



## Yeasts Strains

### **Saccharomyces Cerevisiae**

It has been used for thousands of years to make beer and bread. Two tablespoons daily, in the form of “nutritional yeast” provides 52 percent of the recommended daily amount of protein. Also, it’s high in fiber, B vitamins and folic acid. It contains beta-1,3 glucans, which can

- Support the immune system without making it overactive.
- Lower LDL cholesterol,
- Aid wound healing and can prevent infections
- Stimulate the production of macrophages which assist the maintenance of the intestinal flora
- Beta-glucans must be fermented by gut bacteria to be absorbed and utilized by the body

### **Saccharomyces Boulardii**

- Works well with probiotics and other beneficial gut elements such as glutamine , SCFA or prebiotics to improve overall gut health
- Helps to prevent and heal intestinal permeability (leaky gut)
- Decreases the incidence of acute diarrhea in children and adults
- Helpful in reducing the rate of recurrence of Pseudomembranous Colitis  
Decrease bowel movement for IBS sufferers
- Reduces the risk of Travelers’ diarrhea
- Reduces the side effect of diarrhea, nausea and cramping as side effects of antibiotics, both severity and duration
- Assists in Anti-Inflammatory Protection by limiting secretions of pro-inflammatory cytokines especially in connection to E. coli, preventing attachment to intestinal receptor sites.

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