



Always read the label and follow the directions for use  
Available in 20 and 60 capsules

## DIGESTIVE HEALTH



### DIGESTIVE DEFENCE

- ✓ Supports healthy digestion
- ✓ Maintains normal bowel function
- ✓ Relieves bloating & wind
- ✓ Supports a healthy balance of good gut bacteria
- ✓ Relieves digestive discomfort

#### EACH CAPSULE CONTAINS 10 BILLION LIVE PROBIOTICS:

*Lactobacillus plantarum* 299v

10 Billion CFU

**probi**

#### CLINICAL FOCUS:

- Relief of gas & bloating
- Relief of symptoms of gut discomfort

#### KEY FORMULA FEATURES:

- *Lactobacillus plantarum* 299v has been extensively studied to relieve gut health symptoms such as gas and bloating.<sup>1</sup>
- 299v survives the harsh environment of the digestive tract to adhere to gut epithelial cells<sup>2</sup> and the mucus layer.<sup>3</sup>

#### KEY ACTIONS:

- Supports healthy digestion
- Maintains normal bowel function
- Relieves bloating & wind
- Supports a healthy balance of good gut bacteria
- Relieves digestive discomfort

#### PROFESSIONAL PRESCRIBING GUIDELINES:

##### Directions for use:

##### Adults:

Take 1 capsule daily for digestive system health.

Take 1 capsule twice daily to relieve gas, bloating & digestive discomfort or as directed by a healthcare professional.

*Capsules can be pulled apart and powder added to food or liquid if preferred.*

*Disclaimer: In the interest of supporting Healthcare Practitioners, all safety information provided at the time of publishing is in accordance with Natural Medicine Database (NATMED PRO), renowned for its professional monographs which include a thorough assessment of safety, warnings, and adverse effects.*

For further information on specific interactions with medications, please contact Clinical Support on 1800 777 648, or via email, [anz\\_clinicalsupport@metagenics.com](mailto:anz_clinicalsupport@metagenics.com).

#### WARNINGS:

If symptoms persist or worsen, consult your healthcare professional.

#### CONTRAINDICATIONS:

**Immunodeficiency:** *L. plantarum* might cause pathogenic colonisation in patients who are severely immunocompromised.<sup>4</sup>

**Valvular heart disease:** Theoretically, *L. plantarum* preparations might cause pathogenic colonisation in patients with valvular heart disease. Use should be avoided before dental surgery or other invasive gastrointestinal procedures. Endocarditis related to probiotic use is a rare cause of infective endocarditis.<sup>4</sup>

#### PREGNANCY:

Possibly safe when used orally and appropriately.<sup>4</sup>

#### BREASTFEEDING:

No safety concerns are expected when used appropriately, although there is insufficient reliable information about safety during lactation.<sup>4</sup>

**NO ADDED:** Artificial flavours, colours or preservatives.

**FREE FROM:** Gluten, wheat, dairy, lactose, eggs, nuts and yeast  
Suitable for vegans & vegetarians.

## HCP COUNSELLING QUESTIONS

#### Q. Can I take Inner Health Digestive Defence every day?

Yes, Inner Health Digestive Defence can be taken every day.

#### Q. Do I need to keep taking Inner Health Digestive Defence once my symptoms have subsided?

It is recommended to continue taking Digestive Defence to support a healthy gut and gut microbiome when you are symptom-free. Alternatively, you can consider one of the probiotics in the Inner Health General Health and Well-being range.

#### Q. What if my symptoms worsen?

If symptoms become more frequent or severe, increase your dose of Digestive Defence to two capsules per day, and speak to your healthcare professional.

#### Q. Can I use Inner Health Digestive Defence if I have irritable bowel syndrome (IBS)?

Yes, the probiotic strain in Inner Health Digestive Defence, *Lactobacillus plantarum* 299v, has been extensively researched for the relief of medically diagnosed IBS symptoms. If you experience symptoms such as pain with your IBS, consider taking Inner Health IBS Control, which contains 299v with *Lactobacillus acidophilus* NCFM® and *Bifidobacterium animalis* ssp *lactis* HN019, for extra strength symptom relief.

## CLINICAL FEATURES

### Supports healthy digestion

Probiotics have been observed to optimise digestive health and are linked to enhancing nutrient absorption and benefiting whole body health.<sup>5</sup> Administration of 299v promotes increased short-chain fatty acid (SCFA) production by commensal bacteria.<sup>6</sup> This helps to optimise intestinal pH levels, supporting the uptake of minerals such as iron.<sup>7</sup> Additionally, supporting pH levels supports colonic blood flow and normalises digestive peristalsis for proper nutrient digestion.<sup>8</sup>

### Maintains normal bowel function

*Lactobacillus plantarum* 299v has primarily been studied for its benefits on gastrointestinal health.<sup>9</sup> Research supports the benefits of 299v to improve stool frequency in both sluggish bowels<sup>10</sup> and in individuals with loose bowel movements,<sup>11</sup> providing a modulated effect. This may be via several mechanisms including supporting intestinal barrier function and clearance of methane-producing species.<sup>12</sup> Consequently, those taking 299v can experience a decrease in the frequency and severity of other gut symptoms such as wind and bloating.<sup>13,14</sup>

### Supports a healthy balance of good bacteria

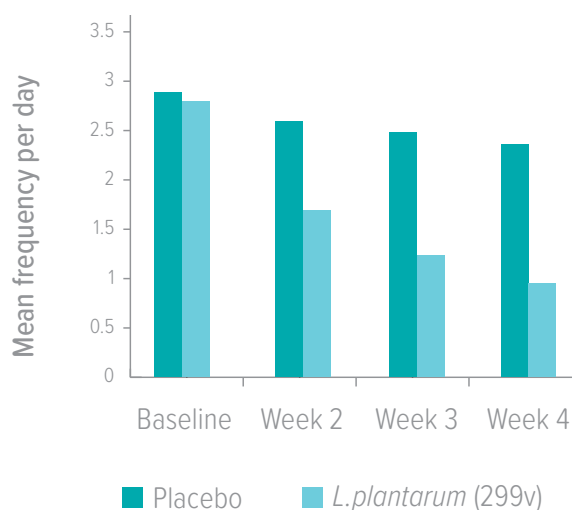
In the gut, 299v can increase SCFA production.<sup>5</sup> In turn, this supports the bacterial metabolism of substrates to support the microbiome, as well as the health of gut epithelial cells.<sup>11</sup> In addition to supporting healthy bacteria, 299v may help to eliminate some illness-causing bacteria, thus promoting healthy commensal balance.<sup>15</sup> 299v can also reduce the number of gas-producing native flora to help mitigate symptoms of digestive discomfort.<sup>15</sup>

### Relieves bloating, wind and digestive discomfort

Multiple studies support the benefits of 10 to 20 billion CFU per day (CFU/d) of *Lactobacillus plantarum* 299v, shown to achieve significant symptom reduction in those suffering from gas, bloating and digestive discomfort.<sup>10,11</sup> In fact, clinical evidence suggests that the use of only 5 billion CFU/d fails to provide significant relief compared to placebo, highlighting the need for appropriate dosing when recommending probiotic strains to relieve specific gut symptoms.<sup>16</sup>

A 2021 study by Kramer et al. using 20 billion CFU per day of 299v showed improvement in symptoms in just one week.<sup>13</sup> Comparably, 20 billion CFU/d of 299v also showed significant improvement in pain ( $p < 0.01$ ), flatulence ( $p < 0.001$ ) and overall gastrointestinal function ( $p < 0.05$ ).<sup>14</sup> Furthermore, this study found these results persisted with probiotic treatment ( $p < 0.01$ ), but not with placebo treatment at the 12-month follow-up.<sup>14</sup>

A double-blind, placebo-controlled, parallel-designed study of 204 participants showed a significant reduction in bloating with the use of *L. plantarum* 299v given for four weeks, with improvements in symptoms seen in as early as two weeks (Figure 1).<sup>11</sup>



**Figure 1: Reduction in bloating frequency with *L. plantarum* 299v and placebo.<sup>11</sup>**

Interestingly, 299V has also been observed to moderate activation of the stress response via the gut-brain axis.<sup>17,18</sup> In studies, 299v significantly reduced markers of stress hormones in both blood and saliva at a dose of 20 billion and 10 billion CFU per day respectively.<sup>17,18</sup> Given the relationship between stress and gut discomfort, this finding supports the benefits of 299v for the management of these symptoms.<sup>5</sup>

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