

# Preventive Medicine



## Saccharomyces Boulardii

### DESCRIPTION

Saccharomyces boulardii is a non-pathogenic, transient yeast, long-used for diarrhea or dysentery.\* It is a hardy, acid-resistant, temperature tolerant microorganism that is not affected by anti-bacterial agents.\*

### FUNCTION

*S. boulardii* is genetically and functionally distinct from brewer's yeast (*S. cerevisiae*) and different from pathogenic *Candida* species. *S. boulardii* increases the activities of intestinal brush border enzymes such as disaccharidases, a-glucosidases, alkaline phosphatases, and aminopeptidases. It secretes a leucine aminopeptidase that appears to support against allergies to dietary proteins following acute gastroenteritis.\* *S. boulardii* augments the intestinal absorption of D-glucose coupled with sodium that may enhance uptake of water and electrolytes during diarrhea.\* It increases stool concentrations of short-chain fatty acids that nourish colon mucosal cells.\* It modulates immunity by boosting intestinal secretion of IgA and increasing crypt cell immuno-globulin receptors.\* It inhibits inflammatory cytokine pathways and secretes a factor that blocks *C. difficile* toxin A activities.\* Research has found that *S. boulardii* supports healthy intestinal function in an array of clinical settings including antibiotic-associated diarrhea, *C. difficile* disease, inflammatory bowel disease, irritable bowel syndrome, and traveler's diarrhea.\* Some of the key functions of *S. boulardii* include:

- Support the normal gastrointestinal flora during antibiotic therapy.\*
- Assists individuals with diarrhea, including antibiotic-associated diarrhea.\*
- Enhances the number of healthful bifidobacteria in the colon while

simultaneously suppressing populations of pathogenic clostridia.\*

- Mitigates the effects of toxins secreted by a number of common intestinal pathogens.\*
- Produces antifungal toxins and organic acids known to naturally inhibit or kill disease-causing *Candida* yeast species provides support against *C. difficile*, toxigenic *E. coli*, and other gastrointestinal pathogens.\*
- Helps stimulate host immune defenses and improves gut barrier function.\*

### INDICATION

*S. boulardii* is generally used for short-term gastrointestinal support. A common supplement routine is three to four weeks or up to two weeks after diarrhea has resolved.

### FORMULA

**Serving Size:** 1 capsule

Saccharomyces boulardii ..... 150 mg

\*This product is free of artificial flavors, preservatives, colorings and the following common allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn and soybeans. People with known allergies to *Saccharomyces cerevisiae* and individuals with chronic indwelling catheters should avoid use of *S. boulardii*.

### SUGGESTED USE

As a dietary supplement take one capsule twice daily with meals or as directed by your health care provider.

### STORAGE

Store in the refrigerator once opened.

### DISTRIBUTED BY

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

Formula # V776-06