NeuroScience®

NeuroBiota

Shelf-stable probiotic blend important for the gut-brain axis, optimal mood, neurotransmitter synthesis, and balancing the immune response*

- ✔ Room temperature stable
- ✔ Unique, mood-boosting strains[1,2]*
- ✔ Acid resistant capsule to protect against stomach acidity*
- ✔ Moisture-decreasing glass bottle

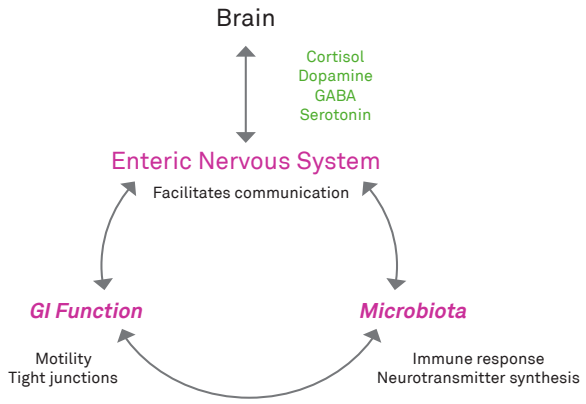
Key Ingredients

***Lactobacillus paracasei* HA-196**	■ Research shows *L paracasei* HA-196 positively impacted **bowel movement regularity** and consistency, promoting healthy stool[22]*
***Lactobacillus rhamnosus* GG**	■ Demonstrates protective effects on **epithelial barrier function against an unbalanced microbiota** in multiple sets of data[5,6]*
***Lactobacillus helveticus* Rosell®-52**	■ Research shows *L. helveticus* Rosell®-52 and *B. longum* Rosell®-175 (Cerebiome®) **improved mood and median cortisol levels**[1*]
***Bifidobacterium animalis* ssp. *lactis* LAFTI® B94**	■ Synergistic activity with **inulin,** reduced feelings of **abdominal discomfort and bloating** and displayed protective effects against **opportunistic pathogens** to promote feeling balanced[20,21]*
***Lactobacillus brevis* HA-112**	■ Demonstrates the most significant **GABA production** compared to 91 strains[2]*
***Bifidobacterium longum* Rosell®-175**	■ Quality of life questionnaires revealed participants felt **more energetic and less tired** with supplementation[22]*

The Science

- The brain receives neurotransmitters synthesized in the gut and promotes gut health through **motility, immune health, and tight junction function**[6-9]
- The enteric nervous system contains **5x** as many neurons as the spinal cord and helps relay messages from the brain to the gut[8-10]
- Proper gut health promotes **balanced immune function, healthy neurotransmitter production**, and improved digestion[8]

The Gut-Brain Connection

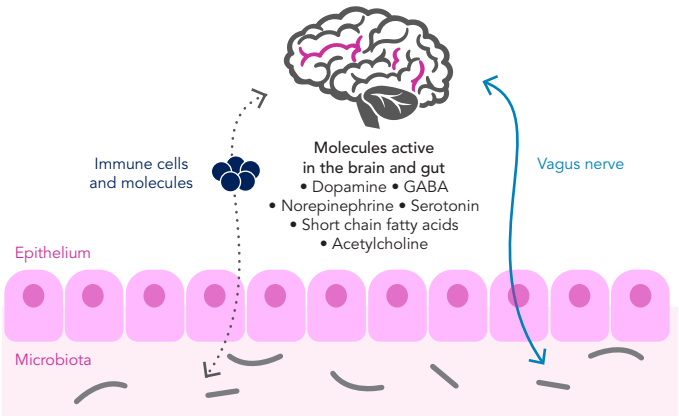


Green = Biomarker

*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.

MORE SCIENCE BEHIND NEUROBIOTA

Figure 1. Neurotransmitters and the Gut



The microbiota helps regulate neurotransmitter synthesis and gut health

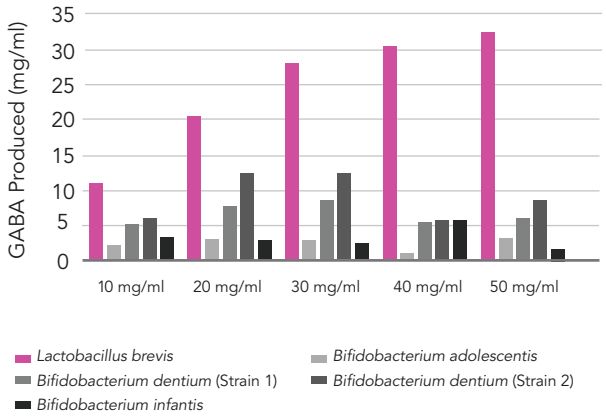
The gut creates and stores a significant number of neurotransmitters and neurotransmitter receptors[12]

- The gut contains more than 90% of the body's serotonin and more than 50% of the body's dopamine[13]
- GABA receptors along the gastrointestinal tract help modulate gut motility, gastric emptying, and immune function[13,14]

A properly balanced microbiota is essential to promote general GI health and neurotransmitter levels[15,16]

- The microbiota regulates key neurotransmitter levels including GABA, norepinephrine, dopamine, and serotonin[16]
- Conversely, a poor microbiota can directly impact serotonin migration to the brain and expression of brain-derived neurotropic factor (BDNF) as seen *in vivo*[17,18]

Figure 2. Probiotic Strain by Production of GABA



Benefits of Specific Strains in NeuroBiota

Certain probiotics influence neurotransmitter production and emotional well-being more than other strains

- Of the 91 strains tested, only 5 produced GABA, and *L. brevis* **produced the most GABA** (Fig. 2)[2,13]*
- Research shows *L. paracasei* HA-196 and *B. longum* Rosell®-175 were shown to **increase emotional well-being and social functioning** after 8 weeks[22]*

Including a variety of probiotic strains can help to improve the immune response and gut integrity[3,4]*

- Research shows that a postbiotic created by *L. rhamnosus* (GG) helped modulate **intestinal barrier function** by **regulating immune factors** like TNF-α[19]*
- *L. helveticus* Rosell®-52 and *B. longum* Rosell®-175 (Cerebiome®) improved feelings of **nausea and abdominal discomfort during** times of stress[23]*

NeuroBiota contains a unique probiotic blend to help populate the microbiota with specific strains important for emotional well-being[1]*

NeuroScience®

Item Number	Available Sizes	Serving Size
20049	30 Capsules	1 Capsule

Find the right supplement with NeuroSelect

Learn more at www.neuroselect.com

All NeuroScience products undergo rigorous third-party testing to guarantee label claims of each ingredient and the absence of heavy metals, pesticides, residual solvents, and microbes

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