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Biotix

TRAVELBIOTIX

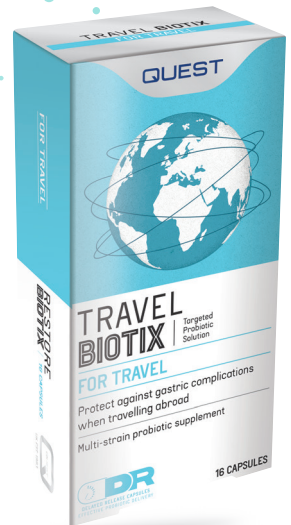
Probiotics for travelling abroad

Nutritional Information

One capsule provides:

Lactobacilli culture	36 mg
Providing 2 billion (2×10^9):	
L.acidophilus	
L.casei	
L.rhamnosus	

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



SUMMARY

- Multi strain probiotic supplement
- Research based probiotics
- Stable at room temperature
- Perfect for travelling abroad

DESCRIPTION

TravelBiotix is a probiotic supplement, containing 3 strains of probiotic bacteria, designed for those travelling abroad. Different food and environments often disrupts our natural balance of microflora leading to diarrhoea and other gastric complications. TravelBiotix is stable at room temperature and is perfect for taking on holiday.

HOW DOES TRAVELBIOTIX HELP TO PREVENT GASTRIC COMPLICATIONS?

When we travel abroad, we are exposed to many new microorganisms. This is due to new environments, different hygiene methods and different foods. This combined with the stress of travelling, may result in diarrhoea and gastric discomfort. According to the Centre for Disease Control, up to 70% of those travelling abroad will experience diarrhoea, with most cases being caused by E.coli¹. Travellers diarrhoea usually lasts up to 4 days, however, in some cases, it may last up to 10 days, depending on the gut health of the individual.

Escherichia coli (E. coli) strains are gram negative bacteria found in the environment, human and animal intestines and foods. There are many types of E.coli, some of which can cause diarrhoea if allowed to colonise in the human gut.

Increasing SIgA: Lactobacilli strains, especially lactobacillus casei have the ability to increase a substance called secretory IgA (SIgA)². This is the main immune defence mechanism the gut has against E.coli and other bacteria. Having the right level of SIgA in the gut is vital for the prevention of travellers diarrhoea. Lactobacilli bacteria have SIgA receptor sites, and both work together to regulate and normalise both lactobacillus and SIgA levels.

Crowding out: Lactobacilli strains produce lactic acid which acidifies the gut making it less favourable to pathogenic bacteria such as E.coli. Probiotics also take up space in the gut, and bind to the receptor sites on the gut wall, crowding out any unwanted bacteria including and E. coli.

Digesting unfamiliar foods: One placebo controlled study looked at the rates of travellers' diarrhoea with and without probiotic supplementation. The results show a reduction in travellers diarrhoea with probiotic supplementation which were also particularly beneficial to elderly travellers³.

Lactobacillus bacteria also produce many digestive enzymes, that complement our own digestive enzyme secretion. These digestive enzymes aid in digesting unfamiliar and rich foods.

L. acidophilus: L. acidophilus has been shown in research to aid with the prevention of travellers diarrhoea⁴ and is recommended as a safe and effective preventative measure. L. acidophilus binds to the gut wall and effectively protects against E.coli infection⁵.

L. rhamnosus: L. rhamnosus is a very well studied and an effective strain for promoting digestion, boosting immune system function, increasing resistance to infection and inhibiting growth of pathogenic bacteria^{3,6}.

L. casei: L. casei is what is known as a transient strain of probiotic. They pass through the gut and make the environment unfavourable to pathogenic bacteria. One study showed that lactobacillus casei can shorten the duration of diarrhoea in children if it does occur⁷.

TravelBiotix for travelling: The bacteria in Travel Biotix are stable at room temperature and does not need to be kept in the fridge. This is a major advantage when travelling and access to a fridge is limited.

HOW SHOULD TRAVELBIOTIX BE TAKEN?

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

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING TRAVELBIOTIX?

TravelBiotix is intended exclusively for travellers wanting to protect against gastric complications.

Consult a medical professional before use whilst taking immune suppressants.

FEATURES

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HEALTH NEEDS



GUT AND DIGESTION



SPECIALIST HEALTH

SCIENTIFIC REFERENCES

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