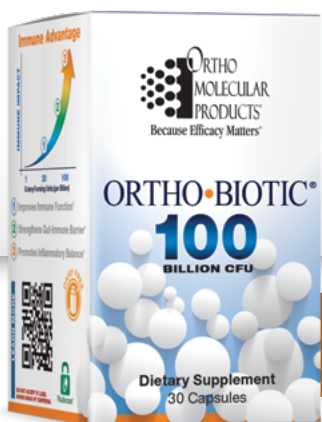


# Ortho Biotic® 100



## CLINICAL APPLICATIONS

- Enhances Immune System Function
- Maintains a Healthy Gut-Immune Barrier
- Maintains Normal Inflammatory Balance
- Supports Digestion and Micronutrient Absorption
- Maintains Gastrointestinal Health



VIEW VIDEO

## GASTROINTESTINAL SUPPORT

Ortho Biotic® 100 is a high-dose probiotic delivering 100 billion active cultures for cases of gastrointestinal (GI) and immune distress. High-dose probiotics, going beyond the threshold of traditional probiotic support, influence GI health and immunity in ways lower-dose probiotics cannot. Shown to activate over 1,700 genes involved in immune and inflammatory signaling, high-dose probiotics improve immune function, maintain a healthy gut-immune barrier, and maintain normal inflammatory balance. Each Ortho Biotic® 100 capsule provides six proven probiotic strains chosen for their ability to survive the harsh GI environment to deliver superior results.

### Overview

The GI tract is a finely balanced environment where roughly 500 different strains of bacteria compete for space and nutrients. When there is a healthy balance (eubiosis), few symptoms exist. However, this natural microflora balance can become disrupted by certain medications, excessive alcohol consumption, or poor dietary intake, leading to an overabundance of potentially harmful organisms (dysbiosis).

Probiotics have been extensively studied and are characterized as having broad GI and immune benefits, including (1) increasing the population of healthy bacteria following microflora imbalance; (2) supporting healthy bowel function; (3) increasing the production of short-chain fatty acids, which provide energy to the cells of the intestinal lining; (4) strengthening the gut-immune barrier by promoting a healthy gut mucosa; (5) aiding in the digestion of difficult-to-break-down compounds like lactose and casein; and (6) enhancing detoxification of harmful compounds.

BioShield® technology is Ortho Molecular Products' integrated probiotic protection system designed to support organism stability, survivability, and targeted delivery. Because probiotics are living microorganisms, they must be protected from environmental stressors such as moisture, heat, light, and oxygen throughout manufacturing, storage, and distribution. BioShield® technology uses a specialized cryoprotection and freeze-drying process to help preserve probiotic organisms in a stable, dormant state until they encounter moisture within the gastrointestinal tract. Paired with advanced delayed-release encapsulation, this approach helps shield the organisms from harsh upper-GI conditions and supports more precise delivery to the intestinal tract, where the probiotics can provide their intended benefit. This process is intended to help ensure consistent potency, shelf stability through expiration, and reliable probiotic performance.

### ***Lactobacillus acidophilus* (La-14)**

*Lactobacillus acidophilus* is a beneficial bacteria strain normally found in the intestinal tract and mouth, as well as in acidophilus-type yogurt. *L. acidophilus* ferments various carbohydrates to produce lactic acid, which increases the bioavailability of minerals, including calcium, copper, magnesium and manganese. The production of lactic acid also creates an inhospitable environment for invading organisms.<sup>1</sup> *L. acidophilus* has shown to protect intestinal cells by competing for adhesion space in the gut against harmful bacteria. The strain in Ortho Biotic® 100 has been specifically chosen because of its strong adherence and survival attributes in the GI tract. It has been demonstrated in vitro to tolerate exposure to gastric acid, bile salts and certain medications.<sup>2</sup> *L. acidophilus* La-14 has shown to help maintain normal cardiovascular health, GI balance, and inflammatory balance.<sup>3</sup>

† 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.

**EFFICACY**  
the power of *e*

### ***Lactobacillus paracasei* (Lpc-37)**

*Lactobacillus paracasei* has shown to protect against the harmful effects of unwanted bacteria.<sup>4</sup> *L. paracasei* colonizes the intestinal tract by reinforcing defense mechanisms that support an immune response. It does this by supporting T-helper cell production and secreting secretory IgA (sIgA), an antibody critical for supporting intestinal immunity.<sup>5</sup> *L. paracasei* is highly resistant to acids and enzymes in the GI tract and is known to produce short-chain fatty acids for healthy intestinal barrier function.<sup>6</sup> A randomized, double-blind, placebo-controlled trial of 120 adults found 17.5 billion CFU of *L. paracasei* Lpc-37 daily for five weeks to help with stress resilience.<sup>7</sup>

### ***Bifidobacterium bifidum* (Bb-02)**

*Bifidobacterium bifidum* has shown to effectively compete with harmful bacteria, which suggests *B. bifidum*'s lactic acid and acetic acid production helps maintain microflora balance.<sup>8</sup> A randomized, double-blind, placebo-controlled trial provided 18 older adult females with 35 billion CFU of *B. bifidum* Bb-02, with *B. Lactis*, for four weeks daily. It found the combination to aid with the number and diversity of bifidobacteria communities.<sup>9</sup>

### ***Bifidobacterium lactis* (BI-04)**

*Bifidobacterium lactis* is predominantly found in the colon. An eight-week, double-blind, randomized, placebo-controlled trial found that *B. lactis* supported a balanced immune response in individuals hypersensitive to environmental allergens.<sup>10</sup> *B. lactis* has shown to support GI health by reducing intestinal permeability.<sup>11</sup> A 150-day, randomized, double-blind, placebo-controlled trial of 465 adults found that 2 billion CFU daily of *B. lactis* BI-04 reduced the risk of episodic difficult breathing by 27%.<sup>12</sup>

### ***Lactobacillus plantarum* (Lp-115)**

*Lactobacillus plantarum* is a beneficial bacteria strain commonly found in fermented foods, including sauerkraut, pickles, brined olives and sourdough. It has been associated with systemic health benefits such as promoting inflammatory balance and normal metabolic health.<sup>13</sup> *L. plantarum* has been found to compete against unwanted bacteria due to the production of bacteriocins (lethal proteins).<sup>14</sup> Studies have also demonstrated that *L. plantarum* helps boost the immune response by stimulating Th1-mediated immunity.<sup>15</sup>

### ***Lactobacillus rhamnosus* (GG)**

*Lactobacillus rhamnosus* has been proven to have remarkable survivability in the acid and bile environments in the GI tract. *L. rhamnosus* is particularly useful because of its ability to adhere

to cells, enhance microflora balance and inhibit adherence of unwanted agents. *L. rhamnosus* was also found to positively affect the inflammatory and immune gene signaling of over 1,700 genes when administered in high doses.<sup>16</sup> *L. rhamnosus* GG has clinical implications in maintaining *H. pylori* balance, GI normalcy, and a regular metabolic profile.<sup>17</sup>

### **Directions**

1 capsule per day or as recommended by your health care professional.

### **Does Not Contain**

Gluten, corn, yeast, artificial colors or flavors.

### **Cautions**

If you are pregnant or nursing, consult your physician before taking this product.

## **Supplement Facts**<sup>V4</sup>

Serving Size 1 Capsule  
Servings Per Container 30 & 60

|                                          | Amount Per Serving                      | % Daily Value |
|------------------------------------------|-----------------------------------------|---------------|
| Calories                                 | 5                                       |               |
| Total Carbohydrate                       | <1 g                                    | <1% *         |
| Sodium                                   | 5 mg                                    | <1%           |
| Potassium                                | 95 mg                                   | 2%            |
| Proprietary Blend                        | 423 mg (100 Billion CFU <sup>++</sup> ) |               |
| <i>Lactobacillus acidophilus</i> (La-14) |                                         | **            |
| <i>Bifidobacterium bifidum</i> (Bb-02)   |                                         | **            |
| <i>Lactobacillus rhamnosus</i> (GG)      |                                         | **            |
| <i>Bifidobacterium lactis</i> (BI-04)    |                                         | **            |
| <i>Lactobacillus plantarum</i> (Lp-115)  |                                         | **            |
| <i>Lactobacillus paracasei</i> (Lpc-37)  |                                         | **            |

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Silicon Dioxide and Magnesium Stearate.

<sup>++</sup>Colony Forming Units

ID# 474030 30 Capsules

ID# 474060 60 Capsules

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