

Flora·Matrix IBS

A spore-forming probiotic strain, *Bacillus coagulans* IS-2, designed to promote healthy digestion, support favorable gut and vaginal flora, and effectively manage symptoms of IBS in both children and adults. Dairy-free and shelf-stable.

Gluten Free

Soy Free

Dairy Free



- 2 billion CFU's per capsule of the spore-forming bacterium, *Bacillus coagulans* IS-2
- Spore-forming bacterium such as *Bacillus coagulans* IS-2 are highly resistant to the harsh environments of the digestive tract and also demonstrate favorable antimicrobial actions and promote healthy digestion
- *Bacillus coagulans* IS-2 has been demonstrated to successfully treat IBS in both children and adults, constipation, functional abdominal pain in children and bacterial vaginosis in women receiving adjunctive antibiotic therapy
- 60 shelf-stable servings without the need for refrigeration
- Gluten, soy and dairy-free

The relationship between bacteria, digestive function and general health is complex, to say the least. Although recent decades of probiotic research have opened many new avenues for medical treatment, there are still many questions that exist regarding strain-specific properties and capabilities. Perhaps one problem with traditional probiotic species such as *Lactobacillus acidophilus* is poor survival through the harsh digestive system. Some species exhibit as

low as a 1-15% survival rate throughout the gastrointestinal tract. For this reason, some researchers have shifted their focus toward spore-forming probiotic bacteria such as *Bacillus coagulans*.

Bacillus coagulans and other spore-forming probiotics naturally enter a protective, dormant spore phase during their life cycle if survival is threatened. While in this spore form, the survival rate is greatly improved as it is extremely resistant to the harsh acidic environment of the stomach, temperature changes and other potential dangers. Spores of *Bacillus* strains can survive for years in their dormant state, but if given the proper stimulus such as nutrient availability, they can rapidly germinate. The proper setting for germination and activation appears to be in the small intestine where sugars, amino acids and purines are widely available.

Of course, it is not just enough to have a probiotic that survives. Once germinated and activated, the health-promoting effects on the digestive tract and the entire body are even more important. *Bacillus coagulans* can promote digestion, increase nutrient absorption and reduce inflammation by producing a variety of enzymes and short-chain fatty acids. In

addition, *Bacillus coagulans* provides a natural antimicrobial effect by competing for resources and preventing the growth of pathogenic bacteria. It does so by creating an anaerobic and acidic environment in the intestines, which makes it inhospitable for various pathogens and offers ideal conditions for beneficial bacteria to flourish, such as Lactobacillus and Bifidobacterium species. Some research has even found that *Bacillus coagulans* species can secrete bacteriocin, a well-known antibacterial compound, and that it can prevent dysbiosis and related diseases associated with antibiotic use.

All in all, *Bacillus coagulans* helps to promote a favourable gut flora by improving the diversity, composition and metabolic function of the microbiota. Clinical studies have shown that the *Bacillus coagulans* IS-2 strain is effective in the treatment of irritable bowel syndrome (IBS) in both children and adults, constipation, functional abdominal pain in children and bacterial vaginosis in women receiving adjunctive antibiotic therapy.

Flora·Matrix IBS provides 2 billion CFU's per capsule of the resilient spore-forming bacterium strain, *Bacillus coagulans* IS-2. **Flora·Matrix IBS** is designed to support bowel regularity, manage symptoms of irritable bowel syndrome, promote a favorable gut flora and promote a favorable vaginal flora in women. Available in blister pack boxes containing 60 vegetable capsules per box. **Flora·Matrix IBS** is shelf-stable and certified free of gluten, soy and dairy.

Flora·Matrix IBS belongs to the family of Flora·Matrix probiotics, each containing specialized strains for targeted results. Each Flora·Matrix probiotic contains unique strains with distinct activity and health benefits. These strains are individually selected and they are well-studied at validated dosages, ensuring focused clinical results without the need for excessive colony-forming units.

Each contains

Bacillus coagulans IS-2 2 billion CFU

Non-Medicinal Ingredients

Brown rice flour, microcrystalline cellulose, vegetable-grade magnesium stearate, maltodextrin. Capsule: hypromellose.

Recommended Use Claim

Source of probiotics to help promote favourable gut flora. Helps reduce the symptoms of Irritable Bowel Syndrome in adults and children with IBS such as abdominal discomfort, bloating and sense of incomplete evacuation. Helps relieve symptoms associated with functional constipation. Helps to maintain healthy vaginal flora in adult women.

Directions of Use

Adults - Take 1 capsule, 1-2 times per day at least 2-3 hours before or after antibiotics or as directed by a healthcare professional. Ages 4 and older: Take 1 capsule per day at least 2-3 hours before or after antibiotics or as directed by a healthcare professional. For children under the age of 6 years: Open capsule and mix contents into food or drink prior to consumption. To prevent choking, do not allow children less than 6 years old to swallow the capsule whole.

Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you have a fever, vomiting, bloody diarrhoea or severe abdominal pain. Stop use and consult a healthcare professional if symptoms of digestive upset (e.g. diarrhoea) occur, worsen and/or persists beyond 3 days.

Contraindications

Do not use this product if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

Storage Conditions

Do not use if safety seal is broken.