

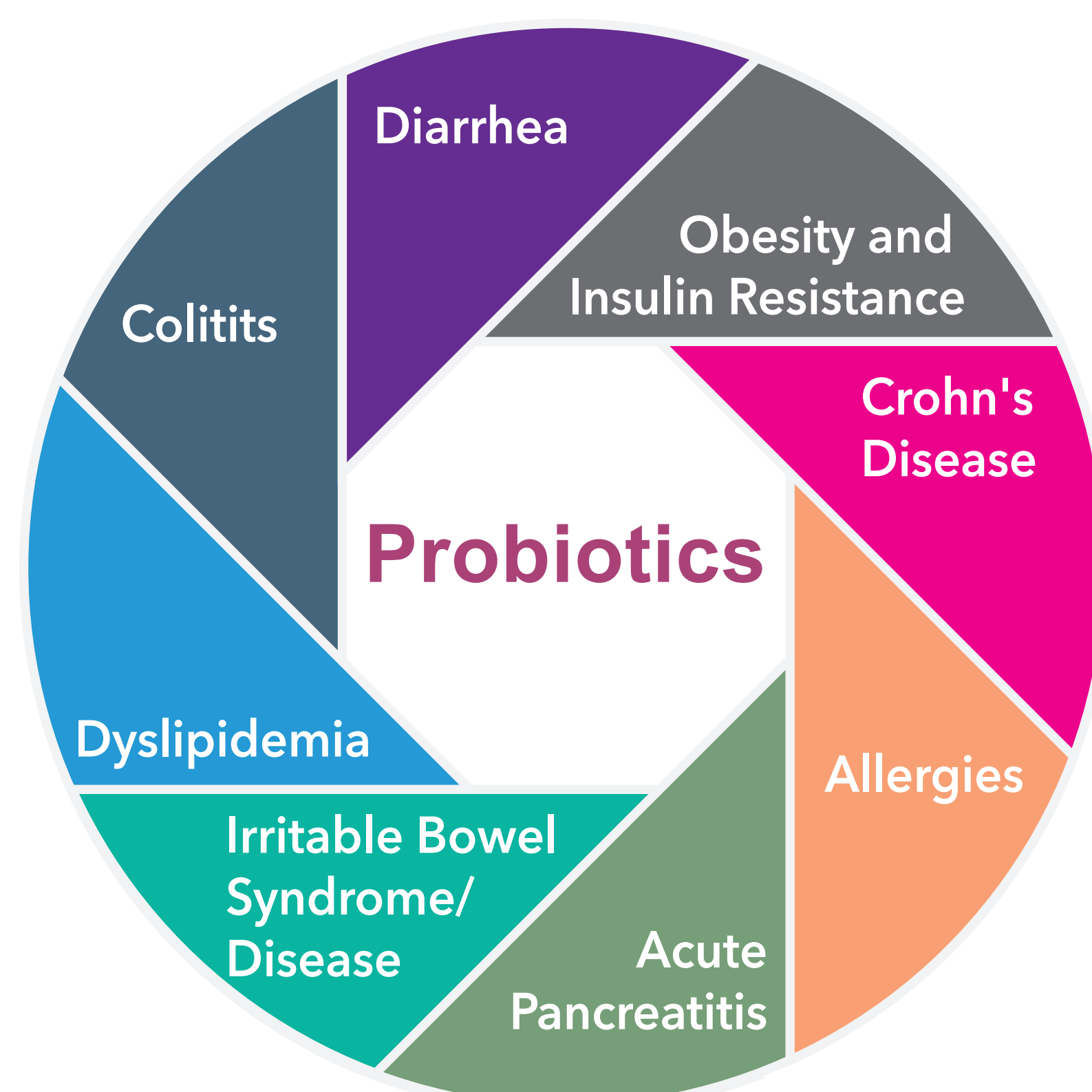
EXTOL THE VIRTUES OF PROBIOTICS: THE NEW AND NATURAL WAY TO STAY HEALTHY

INTRODUCTION

Probiotics are one of the few supplements that are popularized as a way to maintain one's health, as a whole. *Bacillus coagulans* MTCC 5856 is one such clinically-validated, commercial probiotic preparation containing L-(+)-lactic acid producing bacteria. These "friendly" bacteria have been found to do much more than solely aiding digestion. Several studies have suggested their supportive role in managing a wide range of health conditions.

KEY HEALTH BENEFITS: AN OVERVIEW

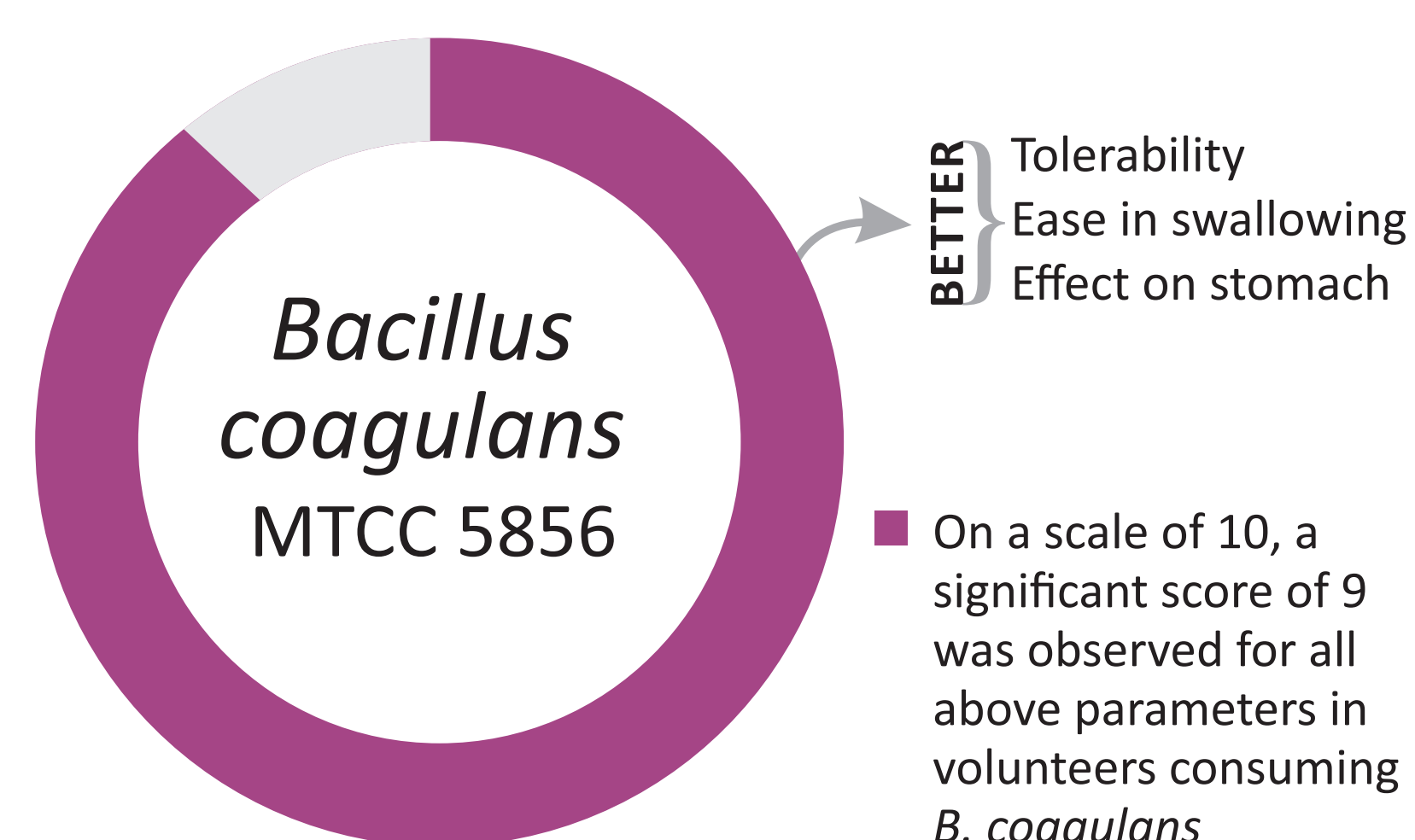
In addition to their well known association with digestive system in optimizing a challenged microbiome, studies have shown promising role of probiotics in various health conditions with no adverse effects.



SAFETY & TOLERABILITY OF *BACILLUS COAGULANS* MTCC 5856

health benefits and safety should be studied at the strain level and not just at species level. Hence, validating the safety aspects of a probiotic strain is vital.

In a double-blind, placebo-controlled study, 30-day supplementation of *B. coagulans* MTCC 5856 was found to be safe and well tolerated by healthy individuals when ingested orally.



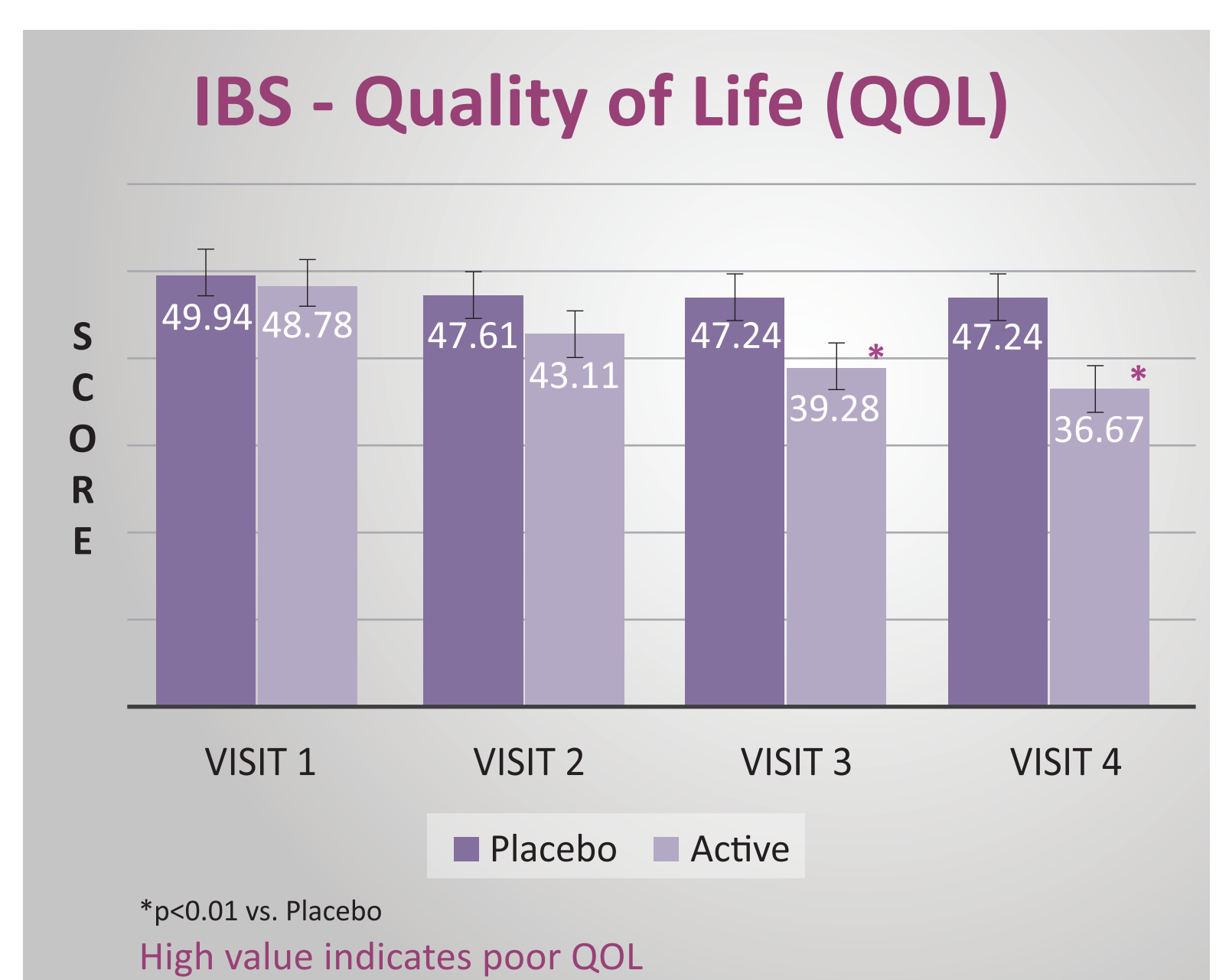
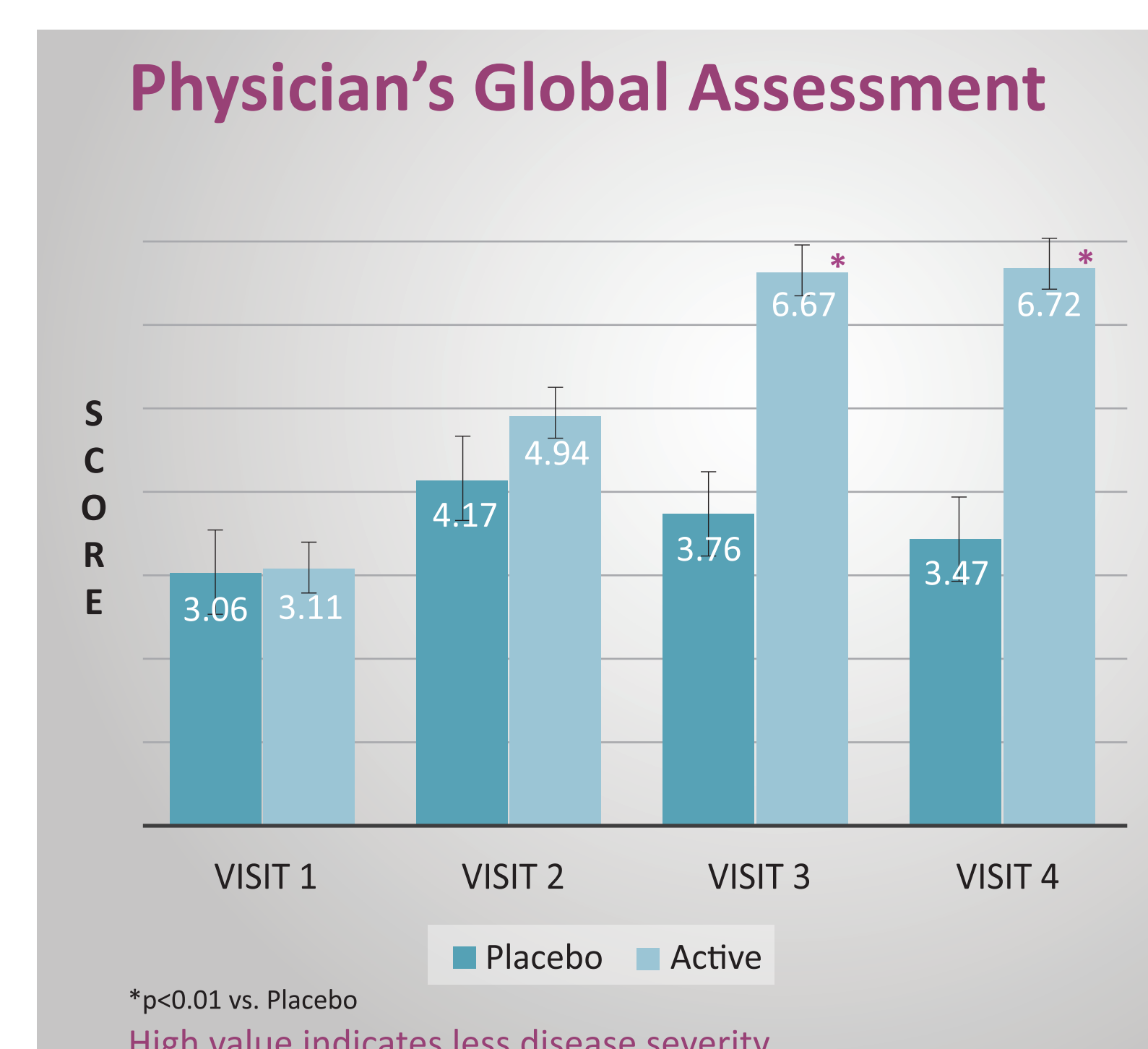
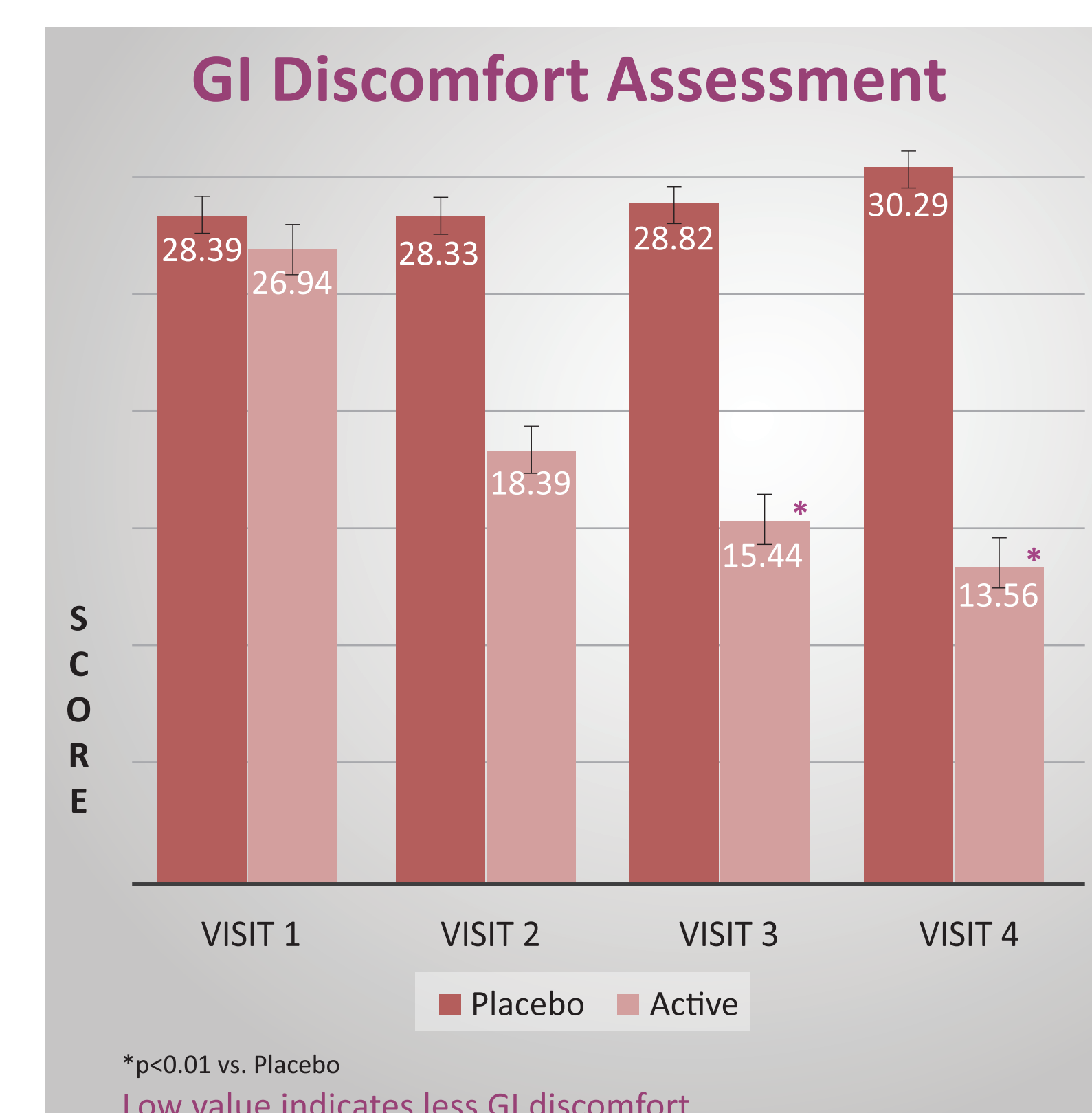
VERSATILE APPLICATIONS OF *BACILLUS COAGULANS* MTCC 5856

Owing to its unique features like shelf-stable at room temperature, naturally encapsulated spore form, resistant to harsh manufacturing conditions, *B. coagulans* MTCC 5856 has embraced a wider range of applications, viz;

- Dietary supplements
- Cosmetics
- Functional Foods
- Beverages

BACILLUS COAGULANS MTCC 5856 ALLEVIATES IBS SYMPTOMS: A CLINICAL STUDY

- In a double-blind, randomized, placebo-controlled study, 36 patients with diarrhea predominant irritable bowel syndrome (IBS) were randomized to receive tablet containing *B. coagulans* (2×10^9 CFU/day) or placebo for 90 days
- Primary end point was evaluation of clinical symptoms of IBS, whereas secondary efficacy measures involved Physician's global assessment and IBS quality of life
- Active group showed a significant decrease ($p < 0.01$) in clinical symptoms, such as GI discomfort, bloating, vomiting, diarrhoea, abdominal pain and stool frequency compared to placebo
- Additionally, decreased disease severity (i.e. Physician's global assessment) and better IBS quality of life was seen in the treatment group



BACILLUS COAGULANS MTCC 5856: RECOGNITIONS AND ACHIEVEMENTS

- GRAS: "No Comment Letter from the US FDA"
- Approved as "Natural Health Product" in Canada by the NNHPD
- Approved Health Claim: "HELPS RELIEVE ABDOMINAL PAIN ASSOCIATED WITH IBS" by Health Canada
- Patented for IBS: US 9,579,352

Reference: Majeed *et al.* Nutr J. 2016. DOI: 10.1186/s12937-016-0140-6