

AI Balance Matrix

A blend of herbal extracts and nutrients that helps to balance the immune system, reduce inflammation and control auto-immune symptoms.

Convient aux végétaliens

Sans gluten

Sans produits laitiers

Sans soya

Sans blé

Sans levure

Sans produits d'origine animale

Sans colorants, arômes ou agents de conservation artificiels

Sans sucre



- **AI Balance Matrix** is a foundational autoimmune support product with ingredients to ease inflammation, modulate the immune response and support gastrointestinal health
- *Bacillus coagulans* is a spore-forming probiotic designed to positively support the gut microbiota and, in turn, regulate immune function
- Quercetin is a bioflavonoid compound with anti-inflammatory, antioxidant and anti-allergic effects that has been studied in the management of several autoimmune conditions
- Curcumin provides antioxidant support, inhibits NF-kB overactivity, suppresses proinflammatory cytokines and has been shown to support management of multiple autoimmune diseases in a meta-analysis of clinical trials
- Milk thistle, skullcap and astragalus collectively have demonstrated to regulate Th1, Th17 and Treg differentiation, while suppressing proinflammatory cytokine production and finding positive clinical outcomes in experimental autoimmune conditions

A healthy immune system defends the body against disease and the outer world. At one time or another we've all experienced what may happen if our immune system is unsuccessful– the common cold, influenza and sinusitis are just some of the illnesses that can occur. Typically, these are transient with symptoms only persisting until our immune system can bounce back and respond. In a worse scenario, the immune system malfunctions by mistakenly attacking healthy cells, tissues, and organs. This failure to recognize self vs non-self is collectively known as autoimmunity and is not so transient.

There are currently over 80 autoimmune conditions that have been identified. These are multifactorial diseases with a variety of triggers including environmental and genetic. The hallmark pathological processes of autoimmune conditions are most typically inflammation, dysbiosis, increased intestinal permeability, and micronutrient deficiencies. An imbalance between Th1/Th17 and Th2/Treg cells has been found in autoimmune patients, with Th1 and Th17 pushing excessive production of proinflammatory cytokines. Knowing that autoimmunity cannot be cured, the goal is to

guide patients into remission and help them stay in remission while managing these pathological processes. Fortunately, there are a number of natural therapies that have been demonstrated to improve both symptoms and immune markers in autoimmune conditions.

It is well-established that the immune system is entangled with the digestive tract, being the first line of defense against the outer world. Multiple studies find that patients with autoimmune conditions have a significantly different composition of gut microbiota when compared to healthy controls, and we know that the microbiota plays an important role in the initiation, regulation, and maintenance of the immune system.

With this in mind, it only seems logical that probiotics would benefit immune regulation. Indeed, multiple studies have demonstrated the ability of probiotics to modulate the immune system and positively affect clinical endpoints. For example, *Bacillus coagulans*, a spore-forming probiotic, is able to normalize both the quantitative parameters of the immune system (the number of splenic lymphocytes, macrophages and T-lymphocytes) and the cells' functional activity to promote host immune system function. One double-blind clinical experiment demonstrated that *B. coagulans* PTA-6086 is an effective therapy for reducing pain markers and mobility in autoimmune patients.

As aforementioned, the successful management of autoimmunity requires both gastrointestinal support and inflammation management. This may be partly why curcumin, the active ingredient of turmeric with potent anti-inflammatory properties, shows such promise in autoimmune conditions. Curcumin is most often associated with its management of pain and inflammation, but it has also been shown to balance the immune system by restoring Th17/Treg and Th1/Th2 balance. Moreover,

in a meta-analysis examining 31 randomized control trials, curcumin was found to be an effective treatment in 10 different autoimmune diseases by reducing inflammation and providing antioxidant support. Specifically, curcumin has been found to inhibit NF- κ B overactivity and suppress proinflammatory cytokines such as IL-17, IL-1, IL-6, IL-23, TNF- α and IFN- γ .

Another well-recognized anti-inflammatory compound, more often used for its role in stabilizing histamine and allergic responses within the body, is quercetin. Quercetin is a natural flavonoid compound found in apples, onions and various berries. Perhaps most importantly, quercetin has anti-inflammatory, antioxidant and anti-allergic effects across multiple target tissues and has shown improvement in the management of several autoimmune conditions including multiple sclerosis.

In addition to turmeric, various herbal extracts also have immunomodulatory roles. *Astragalus membranaceus* has been shown to exert immunoregulatory and antiinflammatory actions, perhaps unsurprisingly given its common use for preventing the common cold. Specifically, it has been demonstrated to regulate differentiation and induce apoptosis of activated CD4⁺ T cells in the pathogenesis of experimental autoimmune encephalomyelitis.

Scutellaria baicalensis, likely through the action of its active ingredient baicalin, inhibits Th17 and Th1 differentiation, increases T-reg production, and suppresses proinflammatory cytokines such as IL-17, TNF- α and IFN- γ . Multiple animal studies using experimental autoimmune conditions have shown both positive outcomes in clinical endpoints and immune markers. These include reduced inflammation and demyelination in the central nervous system of experimental autoimmune

encephalomyelitis and decreased intraocular inflammation in autoimmune uveitis.

Similar actions have also been seen by *Silybum marianum*, the well-known hepatoprotectant herb containing silymarin and silibinin. *Silybum marianum* downregulates Th1 differentiation, encourages Th17 apoptosis and suppresses the same proinflammatory cytokines IL-17 and TNF- α . Lastly, silibinin can act as an agonist to the estrogen receptor β (ER β), which is important because low expression of ER β has been correlated with increased disease activity in autoimmune conditions such as systemic lupus erythematosus.

AI Balance Matrix combines these 6 ingredients into one formula to offer clinicians a foundational formulation for supporting the complex clinical pictures of autoimmune patients. This evidence-based formulation provides ingredients to ease inflammation, modulate the immune response and support gastrointestinal health. **AI Balance Matrix** is meant to be the first step and foundational formula clinicians can build their protocols on.

Chaque capsule végétales contient

<i>Bacillus coagulans</i>	500 milliard UFC (U-152)
Scutellaire du lac Baïkal	250mg (root, <i>Scutellaria baicalensis</i>) extrait 12:1 équivalent à 3000mg de racine sèche, normalisé à 30% baicalin
Curcumine	100mg (racine, <i>Curcuma longa</i>)
Astragale	75mg (racine, <i>Astragalus membranaceus</i>) extrait 8:1 équivalent à 600mg de racine sèche
Chardon marie	50mg (graine, <i>Silybum marianum</i>) normalisé à 80% silymarine
Quercétine	50mg (Quercétine dihydraté)

Ingrédients non médicinaux

Cellulose microcristalline, hypromellose, stéarate de magnésium.

Indications

Utilisé en phytothérapie afin d'aider au maintien d'un système immunitaire en santé. Aide à soutenir les fonctions du foie. Utilisé en phytothérapie comme adaptogène pour aider à augmenter l'énergie et la résistance au stress (par ex., dans les cas de fatigue mentale ou physique reliée au stress).

Mode d'emploi

Adultes (19 ans et plus) - Prendre 2 capsules, 2 fois par jour. Prendre avec de la nourriture. Consulter un professionnel de soins de santé pour un usage de plus de 12 semaines. Pour soutenir les fonctions du foie: Utiliser pendant au moins 3 semaines pour constater des effets bénéfiques.

Mises en garde et avertissements

Ne pas utiliser si • vous souffrez d'un déficit immunitaire (par ex., sida, lymphome, patients subissant un traitement prolongé aux corticostéroïdes). Consulter un professionnel de soins de santé avant d'en faire l'usage si • vous êtes enceinte • vous êtes allaitez • vous souffrez de fièvre • vous souffrez de vomissements • vous souffrez de diarrhée sanglante • vous souffrez de douleurs abdominales intenses • vous souffrez des calculs biliaires • vous souffrez une obstruction des voies biliaires • vous souffrez des ulcères à l'estomac • vous avez un excès d'acide gastrique. Consulter un professionnel de soins de santé avant d'en faire l'usage si vous prenez • des antiplaquettaires • des fluidifiants. Cesser l'utilisation et consulter un professionnel de soins de santé si • des symptômes de troubles digestifs (par ex., diarrhée) se manifestent s'aggravent ou persistent au-delà de 3 jours • vous développez des symptômes reliés au foie (par ex., jaunissement des yeux et/ou de la peau, urine foncée, douleurs abdominales, jaunisse). Cesser l'usage et consulter un professionnel de soins de santé si vous éprouvez de l'inconfort abdominal, tel que • constipation • distension abdominale. Garder hors de la portée des enfants.

Rangement

Ne pas utiliser si le sceau de sécurité est brisé.