



What is BoulardiiMAX?

BoulardiiMAX is a probiotic supplement containing *Saccharomyces boulardii*, a non-colonizing yeast species. It is a non-pathogenic yeast strain that is not related to the yeast group to which *Candida Albicans* belongs.

How is it delivered?

BoulardiiMAX contains 10 Billion cultures of *Saccharomyces boulardii* in each capsule. *Saccharomyces boulardii* is not as susceptible to stomach acid degradation as other probiotics; therefore a delivery system (such as aqueous enteric coating or BioTRACT) is not necessary. Similar to other probiotic products, it is ideal to keep BoulardiiMAX refrigerated however when compared to other probiotic supplements there is minimal die off if left at room temperature or below. This makes BoulardiiMAX ideal for travel.

What does it do?

Saccharomyces boulardii is classified as a "probiotic", a microorganism that when ingested has a positive influence on your health. Probiotics can affect the gastrointestinal system directly, and may modulate the immune system in a larger scope. *Saccharomyces boulardii* works with your body to re-establish a balanced micro-flora, thereby improving digestive health.

Saccharomyces boulardii has been used effectively and studied extensively with regards to treating *Clostridium Difficile* (C-Diff), a common and highly contagious infection found in hospitals. A study published in the Journal of the American Medical Association found that patients treated with *S. boulardii* and standard antibiotics had a significantly lower risk of recurrence of *C. difficile* infection compared with placebo and standard antibiotics alone.

Saccharomyces boulardii has also been shown to significantly increase the eradication rate of *H. Pylori* as well as to reduce the risk of adverse effects of *H. Pylori* therapy, in particular diarrhea (Szajewska et al, 2010). This makes BoulardiiMAX an excellent supplement for those who are going through treatment for *H. Pylori*, and for those who suffer from heartburn or ulcers due to *H. Pylori* overgrowth.

Saccharomyces boulardii is also an effective supplement to control diarrhea. According to Swidsinski et al "Saccharomyces boulardii significantly improves the stool biostructure in patients with chronic idiopathic diarrhea and... that the microbial and clinical symptoms of diarrhea were reversible with *Saccharomyces boulardii* therapy" (2010).

How does it work?

Once consumed, *Saccharomyces boulardii* becomes quickly established in the intestinal tract. Many human research studies have shown the benefits of *Saccharomyces boulardii* to:

1. Help treat serious bacterial infections such as *Clostridium Difficile*. *Saccharomyces boulardii* suppresses bacterial infection in 3 ways; by inhibiting adhesion and/or overgrowth of bacteria, by producing a serine protease that cleaves *C. difficile* toxin A, and by stimulating antibody production against this toxin.

2. Increase the eradication rate of *Helicobacter pylori* (*H. Pylori*) bacteria which can cause heartburn, nausea, bloating, belching and in serious cases, peptic ulcers. New research shows that *Saccharomyces boulardii* is an effective addition to *H. Pylori* treatment. It also helps to prevent diarrhea from standard *H. Pylori* anti-biotic treatment, which is a common side effect.

3. Effectively treats and prevents diarrhea from antibiotic use, bacterial infections, travelling and inflammation in the bowel.

How do I take it?

Adults, adolescents, and children ≥ 6 years old: Take one capsule per day to help to support intestinal/gastrointestinal health, promote a favourable gut flora and for a source of probiotics. Do not exceed 10 capsules per day. To help to reduce the risk of antibiotic-associated diarrhea take 1-3 capsules per day.

PLEASE NOTE: For those unable to swallow capsules: Open one capsule to release the contents and mix with water, juice or blend in apple sauce. Consume immediately after mixing. Do not heat.

What can I expect?

A bacterial infection like *C. difficile* is a very serious health concern. BoulardiiMAX is a beneficial addition to treatment but you need to seek medical attention and will require anti-biotics. BoulardiiMAX should help to reduce the risk of reoccurrence which is common once infected with *C. difficile* bacteria.

The addition of BoulardiiMAX to standard medical treatment for *H. Pylori* bacteria overgrowth will help to increase the rate of recovery and decrease the side-effects from treatment.

For diarrhea relief you can expect to see a reduction in symptoms within a few days. If you are taking BoulardiiMAX to avoid diarrhea from antibiotic use, ensure you are taking it throughout your antibiotic treatment as well as for 1 month after antibiotic use.





What does it contain?

Saccharomyces boulardii Whole Cell (DBVPG-6763)

There are a number of different mechanisms by which *S. boulardii* works within the intestinal tract:

1. It inhibits pathogenic bacteria adhesion to the intestinal wall, thereby stopping an overgrowth of bacteria.
2. It produces an enzyme that breaks down pathogenic / bad bacteria such as *C. difficile* toxin A, and stimulates an antibody production against this diarrhea causing toxin.
3. It inhibits the main inflammation regulators by changing the signaling pathways involved in inflammatory intestinal diseases.
4. It acts on T cells which may interfere with the development of Inflammatory Bowel Disease (IBD).
5. It improves the fecal biostructure in patients with diarrhea.

BoulardiiMAX - Each Capsule Contains

Saccharomyces boulardii (DBVPG-6763) - Whole Cell
10 Billion CFU

Non-medicinal ingredients: Vegetable capsule (Hypromellose, water)

Contains no nuts, peanuts, sesame seeds, mustard seeds, wheat, gluten, corn, egg, dairy, crustaceans, shellfish, fish, animal products, artificial colour or preservatives, binders or fillers.

Allergen Warning: This product has come into contact with soy from fermentation ingredients. Do not use this product if you have a soy allergy.

Renew Life does not use genetically modified ingredients. All ingredients are NON-GMO / GMO-FREE.

Warning: Do not use if you have an immune-compromised condition (ie. Aids, lymphoma, patients undergoing long-term corticosteroid treatment). Consult a health care practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use and consult a health care practitioner if symptoms of digestive upset (ie. diarrhea) occur, worsen, or persist beyond 3 days. If you are on anti-fungal(s), take at least 2 hours before or after. Keep out of reach of children.

Potency guaranteed at expiry.

References:

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