



## PB Assist™

Probiotic Defense Formula



### Product Description

dōTERRA's PB Assist™ is a potent blend of friendly probiotic microorganisms guaranteed to provide a minimum of 1 billion CFUs (colony forming units) of live bacteria per dose. Delivered in a patented, time-release beadlet, shown in clinical studies to protect sensitive microflora from stomach acid for release in the intestine, PB Assist combines cutting-edge enteric-release technology with five proprietary strains of probiotic microorganisms that support healthy digestive functions and immunities. PB Assist is safe for use by all members of your family.

### Concept

Your gastrointestinal (GI) tract is your body's first line of defense against food-borne pathogens that can cause sickness and disease. Powerful acids in your stomach kill many of the harmful microorganisms such as bacteria and viruses entering through your stomach with food and other surface-borne pathogens coming in contact with your hands and then with your mouth. Beyond your stomach, your intestinal tract also performs very important immune functions in the body. A healthy intestinal tract is critical for optimal digestive function and immune protection.

#### *Intestinal Immunities*

The walls of the intestine are covered with millions of hair-like cellular microstructures called villi and microvilli. It is through the villi that our food nutrients are assimilated for use. (The surface area of the intestinal tract is estimated to be as large as a tennis court!) The villi of the intestine also include specialized immune cells that function as immune messengers alerting mobile immune cells in the blood stream and in other parts of the body when under attack from invading pathogens.

Living on the villi of the intestinal tract is a group of microorganisms called the intestinal microflora or microbiota. (There are 10 times more microorganisms in the intestinal tract than the 10 trillion cells making up the human body!). Friendly intestinal microflora have a symbiotic relationship with host organisms and provide additional immune defense against pathogenic infection of the GI tract. When healthy colonies of friendly bacteria are present in

the intestine, they prevent the adherence and colonization of other pathogenic microorganisms that can cause sickness and disease.\* Healthy colonies of friendly microflora prevent the proliferation of pathogenic organisms by competing for nutrients necessary for growth, and by crowding out unfriendly microorganisms as they compete for intestinal surface area. They also produce chemical by-products that create an intestinal environment in which the harmful microorganisms cannot flourish.

#### *Acquired Immunities of the GI Tract*

Before birth, a healthy baby's GI tract is free of bacteria and other microorganisms. During the birthing process, a baby is exposed to colonies of intestinal microflora from their mother. As healthy colonies of friendly microflora grow in a new-born baby's intestinal tract, the baby's immune system is "trained" or "programmed" to differentiate between pathogenic and harmless microorganisms and respond appropriately. The body's ability to respond in a measured way to harmful pathogens, and not to respond to unharmed antigens is an important part of preventing overreactions of the immune system such as in allergies and gut inflammatory diseases.\* By the second year of life, a child's intestinal microflora is very similar to adults.

#### *Digestion of Food Nutrients*

Intestinal microflora also play a critical role in the breakdown and absorption of food nutrients, particularly carbohydrates. Some strains of intestinal flora produce enzymes the human body cannot produce but are necessary for breaking down certain carbohydrates into short-chain fatty acids, or SCFAs, for digestion. SCFAs are a major source of food energy and metabolism and also help in the digestive process. SCFAs also contribute to the proliferation and specialization of epithelial cells in the intestine, and to the healthy function of the gut.\*

In addition to helping the digestion of carbohydrates, gut microflora also produce and help the body absorb vitamin K and can help with absorption of other nutrients such as calcium, magnesium, and iron.

#### *Probiotic Supplementation*

There are many ways our intestinal microflora can be compromised or even killed. Stress, physical exertion, toxins in our diet, exposure to harmful microorganisms, and the use of antibiotic therapies can pose significant challenges to the colonization and function of friendly microorganism in the gut. Healthy intestinal microflora are also challenged in people whose diets consist of high levels of animal fats and proteins and are low in fiber. Furthermore, studies have shown a steady decline in friendly intestinal flora in both men and women as they age.

When intestinal flora are compromised, our bodies become more prone to infectious pathogens in the gut and our immune system cannot function optimally. Unhealthy conditions associated with compromised intestinal microflora include suppressed immune system function, intestinal deterioration, diarrhea, constipation, infection, and even bone strength reduction. To counter such threats, supplemental strains of friendly microorganisms, or probiotics, can be used as part of regular dietary supplement program.\*

### *PB Assist™ Probiotic Defense Formula*

dōTERRA's PB Assist is a blend of five active strains of friendly probiotic microorganisms that have been clinically shown to help support healthy colonies of friendly microflora in the gut. PB Assist includes cultured strains of *Lactobacillus acidophilus*, *Lactobacillus plantarum*, and *Lactobacillus caseii* to promote healthy colonization and functions of microflora higher in the intestinal tract, and *Bifidobacterium bifidum* and *Bifidobacterium longum* for healthy digestive and immune functions of the lower intestine. Each of these proprietary strains has been demonstrated to have superior propensity for intestinal adhesion and colonization.

### *Patented Triple-layer Delivery System*

When choosing a probiotic supplement, it is important to select a product that contains high levels of live cultures that survive manufacturing, shelf life, and the harsh environment of the stomach when consumed. Live probiotic cultures are very sensitive to heat, extreme cold, and exposure to the air and may not provide much benefit to users if not purchased soon after manufacture date. Even if a consumer is able to purchase a fresh product with high numbers of live cultures, the acidic environment of the stomach can kill most of the remaining microorganisms found in most probiotic supplements.

Unlike other capsule or liquid probiotic products, PB Assist uses a patented technology to encapsulate proprietary strains of live probiotic cultures in a triple-layer beadlet that protects sensitive cultures from heat, cold, and exposure to air during manufacturing and through delivery to consumers. More importantly, the time-release enteric coating prevents contact of live cultures with harsh stomach acids, opening only in the intestine at site of colonization. PB Assist is guaranteed to provide a minimum of 1 billion colony-forming units or CFUs per triple-layer beadlet and is safe to use by all members of the family.

### **Primary Benefits**

- Supports healthy digestive functions and immunities while creating an unfavorable environment for unhealthy bacteria, yeast, and other harmful microorganisms\*
- Helps boost GI immunities to prevent digestive infections such as traveler's diarrhea\*
- Helps manage the symptoms of irritable bowel syndrome\*
- Helps support optimal absorption of food nutrients and energy metabolism\*
- Helps support healthy skin conditions\*

### **What Makes This Product Unique?**

- Patented time-release enteric coated beadlet that helps probiotics pass through stomach acid without harm for a delivery of 1 billion CFUs to intestine per dose
- Unique blend of five proprietary strains of friendly probiotic microorganisms including *L. acidophilus*, *B. bifidus*, *B. longum*, *L. plantarum*, and *L. caseii*
- Enteric coated beadlets are sealed and protected in a convenient blister card with enough beadlets for a complete, intensive 5-day renewal program
- Safe to use by everyone in the family

## Who Should Use this Product?

PB Assist is formulated for use by all members of the family desiring supplemental probiotic support of intestinal microflora. PB Assist is an excellent product for individuals on or completing antibiotic therapy, or who suffer from chronic digestive discomfort. Small children who cannot swallow the PB Assist triple-layer beadlet can be given the contents of the beadlet, but breaking the beadlet can compromise the live probiotic cultures reaching the intestine. PB Assist is an excellent addition to dōTERRA's monthly Lifelong Wellness supplement program of Alpha CRS™, EO Mega™, and Microplex VM™.

## Directions for Use

Take one beadlet 3 times daily, with food for five days each month to reset and re-colonize your friendly digestive flora. Can be used more frequently and for extended periods of time when digestive flora has been compromised by antibiotics or other digestive stressors. Also may be used when traveling to boost digestive immunities, or once a day as an ongoing maintenance program for people with chronic digestive discomfort.

## Cautions

Some people may experience an initial change to digestive schedule and function when they begin using probiotics. For most people, these symptoms are mild and should disappear after a few days. Pregnant or lactating women and people with known medical conditions should consult a physician before using. Do not use if blister pack is opened or damaged.

**PB Assist™ Probiotic Defense Formula**  
15 time-release beadlets

**Item code: 3503**

**Consultant price: \$19.50 (19.50 PV)**

Preferred customer: \$21.45

Retail customer: \$26.00

Note: Although PB Assist's triple-encapsulation technology makes it unnecessary to refrigerate, it is suggested that unopened boxes of PB Assist be stored in a cool, dry place and opened cards are refrigerated when possible. Do not remove individual beadlets from foil-backed cards until use.

## Supplement Facts

Serving Size: 1 beadlet

Servings per Container: 15

| Amount Per Serving |                 | % DV |   |
|--------------------|-----------------|------|---|
| L. acidophilus     | 450 million cfu |      | * |
| B. bifidus         | 250 million cfu |      | * |
| B. longum          | 200 million cfu |      | * |
| L. plantarum       | 50 million cfu  |      | * |
| L. caseii          | 50 million cfu  |      | * |

\* Daily Value not established

Other Ingredients: partially hydrogenated palm oil, gelatin, glycerin, soy lecithin, pectin.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.*