

I.B. Comfort Intestinal Balance†

DESCRIPTION

I.B. Comfort provides three active, science-based ingredients for gastrointestinal comfort, balanced bowel function and healthy intestinal microflora.† Benegut™ *Perilla frutescens* supports normal bowel function by influencing the brain-gut axis. LYNSIDE® Pro GI+ *Saccharomyces cerevisiae* is a probiotic shown to affect nuclear colonic receptors and provide a healthy balanced microflora.† BiAloe® organic aloe vera leaf is a natural buffer to the stomach and colonic pH, and contributes to healthy bacterial gut flora.†

FUNCTIONS

Approximately 10–20% of the world's population is affected by a digestive disorder, but almost everybody experiences gastrointestinal discomfort at some point. There are several reasons for the development of intestinal discomfort, including daily stress, food sensitivities or intolerances, genetic predisposition, altered gut flora or the deregulation of brain-gut communication. Physiologically, the discomfort occurs as a result of contractions of the ileum, which lead to altered intestinal mobility and symptoms such as cramps, bloating and spasms. Fortunately, there are new supplemental ingredients that can support these symptoms through specific modes of action.

Benegut™

Benegut™ is a water extraction of *Perilla frutescens* (L.) leaves, an annual edible herbaceous plant native to Asia with the common name Shiso. Benegut is standardized to a special flavonoid fraction, with its key active ingredient Vicenin 2 and rosmarinic acid. Both Benegut and isolated Vicenin 2 demonstrated in clinical research to have inhibiting musculotropic and neurotropic activity, as well as cholinergic activity, which results in a balanced bowel function and increased regularity.† The brain-gut axis plays a role in gastrointestinal dysfunction by psychological factors such as stress influencing the enteric nervous system of the intestine. Benegut may interact with the neurological system and therefore counteract the effects of psychosocial factors.† A randomized controlled study of 50 participants taking Benegut 300 mg daily for 4 weeks reported positive results in gastrointestinal symptoms.

LYNSIDE® Pro GI+

Saccharomyces cerevisiae is an active dried yeast probiotic that supports healthy gastrointestinal function. *S. cerevisiae* is the first probiotic shown to induce PPAR-alpha expression which affects the colonic nuclear receptor; this differs from *S. boulardii* affecting the PPAR-y receptor. Results of a 200 subject study in patients with IBS showed favorable intestinal comfort with 500mg of *Saccharomyces cerevisiae* CNCM I-3856. The *S. cerevisiae* strain has also shown for the first time the ability to disrupt a pathogen's membrane to repress cell growth, thereby leading to a healthy microflora. *S. cerevisiae* CNCM I-3856 shows high resistance to gastric and small-intestinal secretions and low gastric pH.

BiAloe®

BiAloe® USDA certified organic aloe inner leaf gel is a freeze-dried powder with no laxative effect and aloin free. BiAloe is a highly bio-active aloe vera powder with a high polysaccharide content and high bio-availability due to small fraction sizes. It has 3-10 times the amount of acemannan active ingredient content compared to commercial Aloe vera. Properly processed organic Aloe vera inner leaf can support gastrointestinal comfort by acting as a natural buffer system to raise pH. Human intestinal flora metabolizes Aloe vera polysaccharides after ingestion. It has shown that ingestion of Aloe vera by healthy individuals aids in the health of the bacterial flora, which in turn results in a healthy digestive system as a whole. Furthermore, orally administered Aloe vera juice may have some microbial supportive properties in the digestive tract that aid in the promotion of favorable symbiotic bacteria and normal stool transit time.†

I.B. Comfort Intestinal Balance†

INDICATIONS

I.B. Comfort is indicated for individuals who desire intestinal balance and comfort.

FORMULA (#201822-60X)

Serving Size 2 Vegetarian Capsules
LYNSIDE® Pro GI+..... 500 mg
(*Saccharomyces cerevisiae* CNCM I-3856)
(yielding 4 Billion C.F.U.)
Benegut™ 300 mg
(*Perilla frutescens*)(leaf extract)
BiAloe® Organic Aloe Vera..... 100 mg
(inner leaf) (minimum 15% Acemannan)

Other Ingredients: Hydroxypropyl methylcellulose (capsule), maltodextrin (from tapioca), cellulose, dicalcium phosphate, vegetable stearate, and silica.

SUGGESTED USE

Adults take 2 capsules daily, preferably 1 in the morning and 1 in the evening between meals, or as directed by your healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. May be refrigerated after opening. Keep out of reach of children.

REFERENCES

Drossmann, *Gastroenterology* **130**, 1377–1390 (2006).

H.C. Yu, K. Kosuna and M. Haga (Eds.), (Harwood Academic Publishers, Amsterdam, the Netherlands, 1997). [Perilla].

H. Oh, *et al.*, *Experimental Biology and Medicine* 236(1), 99–106 (2011). [Perilla].

Zanello G, Berri M, Dupont J, Sizaret PY, D'Inca R, Salmon H, Meurens F. PLoS One. 2011 Apr 4;6(4). [Saccharomyces cerevisiae].

Saccharomyces cerevisiae in a Dynamic Gastrointestinal Model_ APPLIED AND ENVIRONMENTAL MICROBIOLOGY, Feb. 2011, p. 1127–1131.

P. Desreumaux, C. Neut, M. Cazaubiel, M. Pichelin, P. Justen, F. Pelerin. Submitted for Publication. [Saccharomyces cerevisiae].

Bland, J. Preventive Medicine, March/April 1985. [Aloe vera juice].

Robert A. Sinnott et.al. INT JRL OF PROBIOTICS AND PREBIOTICS, Volume 2, Number 2/3, pp. 97-104 (2007). [Aloe vera].

I.B. Comfort Intestinal Balance†

H. Ueda, C. Yamazaki and M. Yamazako, Biological and Pharmaceutical Bulletin 25(9), 1197-1202 (2002).
[Perilla].

For more information on I.B. Comfort, visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**

© 2013 Douglas Laboratories. All Rights Reserved