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Biotix

RESTOREBIOTIX

For use after antibiotics

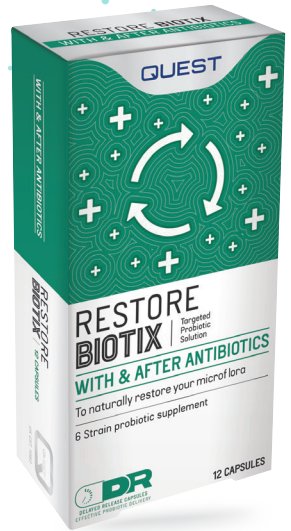
Nutritional Information

One capsule provides:

Lactobacilli culture	40 mg
Providing 10 billion* (10x10 ⁹)	
L. acidophilus	
L. paraplantarum	
L. casei	
L. gasseri	
L. rhamnosus	
L. bulgaricus	

*At the time of manufacture
(minimum 5 billion lactobacilli probiotics at the end of shelf life)

As a food supplement, take one to four capsules daily with food. Swallow with water.



SUMMARY

- Multi-strain probiotic supplement
- For restoring balance after a course of antibiotics
- A convenient 6 day course

DESCRIPTION

RestoreBiotix is a multi-strain 6 day course of lactobacillus probiotics designed to restore natural microflora levels within the gut after a course of antibiotics. Antibiotics are indiscriminate and reduce the number of beneficial bacteria as well as pathogenic bacteria. Probiotics need to be re-established within the body to prevent adverse effects and chronic diseases within the body.

RESTOREBIOTIX AFTER ANTIBIOTICS

Antibiotics are now one of the most widely prescribed medicines, and in some countries available without a prescription. As antibiotic resistance increases, so does the strength and types of antibiotics available.

Antibiotics are however, as their name insinuates anti-biotic. This is problematic for the beneficial bacteria that lives in and on our body and provides vital resistance against infections and chronic diseases. It is therefore necessary to replenish any lost probiotics in the body before opportunistic organisms are allowed to flourish. The most common post antibiotic infections are candida, causing outbreaks of thrush and *C. difficile* which leads to watery stools and abdominal cramping.

RestoreBiotix for preventing *C. difficile* infections: A study has demonstrated the effectiveness of probiotic supplementation on preventing antibiotic associated diarrhoea and *C. difficile* associated diarrhoea. The study concluded that *L. casei* and *L. bulgaricus* to be particularly effective strains for preventing diarrhoea¹. Another study demonstrated that lactobacillus *L. rhamnosus* was effective against antibiotic associated diarrhoea in children².

RestoreBiotix for preventing Candida infections: Candida infections are common place after a course of antibiotics. Candida species are opportunistic, and when a large percentage of bacteria has been wiped out, they utilise the space to colonise, resulting in oral and vaginal thrush as well as fungal skin infections and systemic candida infections. One study concluded that supplementing with probiotics can decrease the occurrence of oral candida after antibiotics in the elderly³. Another study demonstrated probiotic supplementation has the potential to reduce intestinal candida colonisation of children receiving broad spectrum antibiotics⁴.

GUT HEALTH AND PREVENTING SYSTEMIC DISEASES

Secretory IgA: Antibiotics reduce the secretion of a substance called secretory IgA. This is the primary antibody in the mucous membranes and helps to promote an appropriate immune response to both pathogens and food. Secretory IgA promotes the killing of pathogenic bacteria; thus increasing resistance to disease. Probiotic supplementation helps to restore immune function in the gut and therefore prevent further infections and the likelihood of developing allergies⁵.

Dysbiosis: If the microflora is not corrected after a course of antibiotics, dysbiosis may present. This has many complications for the body, one being that the tight junctions of the gut lining move apart. This may be particularly prominent in the case of a candida overgrowth⁶. The gaps in the tight junctions of the gut increase the risk of developing autoimmune conditions. This is because bacteria and yeasts are able to come into contact with the gut associated lymphoid tissue, which is a store of many immune cells and immune regulatory cells.

Short chain fatty acids: Another way in which probiotics help to regulate the gut wall is by producing a substance called short chain fatty acids. Probiotics, especially lactobacilli strains produce short chain fatty acids which aid with

the regulation of tight junctions on the gut epithelial cells⁷, and ultimately protecting the gut associated lymphoid tissue from direct contact with food and bacteria, thus helping to keep the immune system in balance.

The use of RestoreBiotix, safeguards the microbiome and gut cells and decrease the risk of developing autoimmune conditions.

OTHER MEDICINES THAT INTERFERE WITH THE MICROBIOME

Although antibiotics are the main causes of microbiome disturbance, microbial changes have also been attributed to other medications. Anti-diabetic medication, proton pump inhibitors, non-steroidal anti-inflammatory drugs and atypical antipsychotics have all been shown to disrupt the natural balance of the microbiome. One study suggests that over a quarter of non-antibiotic medications decrease the growth of one or more species of human gut bacteria. The study only looked at 38 species of gut bacteria. Naturally however there are hundreds of species, and an even larger number of strains, indicating that an even higher percentage of medications may detrimentally affect the microbiome.⁸

HOW SHOULD RESTOREBIOTIX BE TAKEN?

As a food supplement take one to four capsules daily with food. RestoreBiotix is a 6-day course and dosage is recommended as follows.

	MORNING	EVENING
Day 1 & 2	2 caps	2 caps
Day 3 - 6	1 cap	-

RestoreBiotix may also be taken by children over the age of four at half the adult doses. The capsules should be opened up and the contents emptied onto the tongue or mixed into cool drink.

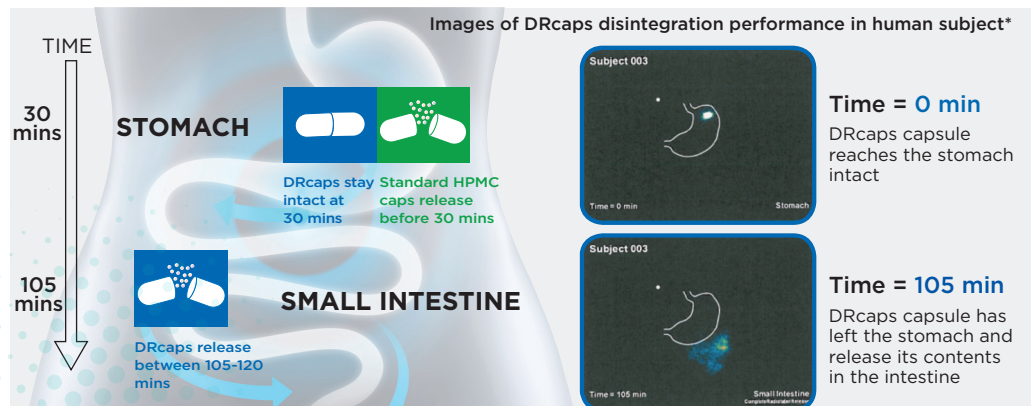
Suitable for use during pregnancy.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING RESTOREBIOTIX?

Caution is advised for anyone taking immune suppressant medication.

THE ADVANTAGE OF DRCAPS™

DRcaps are designed to delay the release of probiotic bacteria, protecting the probiotics from stomach acidity and allowing the probiotics to be most effective where they need to be - directly in the intestine.



*Subject consumed light breakfast 30 minutes prior to dosing DRcaps containing 300mg of lactose, 10mg of which was radiolabelled to allow anterior and posterior images taken every 5 minutes after dosing.

FEATURES

- DRcaps
- 6 strains of lactobacillus
- Lyophilised, encapsulated and individually sealed to enhance stability
- Refrigeration is optional
- 6-day programme

HEALTH NEEDS



GUT AND DIGESTION



SPECIALIST HEALTH

SCIENTIFIC REFERENCES

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5. Am J Clin Nutr. 2001;73:2:444s-450s.
6. Dtsch Arztebl int.2009;106:(51-52):837-842
7. Advances in immunology.2014;121:91-19
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