

Your
GO-TO
SUPPLEMENT
GUIDE



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General

Common definitions

Recommended Dietary Allowance (RDA)

The Recommended Dietary Allowance or RDA refers to the average daily dietary intake of a nutrient which is sufficient for most healthy individuals to meet their requirements. The RDA is a numeric value which can be used as a goal for healthy individuals to strive towards in order to prevent nutrient deficiencies.

Tolerable Upper Intake Level (UL)

The Tolerable Upper Intake Level or UL is the highest amount of a nutrient which can be consumed by healthy individuals on a daily basis and is not associated with any adverse health effects or toxicity. When intakes of certain nutrients go beyond the UL on a long term basis, they may cause poor health outcomes.

Adequate Intake (AI)

The adequate intake is used when evidence is insufficient to develop an RDA. It is a numeric value which represents the assumed dietary intake for most healthy individuals to meet their nutritional needs.

Measurements

mg = milligrams

mcg = micrograms



For **For Overall Health, Try:**

Vitamin C

Vitamin C is an antioxidant which supports a healthy immune system. It helps to prevent inflammation by preventing oxidative damage caused by free radicals circulating the body (harmful molecules). Vitamin C's role in the synthesis of collagen helps to promote wound healing and maintaining the health of bones, teeth and tissue in the body. According to Harvard University, the RDA for men is 90mg/day and 75mg/day for women. The UL is 2000mg/day for both men and women, any intakes of Vitamin C higher than this may cause gastrointestinal upset and diarrhea. Taking Vitamin C supplements for life is safe for most individuals, as long as the daily dose is within the recommended range. However, the need for supplements may change depending on individual factors, such as age, health status and dietary habits.

Interactions:

Vitamin C supplements can interact with blood thinning medications such as warfarin and heparin. They may also interfere with the absorption of Vitamin B12 in supplements and food.



Vitamin A

Vitamin A has antioxidant properties and is important for vision, growth, reproduction and gut health. Due to its significant role in supporting a healthy immune function and interactions with the gut microbiota, Vitamin A may help to improve symptoms of leaky gut. According to Harvard University, the RDA for men aged 19+ years is 900mcg RAE/day and 700 mcg RAE for women aged 19+. The UL for Vitamin A from retinol is 3,000 micrograms of preformed Vitamin A. The duration of Vitamin A supplementation is greatly dependent on the health condition being treated. For those with a Vitamin A deficiency the advised supplementation period may be longer until levels have restored to a healthy range. For general health, it is recommended to get Vitamin A from a well balanced diet.

Interactions:

Vitamin A supplements can interact with certain medications including tetracyclines, isotretinoin and acitretin which can increase the risk of toxicity. Taking Vitamin A supplements with those that contain Vitamin D or beta-carotene can also increase the risk of Vitamin A toxicity.

Zinc

Zinc plays a crucial role in DNA synthesis, cell growth, protein building, wound healing and maintaining a healthy immune function. Zinc is essential in the production of digestion enzymes and may also enhance the intestinal barrier function, reducing symptoms of leaky gut. According to Harvard University, the recommended daily intake for adults 19+ years is 11mg/day for men and 8mg/day for women. The UL is 40mg/day for both men and women 19+ years. It is generally safe to take the recommended dosage of zinc supplements for extended periods of time.

Interactions:

Zinc supplements can reduce the absorption and therefore effectiveness of some antibiotics such as quinolones, tetracyclines, and penicillamine. They can also interact with certain diuretics as well as interfere with the absorption of iron supplements.



Omega 3 Fatty Acids: Fish Oil & Flaxseed Oil

Fish oil and flaxseed oil are rich in omega-3 fatty acids. Flaxseed oil is rich in alpha-linolenic acid (ALA) omega 3 fatty acid while docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are fatty acids found in fish oil. Omega 3's have a range of benefits for gut health. They can help to remove harmful species of bacteria in the gut which are associated with increased intestinal permeability or 'leaky' gut. Omega-3 fatty acids can help rebalance the gut microbiota to support a healthy gut and prevent inflammation. According to the National Academy of Medicine the AI for omega 3 fatty acids for adults 19+ years is 1.6g/day for men and 1.1g/day for women. Taking omega-3 fatty acid supplements are generally safe for long-term use as long as they are taken within the recommended dosage.

Interactions:

Omega 3 fatty acid supplements interact with blood thinning medications such as warfarin, heparin and aspirin.

Vitamin D

Vitamin D is primarily found in sunlight and small amounts are found in certain foods. Vitamin D plays an essential role in the development and maintenance of healthy bones. It is also associated with improved immune function and reduced inflammation. According to Harvard University, the RDA for adults 19+ years is 15 mcg/day for both men and women. For adults over 70 years the RDA increases to 20 mcg/day. The UL for anyone 9+ years is 100mcg/day. Taking a Vitamin D supplement is generally safe for long-term use as long as it is taken within the recommended dosage.

Interactions:

Vitamin D supplements may adversely interact with calcium supplements and medication including calcium channel blockers.

Vitamin B12

Vitamin B12 is needed to make red blood cells and DNA. It also plays an important role in the development and function of the brain and nerve cells. For individuals following a strict vegan or vegetarian diet, a Vitamin B12 supplement should be taken to prevent deficiencies. According to the National Institutes of Health, the RDA for men and women 14+ years is 2.4 mcg/day. Harvard University has established no toxic level or UL for Vitamin B12. Taking Vitamin B12 supplements for an extended period is generally considered safe as long as it is within the recommended dosage.

Interactions:

Vitamin B supplements may decrease the absorption of potassium supplements as well as reduce the effectiveness of certain antibiotics such as chloramphenicol and tetracycline.

L-glutamine

L-glutamine is an amino acid and is widely used to aid in healing leaky gut syndrome. This condition is characterized by an increased permeability of the intestinal epithelial, allowing more than just water and nutrients through. When the gut 'leaks' it allows potentially toxic molecules to enter which can cause a number of adverse effects including inflammation. L-glutamine can be taken to mitigate these potential adverse effects on the gut and help to maintain the integrity and function of the intestinal barrier. Dosage can vary significantly depending on an individual's current health status. A 2008 review article published in the peer reviewed journal of Regulatory Toxicology and Pharmacology observed doses of 14g/day of L-glutamine to be both safe and effective among healthy adults. There is no clear evidence on the long term safety of taking L-glutamine for an extended period of time, therefore it is best to follow the recommended dosage and frequently reassess the need for continued supplementation.

Interactions:

L-glutamine supplements may adversely interact with and reduce the effectiveness of chemotherapy drugs, anticonvulsant, and immunosuppressant medications.



L-glutathione master antioxidant

Glutathione is a naturally occurring antioxidant which is able to regenerate itself, hence its title of the body's master antioxidant. It aids in clearing out harmful free radicals from the body which can potentially lead to adverse health outcomes and chronic conditions. Glutathione is used by every cell in the body and helps to boost the effectiveness of other antioxidants, enhances the immune response, and detoxifies the body from metabolic wastes, alcohol, drugs and carcinogens. To maximize the benefits of supplementing with glutathione, it is best taken in the form of L-glutathione. There is some controversy over the effectiveness of glutathione taken without N-Acetyl Cysteine (NAC), another antioxidant found to minimize oxidative damage. However, a 2015 randomized control trial published in the peer reviewed European Journal of Nutrition indicated daily oral supplementation of glutathione was effective in increasing body stores of the antioxidant. Research has noted it is best taken alongside nutrients such as B vitamins, selenium, magnesium, and vitamin C as they can help aid in its absorption. According to the United States Food and Drug Administration safe and effective oral doses of L-glutathione can range significantly from 50-600mg/day depending on the individual. L-glutathione supplements are generally considered safe for long-term use provided they are taken at the recommended dosage. Speak with a healthcare professional in order to establish the appropriate dosage and duration of supplementation for individual needs.

Interactions:

L-glutathione may adversely interact and reduce the effectiveness of nitroglycerine, as well as certain chemotherapy and immunosuppressant drugs. They can also interact with other supplements, including N-Acetyl Cysteine and increase the risk of potential side effects.



N-Acetyl Cysteine

N-Acetyl Cysteine (NAC) is a powerful antioxidant which enhances the synthesis of glutathione. NAC supplementation is commonly used to treat individuals with a glutathione deficiency. This antioxidant promotes detoxification in the body and acts as an anti-inflammatory agent by reducing oxidative stress and removing free radicals, which are unstable molecules often associated with poor health outcomes. NAC's powerful antioxidant properties have also been found to help alleviate inflammatory related symptoms associated with ulcerative colitis. There is not yet an established recommended dose of NAC. However, according to the University of Michigan Health, most research suggests supplementing with dosages of 250–1500mg/day is safe and effective for adults. Whilst NAC is generally considered safe for long term use it is important to speak with a healthcare professional regarding the duration and dosage based on individual needs.

Interactions:

NAC supplements may adversely interact with medications including nitroglycerine, anticoagulant drugs, and blood pressure drugs. They may also interact with other supplements including Vitamin C.

Selenium

Selenium forms part of various essential enzymes and proteins, referred to as selenoproteins. These both have antioxidant properties which help to reduce inflammation and potential adverse health outcomes by preventing damage to the body's cells and DNA. Selenium also plays an essential role in the synthesis and function of the thyroid hormone. Ensuring an adequate concentration of selenium is found in the body is key for optimal thyroid health. According to Harvard University, the RDA for both men and women aged 19+ years is 55 mcg/day. The UL for adults 19+ years of age is 400mcg/day. Selenium supplements are generally considered safe for long-term use, however it is important to follow the recommended dosages.

Interactions:

Selenium supplements may interfere with the effects of anticoagulants and blood sugar medications such as insulin and metformin. They may also affect the absorption and or metabolism of other supplements including Zinc, Vitamin C and Vitamin E.



Iodine

Iodine is a mineral needed to make the thyroid hormones thyroxine and triiodothyronine, which are essential in regulating the body's metabolism. Due to the role of these hormones in metabolism, synthesising proteins and maintaining enzyme activity, iodine also plays a role in ensuring healthy growth and development. According to the National Institutes of Health, the RDA for adults 19+ years is 150mcg/day for men and 220mcg/day for women. The UL for adults 19 and over is 1100mcg/day. While iodine supplements are generally considered safe to take for extended periods, it is important the dosages are within appropriate ranges.

Interactions:

Iodine supplements may interact with antithyroid medications and lithium. They may also affect the absorption of iron and calcium supplements. In most cases, iodine supplementation should be avoided in individuals with autoimmune thyroid disorders.

Peppermint Oil

Peppermint oil can aid in relieving stomach cramps, bloating and flatulence by helping the muscle of the bowel to relax. It can be extremely effective in providing relief for individuals suffering from irritable bowel syndrome (IBS). A 2007 review article published in the American Family Physician journal suggested the most safe and effective dose for adults is 0.2–0.4mL of peppermint oil taken three times daily. The review article also indicated doses beyond this should not be consumed as toxicity can occur. This supplement should be avoided by infants, young children and women who are pregnant or breastfeeding. Peppermint oil is safe to take daily for a limited period, typically several weeks or a few months depending on the advice provided by a healthcare professional. Long term use is generally not recommended due to potential side effects and toxicity concerns.

Interactions:

Peppermint oil can reduce the effectiveness of antacids, immunosuppressants including cyclosporine as well as diabetes and blood pressure medications. It may also impact the absorption of iron from supplements and food.



Apple Cider Vinegar

Apple cider vinegar (ACV) contains both natural probiotics to support a healthy immune system and good gut health as well as antioxidants which protect the body's cells from potential damage. ACV may also aid in lowering blood glucose levels, however it should not replace health or dietary intervention for diabetics. It has also been shown to have a positive effect on aiding the process of weight loss, in combination with a balanced diet. A 2021 systematic review and meta-analysis of randomized clinical trials published in BMC Complementary Medicine and Therapies peer reviewed journal suggests the optimal dose of ACV may be just 15ml/day. ACV is generally safe to supplement with daily. However, some evidence suggests consuming large amounts over a long period can cause issues such as tooth erosion, throat irritation and low potassium levels. Due to its high acidity, ACV is best taken in capsule form or diluted in a cup of water.

Interactions:

ACV may interact with diabetes medications, diuretics and potassium lowering medications.

Iron

Iron is an essential mineral and vital component of haemoglobin, a protein found in our red blood cells which is responsible for carrying oxygen from our lungs to our tissues. Iron also supports a healthy immune system and aids in the production of enzymes needed for digestion and nutrient absorption. Low iron levels can adversely impact the diversity and composition of the gut microbiota, potentially leading to dysbiosis and associated gut health issues. According to Harvard University, the RDA for adults 19-50 years is 8mg/day for men and 18mg/day for women. The UL is 45mg/day for both males and females ages 14+ years. While iron supplements are generally considered safe to take for extended periods, it is important the dosages are within appropriate ranges.

Interactions:

Iron supplements can interact with antacids, acid blockers, tetracycline antibiotics, levodopa, thyroid medications as well as calcium and zinc supplements.

Zeolite powder

Zeolite powder is a supplement often used for its potential detoxifying properties. It contains a volcanic mineral called zeolite, which has a high affinity for certain heavy metals and toxins. Preliminary studies suggest it may work by attracting and binding to heavy metals and other harmful substances in the body, allowing them to be safely eliminated through urine or faeces. The detoxifying properties of zeolite powder may indirectly support gut health by reducing the burden of toxins in the body. It may also support a healthy immune system and provide protection against oxidative damage. There is no recommended dose for this supplement in the literature as it varies depending on the make-up of the specific brand. Therefore, it is important to follow the dosage instructions on the label. Given the limited scientific research on its long-term effects, it is generally recommended to use zeolite powder for shorter periods of time, typically in cycles or as directed by a healthcare professional. Further research is needed to fully understand its mechanisms of action and therapeutic applications.

Interactions:

Zeolite powder may interact with antibiotics and thyroid medications. It may also bind to other supplements and reduce their absorption.

L-theanine

L-theanine is a naturally occurring amino acid found primarily in tea leaves, especially in green tea. It is known for its calming and relaxing effects on the mind and body. L-theanine is structurally similar to the neurotransmitters glutamate and gamma-aminobutyric acid (GABA), which play essential roles in regulating brain function. Research has suggested L-theanine may aid in promoting relaxation, reducing stress and anxiety, improving focus and attention, and supporting sleep quality. By promoting relaxation and reducing stress, L-theanine may help support a healthy gut environment. A 2019 randomised control trial published in the *Nutrients* journal suggested 200mg/day was both a safe and effective dose for adults. L-theanine is generally considered safe for long-term use, however it is important to follow the recommended dosage guidelines.

Interactions:

L-theanine does not have any known interactions with medications or supplements.



Ubiquinol

Ubiquinol is the active, antioxidant form of Coenzyme Q₁₀ (CoQ₁₀), a naturally occurring compound found in the body. This supplement may help support healthy energy levels and overall vitality. Its antioxidant benefits help to protect against oxidative stress and support cellular health. Oxidative stress and inflammation can negatively impact the gut lining and disrupt the balance of gut bacteria. Ubiquinol may help support a healthy gut environment by reducing oxidative stress and supporting cellular health. According to a 2019 article published in the *Methodist DeBakey Cardiovascular Journal*, there is no established minimum or maximum effective dose, however the average, effective dosage is 200mg taken twice daily with a meal. Whilst it is generally considered safe for long term use, it is important to consult with a healthcare professional in order to determine the appropriate dosage for your individual needs.

Interactions:

Ubiquinol supplements may interact with blood thinners, blood pressure medications, chemotherapy drugs and statins. They may also interact with supplements which have a blood-thinning effect, including fish oil and garlic supplements.

Digestive enzymes

Digestive enzyme supplements are dietary supplements which contain specific enzymes designed to support the digestion and absorption of nutrients. They provide additional enzymes to complement the body's natural enzyme production in order to optimize digestion. By improving the breakdown of food, digestive enzymes may enhance the absorption of nutrients and help to alleviate common digestive issues such as bloating, gas, and indigestion. Certain individuals may have reduced enzyme production or enzyme deficiencies due to factors such as aging, certain health conditions, or pancreatic insufficiency. Supplements can help compensate for these deficiencies to support digestion. They are often taken before meals and dosages must be individualised. Therefore, it is important to consult a healthcare professional to determine the appropriate dosages for individual needs. They are not usually intended to be a long-term solution for digestive issues, rather to provide short-term support.

Interactions:

Digestive enzyme supplements may interact with blood thinning medications, antacids, and protease inhibitors.



To Relieve **Constipation:**

Magnesium

Magnesium is a mineral which aids various enzymes in the body to carry out essential chemical reactions. It helps to build proteins, support strong, healthy bones, regulate blood pressure and blood sugar levels as well as support muscle and nerve function. Magnesium aids the process of digestion and can prevent constipation by relaxing the muscles of the gastrointestinal tract, enhancing gastric emptying. It can also relax the oesophageal sphincter to prevent acid reflux. Magnesium also has a laxative effect and can help to relieve symptoms of constipation by drawing water into the intestines to aid bowel movements. According to Harvard University, the RDA for adults 19-51+ years is 400-420mg/day for men and 310-320mg/day for women. The UL for magnesium is 350mg/day and only applies to supplements as excessive amounts of magnesium from the diet is excreted through the urine. Supplementation exceeding the UL for magnesium may cause diarrhoea, nausea, and cramping. Magnesium supplements are generally considered safe for long-term use; however, it is important to follow the recommended dosages.

Interactions:

Magnesium supplements may interact with antibiotics including tetracyclines and quinolones, diuretics, osteoporosis medications including bisphosphonates and calcitonin, as well as heart medications such as digoxin and blood pressure drugs. They may also interact with the absorption of other minerals including calcium, zinc, and iron.

Metamucil/Psyllium Husk

Metamucil is the soluble fibre from psyllium husk. Psyllium husk is a soluble fibre that supports digestive health and can provide relief for mild cases of both diarrhoea and constipation by regulating bowel function - being particularly helpful for individuals suffering from constipation-predominant irritable bowel syndrome (IBS). Psyllium husk works by absorbing water in the digestive tract which helps to add bulk to the stool. It is generally recommended to take 5 to 10g per serving of psyllium husk, up to three times per day. It is best to start with lower dosages and gradually increase as tolerated. Individual responses to psyllium husk may vary, and it may take a few days to a week to notice any changes in bowel habits.

Interactions:

Psyllium husk may affect the absorption and effectiveness of medications used to treat thyroid conditions, high cholesterol, and high blood pressure. It can also lower blood sugar levels so if you are taking medications for diabetes, ensure you monitor blood glucose levels closely. It is recommended to take oral medications one to two hours after consuming psyllium husk to avoid any potential interference with their absorption.



To Help Diarrhea:

Acacia Powder

Acacia Powder is a source of dietary fibre which can be dissolved in water. It is high in soluble fibre to support a healthy gut and digestive system. The soluble fibre binds to water in the digestive system and can be used as an effective treatment in managing symptoms of diarrhoea and irregular bowel movements. A 2008 randomized control trial published in the British Journal of Nutrition indicated the optimal dose of acacia powder for improvements in gut health is 10g/day. Whilst this gum is usually well tolerated and safe in amounts >30g per day, doses higher than 10g/day may cause excess flatulence in some individuals. If taken as directed, Acacia powder is safe to supplement with daily.

Interactions:

Acacia powder does not have any known interactions with medications or supplements.

Saccharomyces Boulrdii

Saccharomyces Boulrdii is a strain of yeast and classified as a probiotic. It can help to support a healthy gut microbiota and provide protection against harmful forms of bacteria by removing them from the body. Saccharomyces Boulrdii can be used to treat multiple forms of diarrhoea including antibiotic associated diarrhoea and traveller's diarrhoea. A 2010 systematic review and meta-analysis published in the World Journal of Gastroenterology explored appropriate doses of Saccharomyces boulardii to treat diarrhoea. The research indicated doses of 500-1000mg/day taken with antibiotics and for an additional two weeks after the course showed prevention in antibiotic associated diarrhoea. The evidence also suggested doses of 250-1000mg/day for the duration of an individual's trip can be taken to prevent traveller's diarrhoea. Assuming the appropriate dosage is followed, daily supplementing with Saccharomyces boulardii is generally considered to be safe.

See the probiotic section for additional strains and their specific functions and benefits.

For Acid Reflux Try:

Deglycerized Licorice

Deglycerized licorice (DGL) is a form of licorice with its active ingredient glycyrrhizin removed, as it may cause increases in blood pressure. This anti-inflammatory herb can be used to treat symptoms of acid reflux. DGL can increase mucus secretion to line the stomach, reduce gastric inflammation and help relieve the symptoms of acid reflux. As DGL works most effectively with saliva, chewable tablets are the best way to consume it. According to the 2020 version of the Textbook of Natural Medicine, the recommended dosage of DGL is two to four 380mg chewable tablets either taken between or approximately 20 minutes before meals. Ingesting DGL after eating has shown to be ineffective. It is typically safe to supplement with DGL daily as directed by a healthcare professional or label instructions.

Interactions:

DGL may interact with some antidepressants, antiviral medications, blood pressure medications, and statins. May also adversely react with potassium supplements and impact the effectiveness of diuretics.



Glutamine, aloe and licorice powder

A combination of glutamine, aloe vera and deglycerized licorice (DGL) can aid in balancing the gut microbiome, improving digestion and supporting the integrity of the gastrointestinal lining. These key ingredients may also help prevent 'leaky gut' and maintain adequate functioning of the intestinal tract. As there is no recommended dose for this supplement blend in the literature, it is important to follow the dosage instructions on the packaging. It is typically safe to take this supplement blend daily, however, it is important to follow the recommended dosage on the label and not exceed it.

Interactions:

A supplement blend of glutamine, aloe vera and DGL may interact with blood thinning medications, diuretics, corticosteroids and immunosuppressants. Caution should also be taken if combining with potassium supplements or medications.

Zinc carnosine

Zinc carnosine (ZnC) is a compound made up of L-carnosine and zinc. These two nutrients work simultaneously to maintain the integrity of the gut. ZnC promotes the health of the intestinal lining by boosting the repair mechanisms in the gastrointestinal tract. Its favourable effects on the gut have been shown to reduce the symptoms associated with acid reflux. A 2014 peer reviewed article published in the Natural Medicine Journal indicated the most common recommended dose of ZnC in the current medical research is 75mg twice daily. This dose has shown to improve overall gut health and permeability in multiple human clinical trials. ZnC is generally considered safe for daily, long-term use assuming it is taken as directed by a healthcare professional or label instructions.

Interactions:

ZnC may enhance the effects of nonsteroidal anti-inflammatory drugs such as aspirin, ibuprofen, and naproxen. It may also reduce the absorption of certain antibiotics including quinolones, tetracyclines, and penicillamine.

B Vitamins

B Vitamins including biotin, niacin and pyridoxine, more commonly referred to as Vitamin B7, B3 and B6 respectively, play an essential role in metabolism. They help to maintain a healthy gastrointestinal function by working alongside digestive enzymes to break down carbohydrates, protein, and fats.

Essentially, they convert food and nutrients into energy. According to Harvard University, the AI for biotin is 30mcg/day for adults 19+ years. The RDA of niacin for adults 19+ years is 16mg of niacin equivalents (NE) per day for men and 14mg NE per day for women with an UL of 35mg. The RDA of pyridoxine for men aged between 14 and 50 years is 1.3mg/day and for men 51+ years it is 1.7mg/day. The RDA for pyridoxine in women aged 14 to 18 years is 1.2 mg/day, 1.3mg/day for those aged 19-50 years and 1.5mg/day for women 51+ years. The UL of pyridoxine for all adults 19+ is 100mg/day. B Vitamins are water soluble vitamins, meaning they are not stored in the body and are excreted in the urine if taken in excess. Therefore, they are generally considered safe to supplement with daily.

Interactions:

B Vitamin supplement can interfere with statins, blood thinning medications, certain antibiotics such as isoniazid and penicillamine and drugs used to treat epilepsy, including phenytoin and carbamazepine.



DISCLAIMER

These recommendations are based on the most up to date medical research as well as the current RDA, UL and AI guidelines for healthy individuals. To avoid any potential adverse effect, ensure you consult with your GP or another health care professional before you begin taking any supplements.

Choosing The Right Supplement Based On Your Diet

Pescatarian

Vitamin B12 and Vitamin D.

Vegetarian and Vegans

Vitamin B12, Vitamin D, Flaxseed Oil, Zinc, Iodine, Iron and Selenium.

Keto

Fish oil and Magnesium



Probiotics



What Are **Probiotics?**

Probiotics are the ‘good’ bacteria which live in our gut. They help keep the balance of harmful bacteria in check to help prevent infections and other conditions. Probiotics also help to break down food and absorb nutrients, which is important for our overall health and wellbeing.

Probiotics are found in certain foods such as yogurt, kefir and sauerkraut and can also be taken as a supplement. When considering probiotic supplementation, it is important to choose a product which contains strains of bacteria that have been shown to be effective for the specific condition being treated. Some of the most common strains of probiotic bacteria include Lactobacillus, Bifidobacterium, Streptococcus, and Saccharomyces. Each strain has different health benefits and may be more effective for certain conditions than others.

It is important to note that probiotic supplements are not a substitute for a healthy diet and lifestyle. They are most effective when used as part of a comprehensive approach to digestive health which includes a balanced diet, regular exercise, and stress management.

Common Probiotic Bacteria Strains

Below are some of the most common strains of probiotic bacteria along with some of the conditions they can be used to treat. Before starting any supplementation, it is important to consult with a healthcare professional, especially if you have any underlying health conditions or are taking other medications.

Lactobacillus Acidophilus

Lactobacillus acidophilus supplementation is used to treat a variety of conditions including:

- 1 Irritable bowel syndrome (IBS):** Lactobacillus acidophilus may be helpful in reducing symptoms often associated with IBS such as bloating, abdominal pain and diarrhoea. It does this by simultaneously enhancing the gut barrier function, reducing inflammation, and regulating the gut microbiota.
- 2 Constipation:** Lactobacillus acidophilus may help to improve bowel movements and relieve constipation by increasing stool frequency, improving stool consistency as well as reducing gut transit time.
- 3 Diarrhoea & Antibiotic-associated diarrhoea (AAD):** Lactobacillus acidophilus can help to reduce both the severity and duration of diarrhoea. It may also reduce the disruption to the gut microbiome, prevent diarrhoea and help restore the gut microbiota after antibiotic use.

Bifidobacterium Bifidum

Bifidobacterium bifidum supplementation can be used to help improve the following:

- 1 IBS:** Supplementing with Bifidobacterium bifidum can help improve IBS symptoms including abdominal pain, bloating and irregular bowel movements. Research indicates it alleviates IBS symptoms by reducing inflammation in the gut and improving gut transit time.
- 2 Diarrhoea & AAD:** Bifidobacterium bifidum has been shown to reduce the incidence and duration of diarrhoea in both children and adults. It may also reduce the risk of developing diarrhoea associated with antibiotic treatment. Antibiotics can disrupt the balance of bacteria in the gut, leading to an overgrowth of harmful bacteria and diarrhoea. Studies have suggested supplementing with Bifidobacterium bifidum during and after antibiotic use can help reduce the likelihood of developing AAD.
- 3 Inflammation:** Bifidobacterium bifidum supplementation may improve immune function by increasing the production of immune cells. Studies have suggested this probiotic may help create a better balance between pro- and anti-inflammatory signals, reduce inflammation and enhance the overall immune response.

Lactobacillus Plantarum

Supplementing with Lactobacillus plantarum can be beneficial to treat the following conditions:

- 1 **IBS:** Several studies have indicated Lactobacillus plantarum supplementation may improve IBS symptoms including bloating, gas, and abdominal pain. It has also been found to improve stool consistency and frequency in patients with diarrhoea-predominant IBS.
- 2 **Inflammatory bowel disease (IBD):** Due to its potential anti-inflammatory properties, Lactobacillus plantarum may provide some relief for individuals suffering with IBD, including both Crohn's disease and ulcerative colitis (UC).
- 3 **Inflammation:** Lactobacillus plantarum has been shown to have anti-inflammatory effects in the gut. It works by reducing the production of molecules which increase inflammation such as pro-inflammatory cytokines. Research has also indicated supplementing with Lactobacillus plantarum can reduce inflammation in individuals with ulcerative colitis.
- 4 **Poor immunity:** Lactobacillus plantarum can help regulate and support the immune system by stimulating the production of antibodies and increasing the activity of immune cells.
- 5 **Gut barrier function:** Lactobacillus plantarum has been shown to aid in maintaining the integrity of the gut barrier by strengthening the tight junctions between cells of the intestinal lining. This can help to prevent harmful substances from entering our bloodstream. Research has also found it may improve the gut barrier function in individuals who suffer from leaky gut syndrome.



Streptococcus Thermophilus

Streptococcus thermophilus supplementation can be used to help improve the following:

- 1 Poor gut health:** Supplementing with Streptococcus thermophilus may support gut health by reducing the growth of 'bad' bacteria in the gut and promote the growth of 'good' bacteria. This can help to minimize inflammation, reduce symptoms common among individuals suffering from IBS, as well as enhance the gut barrier function.
- 2 Lactose intolerance:** Streptococcus thermophilus is often used to help individuals who are lactose intolerant. This probiotic produces lactase, the enzyme needed to break down lactose. Studies have shown supplementing with Streptococcus thermophilus can help improve the digestion of lactose, leading to improvements in symptoms such as bloating, gas and diarrhoea.
- 3 Diarrhoea:** Streptococcus thermophilus has been shown to reduce both the duration and severity of diarrhoea caused by viral or bacterial infections.
- 4 Poor immunity:** Streptococcus thermophilus may have immunomodulatory effects which can help to enhance the body's immune function. It works by stimulating the activity of natural killer cells and increasing the production of anti-inflammatory cytokines.
- 5 Inflammation:** Streptococcus thermophilus has been shown to have anti-inflammatory effects, which may help reduce inflammation in both the gut and other areas of the body.



Lactobacillus Rhamnosus

Supplementing with Lactobacillus Rhamnosus may help with the following:

- 1 **IBS:** Supplementing with Lactobacillus Rhamnosus can help alleviate common symptoms of IBS including bloating, abdominal pain and diarrhoea.
- 2 **IBD:** Lactobacillus Rhamnosus may be beneficial for individuals suffering from IBD. Inflammation of the gut is a major hallmark for IBD. This probiotic has been shown to have anti-inflammatory properties which may help alleviate some of this inflammation in the gut and help improve symptoms and quality of life in individuals with IBD. A study has indicated supplementation with Lactobacillus rhamnosus improved symptoms and quality of life in individuals with mild to moderate ulcerative colitis.
- 3 **Gut barrier function:** Research has indicated supplementation with Lactobacillus rhamnosus can help improve gut barrier function in individuals with IBS. This probiotic may significantly improve the integrity of the gut barrier by reducing gut permeability. An enhanced gut barrier function may aid in reducing symptoms such as abdominal pain and bloating among individuals suffering with IBS.
- 4 **Inflammation:** Lactobacillus rhamnosus may be effective in reducing inflammatory markers including TNF-alpha and IL-6 in individuals with IBS. Due to its potential anti-inflammatory effects, this probiotic may be effective in reducing adverse symptoms associated with IBS.
- 5 **Diarrhoea:** Several studies have found supplementing with Lactobacillus rhamnosus can improve stool consistency among individuals with IBS. It has been found to increase stool consistency and reduce symptoms of constipation in individuals with IBS-C. Studies have also indicated it can help to reduce both the severity and frequency of diarrhoea in individuals suffering with IBS-D.
- 6 **Mood:** Lactobacillus rhamnosus may help to regulate the gut-brain axis, thereby having positive effects on mood in individuals with IBS. One study also found supplementation with Lactobacillus rhamnosus improved symptoms of anxiety and depression among IBS patients.
- 7 **Immune function:** Lactobacillus rhamnosus may help to regulate the body's immune function by increasing the production of natural killer cells, anti-inflammatory cytokines, and immunoglobulins.

Bifidobacterium Longum

Bifidobacterium longum supplementation can be used to help improve the following:

- 1 IBS:** Studies have indicated supplementation with Bifidobacterium longum has been effective in reducing symptoms of IBS such as abdominal pain and bloating. Whilst the mechanism as to how it improves symptoms has not yet been confirmed it is thought to be related to the probiotics ability to modulate the gut microbiome and reduce inflammation.
- 2 Inflammation:** Bifidobacterium longum has been shown to have anti-inflammatory effects in our gut. Supplementing with this probiotic can help reduce levels of inflammatory markers including C-reactive protein (CRP) and interleukin-6 (IL-6) among healthy adults.
- 3 Immune function:** Bifidobacterium longum can boost our immune function by increasing the production and activity of natural killer cells and anti-inflammatory cytokines.
- 4 Ulcerative Colitis:** Research has indicated Bifidobacterium longum may be used as a potential treatment for patients with mild to moderate ulcerative colitis. Supplementation has been associated with reduced disease activity and improvements in abdominal pain and diarrhoea.
- 5 Constipation:** Bifidobacterium longum may help to reduce symptoms of constipation by improving both stool frequency and consistency in patients with constipation-predominant IBS.
- 6 Gut barrier:** Supplementing with Bifidobacterium longum may be beneficial to improve the gut barrier function. Studies have found this probiotic helps reduce gut permeability and enhance the integrity of the gut barrier, which can be protective against developing gut related conditions such as leaky gut syndrome.

Saccharomyces Boulardii

Supplementing with Saccharomyces Boulardii may help with the following:

- 1 IBS:** Saccharomyces boulardii may be effective in managing IBS for some individuals. Research has shown this probiotic yeast to be associated with improvements in symptoms such as bloating, abdominal pain and stool consistency in individuals with IBS.
- 2 IBD:** Saccharomyces boulardii has been shown to be effective in the treatment of both Crohn's disease and ulcerative colitis. The mechanism is believed to be related to the probiotic's ability to regulate the body's immune response and reduce inflammation.
- 3 AAD:** Research has indicated Saccharomyces boulardii may be effective in preventing AAD. The gut microbiota is often disrupted after antibiotic use, however this probiotic yeast can aid the process of restoring the natural gut microbiota and preventing the onset of AAD.
- 4 Clostridioides difficile infection (CDI):** This probiotic may help treat and reduce the risk of CDI in patients taking antibiotics. CDI is a type of bacterial infection often associated with symptoms such as inflammation of the colon and diarrhoea. The mechanism by which Saccharomyces boulardii works is thought to be related to its ability to produce factors that inhibit the growth and adhesion of the bacteria Clostridioides difficile.
- 5 Gut permeability:** Research indicates Saccharomyces boulardii may help improve gut barrier function and reduce gut permeability. Supplementation of this probiotic has been associated with reduced gut permeability in individuals with either IBD or IBS. Saccharomyces boulardii may help the gut barrier function by promoting the expression of proteins that are involved in tight junction formation and maintenance. It may also help to modulate the immune response in the gut, which can help reduce inflammation and promote gut healing as well as help maintain the integrity of the intestinal epithelium.

How To Choose **The Right Supplement**

Probiotic supplements are available in various forms including capsules, tablets, and powders. When choosing a supplement, ensure you choose one which is high quality, contains live and active cultures, and contains strains that support the situation you find yourself in. Depending on which form you choose, ensure you follow the appropriate dosage and storage instructions. The recommended dose will vary among brands and different formulas. Most of the supplements will need to be stored in a cool dry place however some brands may recommend refrigeration. Keep in mind whilst taking probiotic supplements may be beneficial for your gut health and managing the conditions discussed above, it is also important to continue maintaining a healthy, well-balanced diet to reap the most benefits. Speak to your local pharmacist or health care professional for specific advice according to your situation.



Adaptogens

What Are **Adaptogens?**

Adaptogens are herbs, roots, and other plant substances such as mushrooms which are believed to help our bodies adapt to stress. They are natural substances which are thought to work by supporting our body's stress response by influencing the hypothalamic-pituitary-adrenal (HPA) axis. The HPA axis stimulates our stress response and plays an important role in regulating our immune function, digestion, metabolism, and mood. There are several criteria that a substance must meet in order to be considered an adaptogen. They must:

- 1 Be safe and non-toxic, even when taken over a long period of time.
- 2 Support the entire body's ability to cope with stress and help the body return to a stable state.
- 3 Enhance overall physical and mental well-being.

Some of the most common adaptogens are ashwagandha, rhodiola, ginseng, holy basil, licorice root, and cordyceps mushroom. Adaptogens can come in different forms, including capsules, tablets, powders, tinctures, and teas. As with all supplements, it is important to speak with a health professional before starting any new supplement regime, especially if you are currently taking any medications or have any underlying medical conditions.

Common

Adaptogens And Their Claimed Benefits

Ashwagandha (*Withania Somnifera*)

Ashwagandha is an adaptogenic herb known for its ability to help the body cope with stress and promote overall health and wellbeing. It has been shown to have multiple health benefits including helping to reduce cortisol levels, which can alleviate stress and anxiety. Ashwagandha has neuroprotective effects and may help to improve cognitive function. This adaptogen has also been shown to have immune-enhancing properties which can help protect against infection and disease. Ashwagandha can support the health of the thyroid gland, which plays a key role in regulating our metabolism. In terms of gut health, research suggests ashwagandha may have anti-inflammatory effects which can benefit our gut. Gut inflammation can lead to a variety of digestive issues, including bloating, gas, and diarrhoea. By reducing inflammation, ashwagandha may help to alleviate some of these adverse symptoms. Additionally, it has been shown to have a positive impact on the gut microbiome, which can further support gut health.

Rhodiola (*Rhodiola Rosea*)

Rhodiola is an adaptogenic herb used to help the body cope with stress and improve overall health. It has been shown to reduce cortisol levels and improve stress-related symptoms, including fatigue and irritability. Rhodiola has been researched for its potential antidepressant effects and may help to improve mood and promote feelings of well-being. This adaptogen may also boost cognitive function, including both memory and attention. Rhodiola has been shown to enhance exercise performance, endurance, and recovery time. Similarly, to Ashwagandha, Rhodiola has been shown to have anti-inflammatory effects which may help reduce inflammation in the gut. Therefore, it may provide protection against digestive issues, including IBS and IBD.



Ginseng

Ginseng is a group of perennial plants that belongs to the *Panax* genus and is used to enhance health and vitality. By regulating our cortisol levels, this adaptogen may help to promote relaxation and alleviate stress and anxiety. It has also been shown to enhance cognitive function, including areas of memory and attention. Ginseng may help to improve exercise performance, stamina, and recovery speed. It may also boost our immune system by increasing the production of immune cells and reducing inflammation. Its anti-inflammatory properties may also provide some benefit for our gut health and aid in reducing symptoms of indigestion, including bloating and gas.

Holy Basil (Tulsi)

Holy Basil is an adaptogenic herb known for medicinal properties. It has been shown to reduce feelings of stress and anxiety. This adaptogen also possesses immune-modulating properties, which can help to enhance the body's immune response. Its anti-inflammatory effects may help reduce inflammation in the gut and simultaneously improve digestion and alleviate adverse symptoms including bloating, gas, and nausea.

Licorice Root

Licorice root contains a variety of compounds responsible for its health promoting properties, including glycyrrhizin, flavonoids, and triterpenoids. One of its primary benefits is its ability to soothe the gastrointestinal system and help alleviate indigestion, heartburn, and acid reflux. Licorice root can also reduce inflammation in the gut, as well as protect the lining of the stomach and intestines from damage caused by excess stomach acid and certain types of bacteria. Due to its anti-inflammatory properties, licorice root may be beneficial in reducing inflammation in conditions such as ulcerative colitis and Crohn's disease. This adaptogen has antioxidant properties and has been shown to boost the body's immune system and enhance liver function. Whilst it does have many health benefits, licorice root may cause some side effects including high blood pressure, low potassium levels, and hormonal imbalances when taken in large doses or over a long duration.

Cordyceps Mushroom

Cordyceps mushroom is a type of fungus which is used as a natural remedy for various health benefits. It has anti-inflammatory properties, which may help lower inflammation in the body and alleviate symptoms of inflammatory conditions such as arthritis. It may help to improve athletic performance by enhancing the body's ability to produce energy by increasing the production of ATP (adenosine triphosphate), a molecule that fuels cells.

An increase in ATP may lead to improved physical performance and endurance. Cordyceps mushroom may also improve respiratory function by increasing oxygen uptake in the body. Due to its immune-modulating properties, cordyceps mushroom can help fight off infection and illness. Studies have indicated Cordyceps may have potential benefits for gut health, including helping to improve the gut microbiota and reducing inflammation in the gut, however further research is needed in this area.



Reishi Mushroom

Reishi mushroom is a type of adaptogenic mushroom used to help the body adapt to stress. It contains bioactive compounds, including beta-glucans, triterpenoids, and polysaccharides, which are thought to be responsible for its many health benefits. Reishi mushrooms may help support the immune system by stimulating the production of white blood cells. This adaptogen has anti-inflammatory and antioxidant properties which helps to reduce inflammation and protect our cells from damage by free radicals. It can also help lower stress and anxiety by supporting the adrenal glands and promoting feelings of relaxation which can help improve sleep quality. There is limited research on the effect of Reishi mushrooms specifically on the gut microbiome. However, their anti-inflammatory and antioxidant properties may indirectly benefit gut health by reducing inflammation and oxidative stress in the body, which can have a positive effect on our gut health.

Schisandra (Schisandra Chinensis)

Schisandra is an adaptogenic plant used to promote overall health and wellbeing. It can regulate the body's stress response, which can help reduce anxiety. Schisandra is considered to have a stimulating effect on the body, which may help boost energy levels and fight fatigue. It can also support our liver health, boost our immune function, and improve mental clarity by enhancing cognitive function. Schisandra's anti-inflammatory and antioxidative properties can help support digestive health. Some studies have also suggested this adaptogen may have protective effects on the gut mucosa, which could help prevent certain gastrointestinal disorders.

Lion's Mane (Hericium Erinaceus)

Lion's mane is an adaptogenic mushroom used to help the body cope with stress and support overall wellbeing. It contains compounds that may help enhance brain function and improve memory, focus, and mental clarity. Some research has also suggested it may have neuroprotective effects and could potentially be used in the treatment of neurological disorders such as Alzheimer's and Parkinson's disease. Lion's mane can also help reduce inflammation and support the body's immune function. As for its potential effects on gut health, Lion's Mane has been shown to have a prebiotic effect, meaning it can help promote the growth of beneficial gut bacteria. Due to its anti-inflammatory effects in the gut, this adaptogen may provide some benefits for those with digestive disorders such as IBS and IBD.

Maca Root

Maca root is an adaptogenic plant which is used for its many health promoting properties. It helps the body to cope with stress, fatigue, and anxiety, by regulating the adrenal gland and reducing the production of stress hormones such as cortisol. This adaptogen can also improve mood, increase energy levels, and enhance cognitive function including mental clarity and focus. The anti-inflammatory and antioxidant properties maca root possesses can help protect the digestive system from damage caused by inflammation and oxidative stress. It has also been shown to have a prebiotic effect, nourishing the growth of beneficial bacteria in the gut and supporting overall digestive health.



Chaga Mushroom (*Inonotus Obliquus*)

Chaga mushroom is an adaptogenic mushroom known for its many health benefits. It contains high levels of beta-glucans, which are known to support immune function and have anti-cancer properties. This adaptogen has antioxidative effects and can help reduce inflammation in the body. It may also help increase energy levels. In terms of gut health, Chaga mushroom is believed to have a prebiotic effect, meaning it can help feed the beneficial bacteria in the gut. Its anti-inflammatory properties can also help improve gut health by reducing inflammation in the digestive tract, which can be beneficial for managing conditions such as IBD and leaky gut syndrome.

Eleuthero (Siberian Ginseng)

Eleuthero is an adaptogenic plant which helps improve overall health. It can help the body adapt to stress and reduce cortisol levels. Studies have also indicated its benefits in improving cognitive function, including both memory and concentration. Eleuthero can provide support to the immune system and help our body fight off infection and illness. It is a popular supplement among athletes as it may increase energy and endurance levels, improving overall physical performance.

Shatavari (*Asparagus Racemosus*)

Shatavari is an adaptogenic herb used to promote overall health and wellbeing, particularly in women. It is often used to support female reproductive health, particularly postpartum and during menopause. Shatavari is thought to help balance hormones, support fertility, and promote healthy lactation. It contains saponins, which have antioxidant and anti-inflammatory properties that can help protect cells from damage and reduce inflammation in the body. This adaptogen has also been shown to have immune-boosting properties, which can help protect the body against infections and diseases. Shatavari can also have a calming effect on our mind, making it beneficial for managing symptoms of anxiety and promoting relaxation. It is also known for its ability to support digestive health, particularly to relieve constipation, promote regular bowel movements and prevent other gastrointestinal issues such as ulcers and diarrhoea. Shatavari may also help support the growth of healthy gut bacteria, which can enhance overall gut health.



Astragalus

Astragalus is an adaptogenic herb which has a myriad of health promoting properties to enhance overall wellbeing. It is often used to support and strengthen the immune system. Studies have shown that it may help increase the production of white blood cells, which are important for fighting off infections and disease. It also contains compounds which have been shown to have anti-inflammatory effects in the body. This makes it a potentially useful herb for reducing inflammation and relieving symptoms of conditions such as arthritis. Some research suggests astragalus may have anti-aging effects as it has been shown to protect against oxidative stress and improve cellular function, which can help slow the aging process. This adaptogen may also be beneficial for our cardiovascular health. It may lower blood pressure and improve cholesterol levels, reducing the risk of developing heart disease. Whilst further research is needed on the topic, studies have indicated Astragalus may have a protective effect on the gut lining, which could help reduce inflammation and support digestive health.

Gotu Kola (Centella Asiatica)

Gotu Kola is an adaptogenic herb used to help the body cope with stress and improve overall health. It has been shown to have anti-anxiety effects by modulating the levels of neurotransmitters including serotonin and gamma-aminobutyric acid (GABA) in our brain. Gotu Kola may also improve memory, attention, and learning abilities, possibly due to its antioxidant and anti-inflammatory properties. Traditionally this adaptogen has been used for its wound healing properties as it is thought to increase the production of collagen, a protein that is essential for skin health and healing.

Bacopa (Bacopa Monnieri Or Brahmi)

Bacopa is an adaptogenic herb used to enhance overall health and wellbeing. It has been shown to improve memory, learning, and concentration by increasing blood flow to the brain and enhancing neural communication. Bacopa may also help reduce symptoms of anxiety and depression by modulating the release of certain neurotransmitters in the brain, such as serotonin and dopamine. This adaptogen may also help to reduce blood pressure and improve blood lipid levels, thereby supporting cardiovascular health. Research has suggested Bacopa can support digestive health and reduce symptoms associated with gastrointestinal disorders such as IBS. It is important to note Bacopa may interact with certain medications and may not be safe for everyone, so it is recommended to consult with a healthcare professional before starting any supplements containing Bacopa.

Amla (Indian Gooseberry)

Amla is an adaptogenic fruit which can help our body adapt to stress. It is rich in antioxidants including Vitamin C, which can help protect our body from damage caused by free radicals. Its antioxidant properties and ability to promote collagen production can also help support skin health. Amla has immune-modulating properties which can help regulate and enhance the body's immune function. This adaptogen is often used to promote digestion and healthy bowel movements as well.

Jiaogulan (Southern Ginseng)

Jiaogulan is an adaptogenic herb used for its various health benefits. It can reduce the physical and mental effects of stress by regulating cortisol levels in the body. Jiaogulan contains compounds that have been shown to enhance immune function, including boosting the activity of white blood cells. It has also been found to have anti-inflammatory properties, which may be beneficial for a variety of conditions including gut health. Some research has also suggested possible benefits in promoting cardiovascular health by helping to lower cholesterol levels.



Andrographis (Andrographis Paniculata)

Andrographis is an adaptogenic herb used in the treatment of various health conditions. Andrographis has been shown to have immune-modulating effects, helping to stimulate the immune system and enhance the body's ability to fight off infections. It has been traditionally used to support liver health and may have hepatoprotective effects, helping to protect the liver from potential damage. This adaptogen has anti-inflammatory properties, which may help to reduce inflammation in the body and alleviate symptoms associated with inflammatory conditions such as arthritis and IBD. It also possesses antimicrobial properties and has been shown to be effective against a variety of pathogens including bacteria, viruses, and parasites. Its antimicrobial properties may also help to reduce the growth of harmful bacteria in the gut and instead support the growth of beneficial bacteria, enhancing overall gut health.

Guduchi (Tinospora Cordifolia)

Guduchi is an adaptogenic plant used for its myriad of health benefits. Guduchi contains compounds which have been shown to have anti-inflammatory effects. These compounds can be beneficial for managing conditions including arthritis and allergies. It may also help the body's immune system by increasing the production and activity of white blood cells. Some studies have indicated Guduchi may have anti-cancer properties due to its ability to modulate the immune system and inhibit the growth of cancer cells. Traditionally, Guduchi has been used to support healthy digestion, and preliminary research suggests it may improve gut health by increasing gut microflora and reducing inflammation. Whilst Guduchi is generally considered safe for most individuals, it may interact with certain medications, so it is important to get advice from a healthcare professional before starting any supplementation.



Shilajit

Shilajit is a natural adaptogen used for its extensive health benefits. It is rich in various minerals and trace elements including iron, copper, zinc, magnesium, potassium, selenium, manganese, chromium, and molybdenum. It also contains fulvic acid, which is an organic compound high in antioxidants, which helps neutralize harmful free radicals and reduce oxidative stress and inflammation in the body. Shilajit also contains bioactive compounds such as polyphenols which may have antioxidant, anti-inflammatory, and immune-modulating effects. This adaptogen is believed to enhance the body's ability to adapt and cope with physical, mental, and environmental stressors. It is also thought to improve energy levels, stamina, and overall physical performance. Studies have suggested Shilajit may help to support cognitive function, memory, and mental clarity. Preliminary research has indicated some benefits of Shilajit in supporting gut health. It may improve nutrient absorption in the digestive system by enhancing the bioavailability of various nutrients, including vitamins and minerals, and supporting the transport of these nutrients across the intestinal barrier. This improved nutrient absorption can contribute to overall better gut health and nutrient utilization. Shilajit may also exhibit prebiotic-like effects, promoting the growth of beneficial bacteria and inhibiting the growth of harmful bacteria in the gut. Due to its anti-inflammatory properties, Shilajit may alleviate symptoms associated with gut inflammation and promote a healthier gut environment. This adaptogen has been shown to enhance the integrity of the gut barrier, providing protection against digestive issues, and promoting overall gut health.




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