

Frequently Asked Questions

Ther-Biotic Pro™ IBS Relief†

1. Is there clinical evidence to support the use of these probiotics in individuals with IBS?

The health effects of probiotics vary between different species and strains.¹ When selecting a probiotic formula for the dietary management of IBS, it is important to choose probiotic strains which have been clinically shown to be beneficial for individuals with IBS.

In clinical trials, the three probiotic strains included in Ther-Biotic Pro™ IBS Relief's unique IBS-Defense™ formulation have been shown on average to reduce IBS symptoms and/or normalize bowel habits in individuals with IBS.⁺²⁻⁵ One of these strains was shown to provide a:⁺⁴

- + 79% reduction in the severity of constipation^Δ
- + 67% reduction in abdominal pain severity^Δ
- + 70% reduction in the severity of diarrhea^Δ
- + 110% improvement in mental well-being^Δ

2. Why does Ther-Biotic Pro™ IBS Relief use InTactic® technology and why should you care?

For probiotics to be effective, adequate amounts of the bacteria must survive the conditions of the gastrointestinal tract and be delivered to the large intestine where they can have the most profound effect on human health. To protect the probiotics during their journey to the large intestine, Ther-Biotic Pro™ IBS Relief utilizes Ther-Biotic®'s proprietary InTactic® technology. This innovative, acid-stable technology forms an additional layer of protection around the encapsulated probiotics. Once exposed to gastric acid in the stomach, the outer layer of the capsule begins to dissolve. Afterwards, the inner layer of InTactic®, composed of a polysaccharide complex, forms an insoluble matrix that remains intact until the probiotics enter the small intestine. After a few hours, the increase in pH and movement of the intestinal walls degrade the protective layer, releasing the live probiotics where their influence on gastrointestinal health can be most influential.



3. What makes Ther-Biotic Pro™ IBS Relief different?

Ther-Biotic Pro™ IBS Relief has been specially formulated for the dietary management of IBS.† Not all strains are the same: the effects vary between different bacterial species and strains.¹ Only Ther-Biotic Pro™ IBS Relief contains IBS-Defense™, a unique combination of 3 probiotics clinically proven to significantly reduce IBS symptoms, combined with a low-FODMAP compliant prebiotic, and protected by InTactic® technology.† Combining probiotics and a prebiotic into one convenient, comprehensive formulation enhances the beneficial actions of each of these nutrients, leading to entourage benefits. Furthermore, the low-FODMAP prebiotic within Ther-Biotic Pro™ IBS Relief—partially hydrolyzed guar gum (PHGG)—was specially selected for patients with IBS. Unlike many other prebiotics, which may cause gas, bloating, and discomfort, PHGG is well-tolerated by people with IBS. Lastly, Ther-Biotic Pro™ IBS Relief uses our proprietary InTactic® technology to protect the probiotics from destruction by gastric acid, digestive enzymes, and bile acids, facilitating the delivery of live bacteria to the large intestine.

4. What is a medical food and why might people with IBS need a medical food?

Medical foods are specially formulated and intended for the dietary management of a disease or condition that has distinctive nutritional needs which cannot be met through normal diet modification alone. Because patients who use these solutions have health conditions that require on-going medical management, medical foods are to be used under the supervision of a healthcare practitioner.

In the case of IBS, the complex gastrointestinal disruptions result in distinctive nutritional requirements. Specifically, consumption of components that directly impact the bacterial community within the gut, such as probiotics, have been shown to positively affect IBS symptoms.^{6,7} In contrast, increased consumption of foods in their natural state which contain live or active bacterial cultures, such as yogurt, may not provide enough bacteria to confer health benefits.

Ther-Biotic Pro™ IBS Relief has been specially formulated to contain ingredients that address the distinctive nutritional needs of IBS, which cannot be met through the modification of the normal diet alone.†

Ingredients

5. Can Ther-Biotic Pro™ IBS Relief be taken by those with food sensitivities and allergies?

Ther-Biotic Pro™ IBS Relief is free from common allergens such as dairy, gluten, yeast, soy, peanuts, tree nuts, wheat, eggs, fish, and shellfish. Additionally, Ther-Biotic Pro™ IBS Relief does not contain any artificial flavors, sweeteners, coloring, preservatives, and is non-GMO.

6. What is PHGG?

Partially hydrolyzed guar gum (PHGG) is a prebiotic that is a water-soluble, galactomannan (not starch or sugar-based). Prebiotics support the survival, activity, and growth of beneficial bacteria. When consumed by individuals with IBS, PHGG has been demonstrated to help increase the number of beneficial bacteria and production of short-chain fatty acids in the intestine.^{8,9} Importantly, PHGG is a low-FODMAP prebiotic: it provides a supportive effect by providing entourage benefits that occur when probiotics are combined with a prebiotic, with minimal bloating, gas, and discomfort, which other, short-chain prebiotics—like FOS and GOS—may cause.†

7. Can Ther-Biotic Pro™ IBS Relief be taken when on a low-FODMAP diet?

Yes, Ther-Biotic Pro™ IBS Relief is low-FODMAP compliant. It is well known that individuals following a low-FODMAP diet may have reduced numbers of Bifidobacteria due to decreased intake of prebiotic fibers, so a probiotic product containing this bacteria can help maintain levels in the gut.¹⁰ Additionally, Ther-Biotic Pro™ IBS Relief contains PHGG, a low-FODMAP prebiotic to help nourish the beneficial bacteria in the GI tract with minimal bloating, gas, and discomfort, which other, short-chain prebiotics—like FOS and GOS—may cause.[†]

Obtaining Ther-Biotic Pro™ IBS Relief

8. How can my patients purchase Ther-Biotic Pro™ IBS Relief?

Ther-Biotic Pro™ IBS Relief is available for purchase through our website, www.klaire.com, Amazon, and other authorized distributors. If you are a healthcare professional who would like to recommend Ther-Biotic Pro™ IBS Relief to your patients, you can enroll in our recommender program by contacting your sales representative or our customer service department at CustomerServiceUSA@sfihealth.com or 1-775-850-8800.

Taking Ther-Biotic Pro™ IBS Relief

9. Who can/should take Ther-Biotic Pro™ IBS Relief?

Ther-Biotic Pro™ IBS Relief is a medical food for the dietary management of IBS.[†] It is formulated to help relieve the severity and frequency of IBS symptoms in adults (18 and older).[†] Ther-Biotic Pro™ IBS Relief may be used by individuals with all IBS subtypes including IBS-M, IBS-C, and IBS-D. Because patients who use these solutions have health conditions that require on-going medical management, medical foods are to be used under the supervision of a healthcare practitioner.

10. Should Ther-Biotic Pro™ IBS Relief be taken with or without food? What time of day should Ther-Biotic Pro™ IBS Relief be taken?

To support increased survival, it is recommended to take probiotics during the first part of a meal. Gastric acid is temporarily buffered with food. Thus, taking probiotics when stomach acid levels are lower can help ensure that more healthy bacteria survive and populate the large intestine. Additionally, this allows the beneficial bacteria to be among the first gastric contents released into the small intestine. To further promote survivability, Ther-Biotic Pro™ IBS Relief uses InTactic® technology to protect the beneficial bacteria as they transit the gastrointestinal tract.

11. Does Ther-Biotic Pro™ IBS Relief have any drug interactions?

Ther-Biotic Pro™ IBS Relief contains live probiotic bacteria. Antibiotics, which destroy both beneficial and unfriendly bacteria, do also target bacterial probiotics. To help the probiotics arrive alive, it is recommended to take probiotics at least 2 hours before or after taking antibiotics. If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. Keep out of reach of children.

12. What is the duration of use I should expect for my patients?

In clinical studies, long-term use (12 weeks) of the probiotics in Ther-Biotic Pro™ IBS Relief was well-tolerated.^{3,4} However, duration should be tailored to each individual.

13. How long does it take for Ther-Biotic Pro™ IBS Relief to work?

In the clinical studies investigating the efficacy of the probiotic strains in Ther-Biotic Pro™ IBS Relief, on average, most individuals with IBS reported significant improvement in symptoms after 4 weeks of use.^{2,4,5} In one study, after 4 weeks of probiotic use, over 75% of individuals with IBS reported an “excellent” or “good” improvement in their IBS symptoms, compared to 8.1% in placebo group.^{†2} Another study, which tested probiotic use for a longer duration of 12 weeks, found that as the length of use increased, so did the percentage of participants who experienced improvement in symptoms.^{†4} Indeed, after 12 weeks, over 80% of individuals reported a significant improvement in overall symptoms.^{†4} Due to differences in diet, lifestyle, and overall health, the length of use needed to notice an improvement in IBS symptoms may vary between individuals.[†]

Storing Ther-Biotic Pro™ IBS Relief

14. How should I store Ther-Biotic Pro™ IBS Relief?

Ther-Biotic Pro™ IBS Relief has been formulated to maintain the label value of 20 billion CFU at room temperature throughout its shelf life. Although refrigeration is not necessary, storing Ther-Biotic Pro™ IBS Relief in the refrigerator may extend the product’s shelf life.

15. What makes Ther-Biotic Pro™ IBS Relief shelf-stable?

Many factors, such as light, heat, and moisture, may compromise the survivability of probiotics during manufacturing, storage, and delivery to the human gastrointestinal tract. To safeguard its live probiotic strains from these elements, Ther-Biotic Pro™ IBS Relief was formulated based on the latest research. The probiotics in Ther-Biotic Pro™ IBS Relief are protected against:

- + **Moisture:** The interior of the Ther-Biotic Pro™ IBS Relief bottle is lined with a desiccant, which absorbs moisture. Additionally, after the probiotics are packaged, the bottle is sealed with an engineered leak-proof seal to prevent moisture infiltration. These technologies reduce the impact of moisture to ensure survivability of probiotics during manufacturing, packaging, and storage.
- + **Light:** The opaque bottle shields the probiotics from damaging exposure to light.
- + **Heat:** Ther-Biotic Pro™ IBS Relief was specifically formulated to contain bacterial strains that have been demonstrated to retain viability at room temperature over a longer period of time.
- + **Stomach Acid:** Ther-Biotic®’s proprietary InTactic® technology protects the probiotics from stomach acid, digestive enzymes, and bile salts. This allows for the targeted release of probiotics within the intestines, where the influence of probiotics is most profound.

References

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†MEDICAL FOOD | Ther-Biotic Pro™ IBS Relief is a medical food for the dietary management of IBS. It is not a replacement for any medication. Use under medical supervision. A prescription is not required for purchase.

Δ A clinical study on the *L. plantarum* strain in Ther-Biotic Pro™ IBS Relief on average reduced constipation by 79%, diarrhea by 70%, and abdominal pain by 67%, and improved mental well-being by 110%, within 12 weeks.