**Fast Melt Immune Probiotic 3 Billion with bifodan**

**INGREDIENTS**
Doctor’s Best Fast Melt Probiotic with great-tasting blueberry and redberry flavors contains Bifodan® *Lactobacillus rhamnosus* GG and *Bifidobacterium lactis* BL-04, beneficial bacteria to help promote healthy gut flora.*

**BENEFITS**
- Clinically-proven probiotic strains
- Helps restore healthy gut bacteria*
- Helps support intestinal immune response*
- Help supports intestinal and digestive health*
- Helps supports respiratory health*
- Helps support skin health*
- Helps supports healthy cholesterol levels*
- High intestinal survival
- Freeze dried for 24-month stable potency, even at room temperature

*Lactobacillus Rhamnosus* GG and *Bifidobacterium lactis* BL-04 have been clinically shown to support a healthy gastrointestinal tract, a healthy respiratory system, healthy skin, healthy cholesterol and to reduce inflammation markers.* *Lactobacillus Rhamnosus* GG and *Bifidobacterium lactis* BL-04 are clinically shown to be safe and well tolerated.

*Lactobacillus Rhamnosus* GG has been clinically shown to help alleviate bloating and gas.*

*Lactobacillus Rhamnosus* GG has been clinically shown to help prevent and reduce the severity of atopic dermatitis.* 8, 9, 10

*Lactobacillus Rhamnosus* GG has been clinically shown to help reduce anti-inflammatory effects in humans.* 9, 10

*Bifidobacterium lactis* BL-04 has been clinically shown to help reduce cholesterol.*

*Bifidobacterium lactis* BL-04 and *Lactobacillus Rhamnosus* GG have been clinically shown to be safe and well tolerated.*

**CLINICAL STUDIES**
One study investigated the role of *Lactobacillus GG* (LGG) in the prevention of gastrointestinal and respiratory tract infections in children who attend day care centers. Researchers conducted a randomized, double-blind, placebo-controlled trial in 281 children. They were randomly allocated to receive LGG or placebo (placebo group, n=142) for 3-months. Compared to the placebo group, children in the LGG group had a significantly reduced risk of upper respiratory tract infections and symptoms. LGG administration can be recommended as a valid measure for helping decrease the risk of upper respiratory tract infections in children attending day care centers.*

Similarly, researchers conducted a randomized, double-blind, placebo-controlled trial of 742 hospitalized children. They were randomly allocated to receive LGG or placebo without LGG. In the LGG group, compared with the placebo group, they found a significantly reduced risk for gastrointestinal infections, number needing treatment, vomiting episodes, diarrheal episodes, episodes of gastrointestinal infections, and episodes of

**Supplement Facts**
Serving Size 1 stick pack (1 gram or 3 billion CFU)
Servings per container 30 servings

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<tr>
<th></th>
<th>Amount per serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Probiotic bacterial strains</td>
<td>3 billion CFU</td>
<td>†</td>
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<tr>
<td><em>Lactobacillus rhamnosus</em> GG:</td>
<td>1 billion CFU</td>
<td>†</td>
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<tr>
<td><em>Bifidobacterium lactis</em> BL-04:</td>
<td>2 billion CFU</td>
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† Daily Value not established.

**Other Ingredients, Blueberry:** Erythritol, xylitol, natural blueberry flavor, mono- and diglycerides of fatty acids, magnesium oxide, citric acid, sodium carboxymethylcellulose, silicon dioxide.

**Other Ingredients, Redberry:** Erythritol, xylitol, mono- and diglycerides of fatty acids, magnesium oxide, natural strawberry flavor, citric acid, natural raspberry flavor, sodium carboxymethylcellulose, silicon dioxide.

**Suggested Adult Use:** Pour contents of 1 stick pack directly into your mouth daily, or as recommended by a nutritionally-informed physician.

**Non-GMO / Gluten Free / Soy Free / Vegan**
Store in a cool dry place.

* 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.
respiratory tract infections. They concluded that LGG administration can be recommended as a valid measure for helping to decrease the risk for gastrointestinal and respiratory tract infections.3,5

Another study investigated the effects of the Low FODMAP Diet (Fermentable Oligo-Di-Mono-saccharides and Polyols) (LFD) and the probiotic Lactobacillus rhamnosus GG (LGG) on irritable bowel syndrome (IBS) using a randomized, unblinded controlled trial on the effect of 6-wk treatment with LFD, LGG or a normal Danish/Western diet (ND) in patients with IBS. Researchers found that LGG is efficacious in patients with IBS.3

A study on Bifidobacterium animalis subsp. lactis BI-04 (BL-04) examined the effect of supplementation on respiratory and gastrointestinal illness in healthy adult men and women. A randomized double-blind placebo-controlled trial was conducted with three groups: Group 1 - BL-04 daily, Group 2 - Lactobacillus acidophilus NCFM and Bifidobacterium animalis subsp. lactis Bi-07 daily, or Group 3 - placebo mixed in a drink. The risk of an upper respiratory illness (URTI) episode was significantly lower in the BL-04 group compared to placebo. There was no significant difference in illness risk between the NCFM & Bi-07 group and the placebo group. Researchers concluded that BL-04 appears to help reduce URTI in healthy, physically-active adults.4

Other researchers measured the effect of Lactobacillus rhamnosus GG (LGG) on intestinal function, immune response, and clinical outcomes in Indian children with cryptosporidial or rotavirus diarrhea. Children with gastroenteritis aged 6 months to 5 years, testing positive for either rotavirus or Cryptosporidium species in stool, were randomized to LGG or placebo, once daily for 4 weeks. The study concluded that LGG has a positive immunomodulatory effect and may be useful in decreasing repeated episodes of rotavirus diarrhea. This improvement in intestinal function in children with rotavirus and cryptosporidial gastroenteritis emphasizes the role of probiotics in treating intestinal impairment after infection.5

A systematic review of published randomized, double-blind, placebo-controlled trials of probiotics in the treatment and prevention of acute infectious diarrhea in infants and children found evidence of clinically-significant benefit of probiotics in the treatment of acute infectious diarrhea in infants and children. Notably, Lactobacillus GG showed the most consistent effect.6

In another study the administration of Lactobacillus GG probiotics helped to reduce abdominal bloating and gas. The researchers concluded that Lactobacillus GG proved to be more effective than placebo in reducing the severity of symptoms.7

A meta-analysis of several studies relevant to skin health attempted to identify whether supplementation with prebiotics and/or probiotics help prevent the development or reduce the severity of atopic dermatitis in children less than three years of age. Researchers examined 13 key articles on prebiotics and/or probiotics, and their effects on infant atopic dermatitis. The analysis concluded that supplementation with certain probiotics (Lactobacillus rhamnosus GG) appears to be an effective approach for the prevention and reduction in severity of atopic dermatitis.8,9,10

Another randomized, double-blind, placebo-controlled parallel control group intervention study evaluated anti-inflammatory markers of three different probiotics, including Lactobacillus rhamnosus GG (LGG). The researchers concluded that LGG helped reduce anti-inflammatory markers in healthy adults.11

A study compared the effect of consuming probiotic yogurt with that of ordinary yogurt on serum cholesterol level in mildly to moderately hypercholesterolemic subjects. The randomized and crossover trial included 14 healthy subjects randomly allocated to 2 groups to receive either 300 g of ordinary yogurt or probiotic yogurt, including Bifidobacterium lactis (B. lactis), for 6 weeks. Blood lipid tests were done at the beginning and at the end of each period. The study concluded that consumption of probiotic yogurt containing two probiotic bacteria strains, L. acidophilus and B. lactis in comparison with ordinary yogurt caused a significant decrease in serum total cholesterol.12

Two other clinical trials showed that both Lactobacillus rhamnosus GG and Bifidobacterium lactis BL-04 are safe and well tolerated.13,14

SAFETY

FastMelt may be dissolved in the mouth without liquid
FastMelt may be mixed with liquid
FastMelt may be taken with or without food or liquid

Manufactured in a GMP-certified facility.

SCIENTIFIC REFERENCES:


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