

Flora·Matrix Postbiotics

A heat-treated *Lactobacillus* blend designed to deliver bioactive metabolites and balance the gastrointestinal and immune systems.

Sans gluten

Sans soya



- Delivers evidence-based dosages of heat-treated *Lactobacillus plantarum* L-137 and *Lactobacillus paracasei* MCC-1849 in just one capsule per day
- These postbiotics offer pre-converted nutrients like butyric acids and other short-chain fatty acids that are ready-to-use energy sources for gut bacteria, even in the face of an imbalanced or disrupted microbiome
- Studied and designed to positively modulate and support immune function in a variety of adult populations
- 30 vegetable capsules per box
- Shelf-stable and free from gluten and soy

For the past few decades, probiotics have dominated emerging research with regard to the importance of microbes for regulating human health. Co-evolving over millions of years alongside our immune system, we've come to depend on them for our health as much as they've come to depend on us. At the same time, prebiotics are well-recognized and have been studied for their necessary role in feeding probiotic species. Most recently, research has come to include a related group of compounds known as postbiotics.

Postbiotics by definition are not live bacteria, but rather bioactive compounds that are secreted by probiotics. Postbiotics represent a new category of therapeutic intervention. The significant impact of postbiotic metabolites on the microbiome helps to explain why a relatively small amount of probiotics can have such a profound impact on the expansive microbiome with gastrointestinal, immune, and systemic health effects. Postbiotics share many health benefits with prebiotics and probiotics, yet they do not require fermentation, survival, or the need to overcome other barriers in metabolization. Instead, they provide pre-converted nutrients like butyric acids and other short-chain fatty acids that are ready-to-use energy sources for your gut bacteria.

Clinical trials on postbiotics have demonstrated a multitude of beneficial health activities ranging from metabolic regulation and weight management to immunomodulation and antioxidant benefits. For example, *Lactobacillus plantarum* L-137 is a heat-killed postbiotic with extensive in-vitro and in-vivo data to support its ability to support the immune system by increasing both innate and acquired immunity. L-137 boosts interferon-beta levels, improves host defence against influenza, and significantly reduces the incidence of upper

respiratory tract infections (URTIs) in stressed individuals. L-137 has also been demonstrated to decrease markers of inflammation such as ALT and improve lipid metabolism, as per total cholesterol and LDL cholesterol levels in healthy individuals with elevated BMI and baseline inflammation.

Similarly, *Lactobacillus paracasei* MCC-1849 is a heat-killed postbiotic that has been shown to reduce incidence of the common cold, symptoms scores and total number of days with symptoms in susceptible individuals, and it can improve the antibody response in elderly individuals. Just like L-137, MCC-1849 appears to modulate the immune response through increased interleukin-12 (IL-12) and downstream effects such as natural killer cell activation. Clearly, postbiotic preparations have the capability to activate and alter the function of immune cells. Unlike probiotics, postbiotics provide the necessary bioactive compounds to offer these benefits even if microbiome function is disrupted by conditions like irritable bowel syndrome, small intestinal bowel overgrowth, or dysbiosis.

Perhaps the most interesting and arguably the most important feature of a postbiotic is its quorum-sensing capability. Quorum-sensing refers to the communication tactics of bacteria both within its species and between species using signalling proteins. It is responsible for preventing the colonization of pathogenic bacteria and helping to regulate and balance microbial populations within the microbiome. Direct supplementation with postbiotics delivers a greater amount of these quorum-sensing signalling proteins, ultimately improving the communication of microflora to regulate proper immune responses and bacterial counts.

Flora•Matrix Postbiotics by Cyto-Matrix contains heat-treated *Lactobacillus plantarum* L-137 and *Lactobacillus paracasei* MCC-1849 in evidence-based

dosages to deliver a natural blend of enzymes, metabolites, and other bioactive compounds that support the immune response and nurture the microbiome. Flora-Matrix Postbiotics can be taken in addition to prebiotics and probiotics, but also function independently and provide health benefits when taken as a solo therapy. Each blister pack box contains 30 shelf-stable capsules and is gluten-free, soy-free, and GMO-free.

Chaque capsule contient

Lactobacillus paracasei MCC1849	20mg
Immuno-LP20	10mg
(Lactiplantibacillus plantarum L-13)	

Immuno-LP20™

Ingrédients non médicinaux

Stéarate de magnésium de grade végétal, acide ascorbique, acacia (Fibregum®), maltodextrine.
Capsule: hypromellose.

Indications

Aide à soutenir le système immunitaire et à réduire l'incidence des symptômes qui s'apparentent au rhume.

Mode d'emploi

Adultes - Prendre 1 capsule par jour au moins 2 à 3 heures avant ou après la prise d'antibiotiques ou selon l'avis d'un professionnel de soins de santé.

Mises en garde et avertissements

Ne pas utiliser si le sceau de sécurité est brisé.
Consulter un professionnel de soins de santé avant d'en faire l'usage surtout si vous souffrez de fièvre, de vomissements, de diarrhée sanglante ou de douleurs abdominales intenses. Cesser l'utilisation et consulter un professionnel de soins de santé si des symptômes de troubles digestifs (par ex., diarrhée) se manifestent, s'aggravent et/ou persistent au-delà de 3 jours.

Contre-indications

Ne pas utiliser ce produit si vous souffrez d'un déficit immunitaire (par ex., sida, lymphome, patients subissant un traitement prolongé aux corticostéroïdes).

Réactions indésirables connues

Ne pas utiliser ce produit si vous êtes allergique au lait.

Rangement

Do not use if safety seal is broken. Ne pas utiliser si le sceau de sécurité est brisé.