

PB Assist+®

Probiotic Defense Formula

Supports healthy digestive functions and immunities*

PRODUCT DESCRIPTION

The latest addition to the dōTERRA DigestZen® digestive support category, PB Assist+® is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth. The time-release, double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

CONCEPT

Your gastrointestinal (GI) tract is your body's first line of defense against food-borne pathogens that can cause sickness and disease. Powerful acids in your stomach kill many of the harmful microorganisms such as bacteria and viruses entering through your stomach with food and other surface-borne pathogens coming in contact with your hands and then with your mouth. Beyond your stomach, your intestinal tract also performs very important immune functions in the body. A healthy intestinal tract is critical for optimal digestive function and immune protection.

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 invading pathogens.

Living on the villi of the intestinal tract is a group of microorganisms called the intestinal microflora or microbiota. (There are 10 times more microorganisms in the intestinal tract than the 10 trillion cells making up the human body!) Friendly intestinal microflora has a symbiotic relationship with host organisms and provide additional immune defense against pathogenic infection of the GI



tract. When healthy colonies of friendly bacteria are present in the intestine, they prevent the adherence and colonization of other pathogenic microorganisms that can cause sickness and disease.* Healthy colonies of friendly microflora prevent the proliferation of pathogenic organisms by competing for nutrients necessary for growth and by crowding out unfriendly microorganisms as they compete for intestinal surface area. They also produce chemical by-products that create an intestinal environment in which the harmful 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 birthing process, a baby is exposed to colonies of intestinal microflora from their mother. As healthy colonies of friendly microflora grow in a new-born baby's intestinal tract, the baby's immune system is "trained" or "programmed" to differentiate between pathogenic and harmless microorganisms and respond appropriately. The body's ability to respond in a measured way to harmful pathogens, and not to respond to unharmed antigens, is an important part of preventing overreactions of the immune system such as in allergies and gut inflammatory diseases. By the second year of life, a child's intestinal microflora is very similar to adults.

Digestion of Food Nutrients

Intestinal microflora 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 and also help in the digestive process. 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 microflora also produces and helps the body absorb vitamin K and can help with absorption of other nutrients such as calcium, magnesium, and iron.

Probiotic Supplementation

There are many ways our intestinal microflora can be compromised or even killed. Stress, physical exertion, toxins in our diet, exposure to harmful microorganisms, and the use of antibiotic therapies can pose significant challenges to the colonization and function of friendly microorganism in the gut. Healthy intestinal microflora 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, our bodies become more prone to infectious pathogens in the gut and our immune system cannot function optimally. Unhealthy conditions associated with compromised intestinal microflora include suppressed immune system function, intestinal deterioration, diarrhea, constipation, infection, and even bone strength reduction. To counter such threats, supplemental strains of friendly microorganisms, or probiotics, can be used as part of regular dietary supplement program.*

PB Assist+® Probiotic Defense Formula

dōTERRA PB Assist+ is a proprietary blend of six active strains of friendly probiotic microorganisms that support healthy colonies of friendly microflora in the gut. PB Assist+ includes active strains of *Lactobacillus acidophilus*, *Lactobacillus salivarius*, and *Lactobacillus casei* to promote healthy colonization and function of microflora higher in the intestinal tract, and *Bifidobacterium lactis*, *Bifidobacterium bifidum*, and *Bifidobacterium longum* for healthy digestive and immune functions of the lower intestine. Each of these proprietary strains has been demonstrated to have superior propensity for intestinal adhesion and colonization.

Unique Double-Layer Pre- and Probiotic Delivery System

PB Assist+ employs a unique double-layer capsule delivery system that provides a short-chain FOS pre-biotic fiber outer capsule and a time-release inner capsule providing active probiotic cultures. FOS, or fructo-oligosaccharides, are indigestible fibers that are found in fruits and vegetables that have the ability to selectively promote the adhesion and growth of friendly bacteria while discouraging the growth of less-friendly intestinal microbes. FOS also supports healthy absorption of calcium and magnesium, supports healthy blood glucose and cholesterol levels, and can also suppress harmful enzyme activity in the bowel.*

Inside the outer capsule delivering the pre-biotic FOS is a small inner capsule with 6 billion CFU (Colony Forming Units) of six active strains of lacto- and bifido-probiotic cultures. The time-release inner capsule protects the probiotic cultures from the harsh environment of the stomach delivering the active benefits of the cultures at full strength to the site of adhesion in the intestinal tract. The combination of pre-biotic FOS and active probiotic cultures in a single delivery system represents a comprehensive intestinal flora support system that can be safely used by all members of the family.

PRIMARY BENEFITS

- Supports healthy digestive functions and immunities while creating an unfavorable environment for unhealthy bacteria, yeast, and other harmful microorganisms*
- Helps boost GI immunities to prevent digestive infections such as traveler's diarrhea*
- Helps manage the symptoms of irritable bowel syndrome*
- Helps support optimal absorption of food nutrients and energy metabolism*
- Helps support healthy skin conditions*

DIRECTIONS FOR USE

Take one double-layer capsule three times daily, with food for ten days each month to reset and re-colonize your friendly digestive flora. Can be used more frequently and for extended periods of time when digestive flora has been compromised by antibiotics or other digestive stressors. Also may be used when traveling to boost digestive immunities, or once a day as an ongoing maintenance program for people with chronic digestive discomfort.

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 lactating women and people with known medical conditions should consult a physician before using. Do not use if bottle is opened or capsules are broken.

Note: Although the PB Assist+ double-layer encapsulation technology makes it unnecessary to refrigerate, it is suggested that unopened bottles of PB Assist+ be stored in a cool, dry place and opened bottles be refrigerated when possible.

*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.

FAQs

Q: Why do I need 6 strains and 6 billion CFUs of probiotics?

A: Having six unique strains helps promote healthy colonization and function of microflora. They support healthy digestive and immune functions throughout the intestines. Each of these unique strains has been demonstrated to have superior propensity for intestinal adhesion and colonization. Six billion CFUs provides a beneficial dose of good bacteria in each capsule.

Q: What is the difference between probiotics and prebiotics?

A: Prebiotics are indigestible fibers that are found in fruits and vegetables and have the ability to selectively promote the adhesion and growth of friendly bacteria while discouraging the growth of less friendly intestinal microbes. Probiotics are microorganisms that support healthy colonies of friendly microflora in the gut.

Q: Why do probiotics and prebiotics need to be separated by an inner and outer capsule?

A: This unique delivery system helps ensure the live active cultures will be released in the small intestine. The outer capsule must be dissolved, the FOS prebiotic fiber suspended in a thick viscous fluid must be dissolved away in the digestive fluid, and then the inner capsule must dissolve.

Q: Does the green inner capsule have any synthetic colorants?

A: The green color in the PB Assist+ inner capsule comes from chlorophyll, the all-natural green pigment found in all plants.

Q: Should I take PB Assist+ at the same time that I take GX Assist?

A: We recommend using GX Assist for 10 days (three capsules per day with meals) followed by PB Assist+ for ten days (three capsules), then PB Assist+ (one capsule per day) after that.

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

A: Although it is best to keep PB Assist+ out of the heat, it is not necessary to refrigerate. PB Assist+ is tested for shelf life and stability and will retain its activity level when stored under normal conditions. Dry probiotic cultures such as the ones used in our PB Assist+ capsules are not activated until they are released in the gut and exposed to moisture.

COMPLEMENTARY PRODUCTS

- Lifelong Vitality Pack or Vegan Lifelong Vitality Pack
- Microplex VMz
- Terrazyme
- GX Assist

KEY STUDIES

Rupa P, Mine Y. Recent advances in the role of probiotics in human inflammation and gut health. *Journal of Agricultural and Food Chemistry*. 2012;60:8249-8256.

Ng SC, Lam EFC, Lam TTY, et al. Effect of probiotic bacteria on the intestinal microbiota in irritable bowel syndrome. *Journal of Gastroenterology and Hepatology*. 2013;28:1624-1631.

Hempel S, Newberry SJ, Maher AR, et al. Probiotics for the prevention and treatment of antibiotic-associated diarrhea. *Journal of the American Medical Association*. 2012;307(18):1959-1969.

Messaoudi S, Manai M, Kergourlay G, et al. *Lactobacillus salivarius*: Bacteriocin and probiotic activity. *Food Microbiology*. 2013;36:296-304.

Elazab N, Mendy A, Gasana J, et al. Probiotic administration in early life, atopy, and asthma: a meta-analysis of clinical trials. *Pediatrics*. 2013;123:e666-e676.

Supplement Facts

Serving Size: 1 double-layer vegetable capsule
Servings per container: 30

Amount Per Serving	% DV
PB Assist+ Probiotic Blend: 6 Billion CFU **	
L. acidophilus, B. lactis, L. salivarius, L. casei, B. bifidum, B. longum	
FOS (Short Chain) prebiotic	50 mg **

**Daily Value Not Established

Other ingredients: Vegetable glycerin, vegetable hypromellose, vegetable cellulose, magnesium stearate, silica, chlorophyllin

PB Assist+®

30 double-layer vegetable capsules

Item number: 35160001

Consultant price: \$34.50 (34.50 PV)

Preferred customer: \$36.81

Retail customer: \$46.00