PB Assist+®

Botanical Beverage Mix | Apple with Probiotics

dōTERRA®

Product Information Page

CPTG®

PB Assist+® | Botanical Beverage Mix | Apple with Probiotics
Net wt 30g (2g x 15)
Serving Size: one sachet | Servings Per Container: 15

Primary Benefits

+ Alleviate occasional stomach upset
+ Shape healthy gut microbiota
+ Enhance intestinal environment
+ Increase the growth of beneficial bacteria
+ Support immune function

Description

PB Assist+® is a delicious apple powder enhanced with synergistic blend of bifidus and lactobacillus from Japan and France including *Bifidobacterium longum* BB536, *Bifidobacterium breve* M-16V and *Lactobacillus rhamnosus* GG. Further addition of dietary fibre Inulin, mastic powder and Red Berries that complement well with your daily diet.

Concept

Your gastrointestinal (GI) tract is approximately 25 feet long and is responsible for digesting and absorbing the nutrients in the foods you eat, while also helping eliminate waste products from your body. Beyond these important functions, your GI tract, particularly the intestines, also performs very important immune functions in the body. A healthy intestinal tract is critical for optimal digestive function and immune system support.

Intestinal Immunities

The walls of the intestine are covered with millions of hair-like cellular microstructures called villi and microvilli. It is through the villi that our food nutrients are assimilated for use. (The surface area of the intestinal tract is estimated to be as large as a tennis court!) The villi of the intestine also include specialized immune cells that function as immune messengers alerting mobile immune cells in the blood stream and in other parts of the body when under attack from invaders.

Living on the villi of the intestinal tract is a group of microorganisms called intestinal microbiota. There is an estimated 10 times more microorganisms in the intestinal tract than the 10 trillion cells making up the human body, suggesting their importance in our physiology. Friendly intestinal microbiota have a symbiotic relationship with us, providing healthy digestive and immune system support. When healthy colonies of friendly bacteria are present in the intestine, they help maintain a positive balance and proliferation of beneficial bacteria, while preventing the adherence and colonization of other “bad” microorganisms that can challenge our health and well-being. Healthy colonies of friendly microbiota prevent the proliferation of unfriendly organisms by competing for nutrients necessary for growth and by crowding them out as they compete for intestinal surface area. They also produce chemical by-

products that create an intestinal environment in which "bad" microorganisms cannot flourish.

Acquired Immunities of the GI Tract

Before birth, a healthy baby's GI tract is free of bacteria and other microorganisms. During the natural birthing process, a baby is exposed to colonies of microbiota from his or her mother. As healthy colonies of friendly microbiota grow in a new-born baby's intestinal tract, the baby's immune system is "trained" or "programmed" to differentiate between unfriendly and friendly microorganisms and respond appropriately. The body's ability to respond in a measured way to "bad" bacteria and not to respond to "good" bacteria is an important part of overall immune health. By the second year of life, a child's intestinal microbiota is very similar to adults.

Digestion of Food Nutrients

Intestinal microbiota also plays a critical role in the breakdown and absorption of food nutrients, particularly carbohydrates. Some strains of intestinal flora produce enzymes the human body cannot produce but are necessary for breaking down certain carbohydrates into short-chain fatty acids, or SCFAs, for digestion. SCFAs are a major source of food energy and metabolism for bacteria and also support the cardiovascular system. SCFAs also contribute to the proliferation and specialization of epithelial cells in the intestine and to the healthy function of the gut. In addition to helping the digestion of carbohydrates, gut microbiota also produce vitamin K and can help with absorption of other nutrients such as calcium, magnesium, and iron.

Probiotic Supplementation

There are many ways intestinal microbiota can be compromised or even killed. Stress, physical exertion, toxins in our diet, exposure to unfriendly microorganisms, and other factors can pose significant challenges to the colonization and function of friendly microorganism in the gut. Healthy intestinal microbiota is also challenged in people whose diets consist of high levels of animal fats and proteins and are low in fiber. Furthermore, studies have shown a steady decline in friendly intestinal flora in both men and women as they age. When intestinal microflora is compromised, the digestive and immune systems function sub-optimally. To help maintain a healthy microbiota balance, supplemental strains of friendly microorganisms, or probiotics, can be used as part of a regular dietary supplement program.

PB Assist+® Probiotics & Gut Boosting Complex

dōTERRA Malaysia PB Assist+® is a proprietary blend of three active strains of friendly probiotic microorganisms that support healthy colonies of friendly microbiota in the gut. PB Assist+® includes active strains of *Bifidobacterium longum* BB536, *Bifidobacterium breve* M-16V, and *Lactobacillus rhamnosus* GG to increase the number of good bacteria and to maintain our gut health, and Chios Mastiha for relieve of diverse gastrointestinal disorders, antioxidant, anti-inflammatory.

Directions For Use

In the first month, it is recommended to take 2 sachets daily. For the second month onward, it is recommended to take 1 sachet daily. Pour contents of sachet directly into mouth or mix with water, juice, or preferred beverage and drink immediately. Do not mix with hot water.

Cautions

Some people may experience an initial change to digestive schedule and function when they begin using pre-biotic FOS and probiotics. For most people, these symptoms are mild and should disappear after a few days. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if the box or sachet is opened.

Note: Although the PB Assist+ freeze-drying processing technology makes it unnecessary to refrigerate, it is suggested that opened and unopened of PB Assist+® to be stored in a cool, dry place that is below 25˚C. Keep away from direct sunlight.

FAQS

Q: What is the daily dosage of probiotics for an adult?

A: There is no standard dosage of probiotics as the effect of probiotic is highly strain specific. Hence, different strain of probiotics may have different dosage and its optimal dosage should obtained from human clinical studies using the particular strain of probiotic. Eg: *Bifidobacterium longum* BB536

Q: Why do I need to take probiotic daily if I can get the probiotics from food?

A: Some fermented food does contain live microorganisms, however not all fermented food retains the live microorganism as some products are heated or processed in different ways which may kill the live microbes.

Probiotic supplements contain "live microorganisms" with "fixed numbers of probiotics" to deliver the desired efficacy.

Q: What is the difference between probiotics and prebiotics?

A: PRObiotics referring to live microorganism which administered in adequate quantities can confer a health benefits.

PREbiotics are substrates often dietary fibre that human cannot digest but can be utilized as "food" by the beneficial bacteria present in our gastrointestinal tract.

Q: Do I need to keep PB Assist+® refrigerated?

A: No. The probiotics in PB Assist+® were developed using unique freeze-drying methods to preserve its effectiveness and liveliness without refrigeration.

Q: Can I consume PB Assist+® while taking antibiotics?

A: No. Taking antibiotics can destroy most of the microbes in the gastrointestinal tracts including both beneficial and bad microbes including probiotics.

Q: Can I take PB Assist+ if I am vegan?

A: You may take PB Assist+® if you are Lacto-vegetarian or Lacto-ovo-vegetarian.

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