antibiotics, and with the maximum PRP levels available (8% PRPs), in order to reduce the inflammatory response responsible for some of the symptoms of IBS.

PREBIOTICS: These are indigestible, fermentable ingredients that improve intestinal health by increasing the bacterial biomass of the colon. IBS-URGENCY contains fructooligosaccharides (FOS) obtained from insulin extracted from the chicory root, and arabinogalactans (AOS) which come from the larch tree and selectively promote the growth of bifidobacteria and lactobacillus. FOS together with *B. longum* has been proven to improve symptoms and inflammatory markers in the mucosa of patients with inflammatory intestinal pathology. FOS and AOS increase the production of short-chain fatty acids, mainly butyrate, acting as an energy substrate for epithelial cells in the colon and as protector of the intestinal mucosa. AOS activate an immune response and promote the growth of beneficial intestinal flora as a defence mechanism blocking the entry of germs.

References:

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