Saccharomyces boulardii

Saccharomyces boulardii is a probiotic, non-colonizing yeast species closely related to Brewer's yeast and not related to the yeast group to which Candida belongs. Soon after supplementation begins, *S. boulardii* "blooms" and quickly becomes established in the gut, where it can produce lactic acid and some B vitamins. Both extensive studies and clinical use suggest it can help displace unfriendly yeast species in the GI tract.* It has also been shown to increase levels of secretory IgA.* During its use, friendly probiotic bacteria are able to colonize in the GI tract, supporting a healthy micro-ecology.* When *Saccharomyces boulardii* supplementation is stopped, it is then eliminated from the gut. *S. boulardii* has been used in Europe after antibiotic use to support normal gastrointestinal tract function.*

#71050
50 vegetarian capsules

Key Features

- Supports the establishment of friendly bacteria in the GI tract*
- May help displace problematic yeast species in the GI tract*
- Supports nutrient absorption in the small intestinal mucosa*

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Saccharomyces boulardii

MICROBIAL BALANCERS

The gastrointestinal tract is not an inert tube, but a complex micro-ecosystem in which the mucosal lining of the host coexists with billions of microorganisms that live on or attached to the lining. These probiotic (life-enhancing) bacteria are provided with shelter and support, and copious amounts of food substrates. The body benefits from the vitamins and other useful metabolic products these bacteria produce. Other, less beneficial micro-organisms are also present and compete with the probiotics. Dietary supplementation with potent probiotic cultures assists the host in maintaining a healthy probiotic balance.*

S. boulardii is a variant of *S. cerevisiae*. A recent study published in Systemic and Applied Microbiology confirmed the existing taxonomic position of *S. boulardii* within *S. cerevisiae*. Morphological and physiological characteristics of *S. boulardii* were consistent with those of *S. cerevisiae*. Sequence analysis of *S. boulardii* revealed a very close resemblance with the sequences published for *S. cerevisiae* strains. The results of that study strongly indicate a close relatedness of *S. boulardii* to *S. cerevisiae* and thereby support the recognition of *S. boulardii* as a member of *S. cerevisiae*. The name boulardii is not a recognized taxonomic name, but it is commonly used because it allows the strain-specific differentiation from *S. cerevisiae*.

Probably the most correct designation for boulardii would be *S. cerevisiae var. boulardii*. Every lot of S. boulardii we sell is verified by its genetic (DNA) fingerprint.

Saccharomyces boulardii is a probiotic, non-colonizing yeast species, and is heat-sensitive. Short term heat exposure is acceptable. Whenever possible, store refrigerated and tightly sealed to insure product viability.

The capsules can appear speckled due to the fact that the powder inside is a mixture of *S. boulardii*, which is brown, and cellulose, which is lighter in color.

Supplement Facts

Serving Size	3 Capsules
Servings Per Container	16
Amount Per Serving	**% Daily Value**
Saccharomyces boulardii 9 Billion CFUs	*

* Daily Value not established.

Other ingredients:Hydroxypropyl methylcellulose, microcrystalline cellulose, stearic acid, silicon dioxide.

Suggested Use: As a dietary supplement, 1 to 3 capsule two or three times daily, preferably on an empty stomach, or as directed by a healthcare practitioner.

Variations in product color may occur. To maintain potency, store tightly closed and refrigerated. Short term heat exposure is acceptable.

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