

# Progastrim®

For gut and immune health

## PRODUCT INFORMATION SHEET

The active ingredient in Progastrim® is PCC®, a patented strain of the probiotic *Lactobacillus fermentum*. You may be interested to know that PCC® was isolated from a person with high natural resistance to intestinal tract infections, and has been shown in scientific studies to be able to survive passage through the stomach acids and to bind to the gastrointestinal tract.

### PROGASTRIM® MAY ASSIST IN

- ✓ The maintenance or improvement of general well-being
- ✓ The maintenance of a normal healthy gastrointestinal system
- ✓ The maintenance of a normal healthy immune system

### INTRODUCING PROGASTRIM

Progastrim® contains PCC®, a specific probiotic strain that has been chosen because of extensive Australian scientific and clinical studies that support its potential to maintain and improve gut and immune health. These extensive studies help to differentiate Progastrim® from many other probiotic products.

Clinical studies conducted on PCC® show that it can have positive effects on gastrointestinal and immune health in children and adults. Specifically, the studies have shown that PCC® can maintain a normal healthy gastrointestinal system (in soldiers posted overseas\* and in male elite athletes<sup>2</sup>), can maintain a normal healthy immune system (demonstrated by measuring the number of episodes and/or the duration and severity of cold and flu symptoms in elite male athletes<sup>1,2</sup> and infants<sup>3</sup>, and by measuring the immune response to the flu vaccine<sup>4</sup>).

In a recent clinical trial, PCC®'s ability to maintain a normal healthy gastrointestinal system was demonstrated in healthy Australian adults who consumed just one capsule per day\*.

### DID YOU KNOW?

PCC® is a specific human-isolated probiotic strain of the bacterium *Lactobacillus fermentum* which has been sold as a dietary supplement in capsule and powder form for over ten years worldwide with no reported adverse effects.

#### REFERENCES

\*Sponsor: Bioxyne Limited. Company data on file.

1. Cox AJ, Pyne DB, Saunders PU, Fricker PA, 2008. Oral administration of the probiotic *Lactobacillus fermentum* VRI-003 and mucosal immunity in endurance athletes. *British Journal of Sports Medicine* 44:222-226. (Sponsor: Probiotics Limited)
2. West NP, Pyne DB, Cripps AW, Hopkins WG, Eskesen DC, Jairath A, Christophersen CT, Conlon MA, Fricker PA, 2011. *Lactobacillus fermentum* (PCC®) supplementation and gastrointestinal and respiratory-tract illness symptoms: a randomised control trial in athletes. *Nutrition Journal* 10:30. (Sponsor: Probiotics Limited)
3. Weston S, Halbert A, Richmond P, Prescott SL, 2005. Effects of probiotics on atopic dermatitis: a randomised controlled trial. *Archives of Diseases in Childhood* 90:892-897. (Sponsor: Probiotics Limited)
4. French P, Penny R, 2009. Use of probiotic bacteria as an adjuvant for an influenza vaccine. *International Journal of Probiotics and Prebiotics* 4(3):175-180. (Sponsor: Probiotics Limited)



Patented probiotic

Improves gut health

Improves immune health



Lactobacillus fermentum



Maintains Healthy Gut



Maintains immunity

Sold for over ten years worldwide

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#### A PATENTED PROBIOTIC

Maintaining a normal healthy gastrointestinal system is important for normal bowel function, especially when travelling or after taking medications such as antibiotics. The maintenance of a normal healthy immune system can help reduce cold symptoms.

PCC® has been sold as a dietary supplement in capsule and powder form for over 10 years worldwide.

Now Australians and New Zealanders can experience the benefits of regular consumption of PCC® through taking Progastrim® on a daily basis.

If symptom persist, please consult your health practitioner.

#### Directions

Adults: Take one Progastrim® capsule a day with food and plenty of water. This can be increased to up to 6 per day.

Always read the label. Use only as directed