



Always read the label and follow the directions for use.

## IMMUNE HEALTH



### IMMUNE BOOSTER

- ✓ Boosts immune system function
- ✓ Reduces the duration of common colds
- ✓ Reduces the number of sick days due to common colds

#### EACH CAPSULE CONTAINS 1 BILLION LIVE PROBIOTICS:

<i>Lactobacillus plantarum</i> (HEAL 9)	500 million CFU
<i>Lactobacillus paracasei</i> (8700:2)	500 million CFU

**probi**<sup>®</sup>

#### PATIENT INSIGHT

- Healthy adults experience up to 4 colds per year<sup>1</sup>
- Over 50% of supplement users would consider a probiotic to support their immune health<sup>2</sup>
- 7% of consumers enter the probiotic market looking specifically for immune support<sup>2</sup>
- 7% of consumers regularly take probiotics specifically for immune support<sup>2</sup>

#### CLINICAL FOCUS

- Reduce the number of sick days due to common colds
- Boost immune system support

#### KEY FORMULA FEATURES

- 500 million CFU of each strain, *Lactobacillus plantarum* (HEAL 9) and *Lactobacillus paracasei* (8700:2), clinically researched together to decrease cold symptom duration

#### KEY ACTIONS

- Boosts immune system function
- Reduces the duration of common colds
- Reduces the number of sick days due to common colds

#### PROFESSIONAL PRESCRIBING GUIDELINES

##### Dosage & Directions:

**Adults:** Take 1 capsule daily to reduce the duration of common colds or as directed by a healthcare professional.

**Storage:** Store at 2°C to 8°C. Refrigerate. Do not freeze.

*Disclaimer: In the interest of supporting Healthcare Practitioners, all safety information provided at the time of publishing is in accordance with Natural Medicine Database (NATMED PRO), renowned for its professional monographs which include a thorough assessment of safety, warnings, and adverse effects.*

For further information on specific interactions with medications, please contact Clinical Support on 1800 777 648, or via email, [anz\\_clinicalsupport@metagenics.com](mailto:anz_clinicalsupport@metagenics.com).

**WARNINGS:** If symptoms persist consult your healthcare professional. Not to be used in children under two years of age without medical advice.

#### CONTRAINDICATIONS:

**Immunodeficiency:** *L. plantarum* and *L. paracasei* may cause pathogenic colonisation in patients who are severely immunocompromised.<sup>3,4</sup>

**Valvular heart disease:** Theoretically *L. paracasei* may cause pathogenic colonisation in patients with valvular heart disease. Use should be avoided prior to dental surgery or other invasive gastrointestinal procedures.<sup>3,4</sup>

#### PREGNANCY:

Suitable when used orally and appropriately.<sup>3,4</sup>

#### BREASTFEEDING:

Suitable when used orally and appropriately.<sup>3,4</sup>

**NO ADDED:** Artificial colours, flavours or preservatives.

**FREE FROM:** Gluten, wheat, dairy, lactose, eggs, nuts, starches, yeast and soy protein.

## HCP COUNSELLING QUESTIONS

### Q. Can I take Inner Health Immune Booster every day?

Yes, Inner Health Immune Booster is suitable to take every day.

### Q. Can I take Inner Health Immune Booster if I am taking antibiotics?

Immune Booster is not formulated to be used alongside antibiotics. Instead, consider **Inner Health Restore-Biotic**, a probiotic designed to be taken alongside a course of antibiotics to maintain healthy gut flora during antibiotic use, and to restore the gut microbiome after antibiotic use.

### Q. Can I take Inner Health Immune Booster if I have a cold?

Yes, Inner Health Immune Booster is indicated for use if you have a cold, particularly in its early stages.

### Q. Can I take Inner Health Immune Booster if I am a vegan?

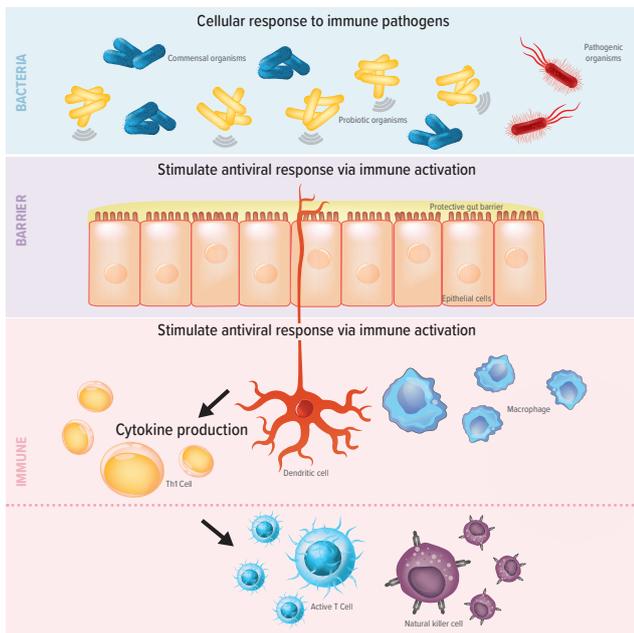
Yes, Inner Health Immune Booster is formulated with plant-based ingredients and is suitable for use by vegans and vegetarians.

## CLINICAL FEATURES

### Boosts immune system function

As more than 70% of the immune system is in the gut, it makes sense to support the health of the gut and the microbiome when looking to support balanced systemic immunological responses.<sup>5</sup> Moreover, research indicates that supporting the gut microbiome is essential for immune development, maturation, and maintenance.<sup>5</sup> Therefore, probiotics that support the microbiome can play a role in immune health.<sup>6</sup> The gut microbiome primes cellular immune responses via direct interaction with immune cells in gastrointestinal-associated lymphoid tissue (GALT).<sup>6</sup> It also helps to maintain the gut barrier against potential pathogens and modulates the absorption of the nutrients required for immune health.<sup>7</sup>

One way specific probiotic strains stimulate antiviral responses is through the activation of innate immune cellular cascades. These immune cascades involve the activation of immune fighter cells including macrophages and dendritic cells and result in the production of cytokine promoted T helper 1 (Th1) mediated responses leading to the activation of natural killer cells.<sup>8,9</sup> This results in a building of resilience in the immune system that assists in protecting the body from ongoing infective attacks (Figure 1).<sup>8,9</sup>



**Figure 1: Immune cell activation in the GALT**

### Reduces the duration of common colds/ Reduces the number of sick days due to common colds

Supported by randomised, placebo-controlled clinical studies, significant benefits for reducing daily symptoms of a common cold or upper respiratory tract infection have been shown using probiotic strains *Lactobacillus plantarum* (HEAL 9) and *Lactobacillus paracasei* (8700:2) at a combined strength of 1 billion colony forming units per day (CFU/d).<sup>10-12</sup>

One 12-week, randomised, double-blinded, placebo-controlled clinical trial conducted with healthy individuals reported a reduced risk of cold acquisition in the probiotic group versus control (55% versus 67%,  $p < 0.05$ ), and a reduction in the duration of symptom presentation; 6.2 days in the probiotic group versus 8.7 days in the control group.<sup>10</sup>

In a different trial, the same probiotic combination significantly reduced symptom score intensity in subjects deemed at an increased risk of infection due to two cold episodes in the preceding 6 months versus placebo ( $p < 0.001$ , Table 1). Whilst the number of common cold episodes was similar within the 12-week trial period between the placebo and the probiotic groups, those in the probiotic group also reported that their cold episodes were an average of one day shorter duration.<sup>11</sup>

**Table 1: Reduction in all cold symptoms studied<sup>11</sup>**

SYMPTOM	REDUCTION	SIGNIFICANT REDUCTION
<b>Overall Condition:</b>		
Headache	✓	
Pain in limbs	✓	✓
<b>Throat:</b>		
Sore throat	✓	✓
Difficulty swallowing	✓	✓
Hoarseness	✓	✓
<b>Nose:</b>		
Runny nose	✓	✓
congested nose	✓	✓
Yellow secretion	✓	✓
Bloody secretion	✓	✓
Sneezing	✓	
<b>Bronchial symptoms:</b>		
Cough	✓	✓
Yellow secretion	✓	
Other secretion	✓	

In another 12-week trial in healthy individuals, significantly fewer colds were experienced by the probiotic group taking a combined dose of 1 billion CFU/d of HEAL9 and 8700:2 ( $p = 0.044$ ).<sup>12</sup> Additionally, compared to the placebo group, the incidence of repeated cold episodes was decreased by 9% and the use of analgesics during a cold was reduced by over 5%.<sup>12</sup>

## References

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