

Nutricode Probiotic Gummies *- Information Guide*



NUTRICODE
GUMMIES

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A supplement containing *Lactobacillus rhamnosus GG ATCC 53103*, this probiotic product may support gut health, improve digestion, strengthen immunity, and help rebuild the microbiome after antibiotic use. The *Lactobacillus rhamnosus GG* strain is considered one of the most well-researched probiotic strains, widely used to improve gut health and support the body's overall immunity.

Active Ingredient of the Supplement

Lactobacillus rhamnosus GG ATCC 53103

This probiotic strain contributes to the balance of the gut microbiota, supports digestion, and may help improve the body's overall immunity. *Lactobacillus rhamnosus GG* also has the ability to adhere to the intestinal walls, which enhances its effectiveness.

Benefits of Supplementation

· Support for Gut Health

Helps maintain a healthy gut microbiota, which can support digestion and reduce the risk of gastrointestinal issues such as bloating or diarrhea.

· Strengthening the Immune System

Probiotics like *Lactobacillus rhamnosus GG* can help strengthen the immune system by improving the body's response to infections.

· Improved Digestion

May assist in restoring the microbiota after antibiotic use or in cases of digestive disorders.

· Enhanced Nutrient Absorption

Maintaining a healthy gut microbiota also supports better absorption of vitamins and minerals.

Mechanism of Action

Adhesion to Intestinal Walls:

Lactobacillus rhamnosus GG has the ability to adhere to intestinal epithelial cells. This property allows the bacteria to colonize the intestinal mucosa, enabling them to remain in the intestines long-term and compete for space with pathogenic microorganisms. Adhesion to the intestines enables effective colonization and pathogen resistance.

Increased Stability of Gut Microflora:

This strain supports the microbial balance in the intestines, preventing the proliferation of pathogens.

Protection Against Pathogens:

By adhering to the intestinal walls, *Lactobacillus rhamnosus GG* limits the ability of pathogens, such as bacteria causing intestinal infections (e.g., *Clostridium difficile*, *Escherichia coli*, *Salmonella*), to attach and colonize.

Production of Antibacterial Substances:

Lactobacillus rhamnosus GG produces various antimicrobial substances, such as organic acids (e.g., lactic acid), hydrogen peroxide, and bacteriocins. These substances have bactericidal or bacteriostatic effects and help control the growth of unwanted microorganisms in the intestines.

Strengthening the Intestinal Barrier:

Lactobacillus rhamnosus GG supports the integrity of the intestinal barrier, which consists of tight junctions between intestinal epithelial cells. By maintaining the intestinal barrier, this strain helps prevent the passage of pathogens and toxins into the bloodstream (known as „leaky gut“).

Maintaining the Function of the Intestinal Barrier:

By stabilizing the intestinal mucosa, *Lactobacillus rhamnosus GG* helps prevent intestinal inflammations that can lead to conditions such as Irritable Bowel Syndrome (IBS) or Inflammatory Bowel Disease (IBD).

Modulating the Immune Response:

Probiotics like *Lactobacillus rhamnosus GG* can influence the immune system's functioning. This mechanism is based on stimulating and modulating the body's immune response.

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Activation of Immune Cells:

L. rhamnosus GG can activate immune cells (e.g., macrophages, lymphocytes), supporting the body's defense mechanisms.

Reduction of Inflammation:

Lactobacillus rhamnosus GG has anti-inflammatory properties, which is particularly beneficial in the context of health problems associated with chronic inflammation, such as intestinal diseases or autoimmune disorders. This action may include:

- Reduction of Pro-inflammatory Cytokines

This strain may lower the levels of cytokines responsible for inflammatory reactions in the body, contributing to a reduction in symptoms of inflammatory bowel diseases or allergies.

Support in the Treatment of Diarrhea:

Lactobacillus rhamnosus GG is effective in treating various types of diarrhea, including those caused by bacterial or viral infections, as well as diarrhea related to antibiotic therapy. The probiotic's action includes

- Restoring Microflora Balance

In cases of diarrhea caused by microbial imbalance in the gut, *L. rhamnosus GG* helps rebuild the healthy gut microbiota, restoring the normal bacterial flora.

Improving Lactose Tolerance:

Lactobacillus rhamnosus GG may support individuals with lactose intolerance by assisting in the breakdown of lactose in the digestive tract. Probiotic bacteria can support digestive processes and help digest lactose, reducing symptoms of intolerance.

Bacteria *Lactobacillus rhamnosus GG* ATCC 53103 are beneficial for:

People with Gut Problems:

- Diarrhea (e.g., infectious diarrhea, gastroenteritis, antibiotic-associated diarrhea) – Helps restore gut flora balance and reduce the symptoms of diarrhea.
- Irritable Bowel Syndrome (IBS) – Supports the balance of gut microbiota, alleviating symptoms such as bloating, abdominal pain, constipation, or diarrhea.

- Inflammatory Bowel Diseases (IBD) – Can help reduce symptoms of intestinal inflammation (e.g., in Crohn's disease or ulcerative colitis).

- Digestive Disorders – Supports gut health and improves digestion.

People Taking Antibiotics:

- After Antibiotic Treatment – Helps restore gut microbiota, preventing diarrhea and dysbiosis (microflora imbalance) caused by antibiotic use.

People with Lactose Intolerance:

- Lactose Intolerance – *Lactobacillus rhamnosus GG* aids in lactose digestion, helping alleviate symptoms of lactose intolerance (e.g., bloating, abdominal pain, diarrhea).

People with Weakened Immunity:

- Immune System Support – Helps strengthen the body's natural immunity, reducing susceptibility to infections.
- Post-Illness Recovery – Useful in recovery after viral, bacterial, or other illnesses.

People with Allergies:

- Skin Allergies – May support the treatment of skin allergies, such as eczema or psoriasis, by modulating the immune response.
- Food Allergies – May help reduce the symptoms of food allergies by supporting a healthy gut microbiota.

People Experiencing Stress and Emotional Disorders:

- High Stress – Gut microbiota plays an important role in the gut-brain axis, so probiotics like *L. rhamnosus GG* can help reduce symptoms of stress, depression, and improve mood.

People with Type 2 Diabetes and Insulin Resistance:

- Support for Metabolic Health – *Lactobacillus rhamnosus GG* can support gut health and metabolism, which is important for managing insulin resistance and type 2 diabetes.

People with Overweight and Obesity:

- Weight Loss Support – Probiotics can help with weight management by improving gut microbiota balance, which can influence metabolism and appetite.

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Children:

· Infants and Older Children – *Lactobacillus rhamnosus* GG is safe and effective for children, supporting gut health, immunity, and the treatment of diarrhea (e.g., infectious diarrhea or antibiotic-associated diarrhea).

People with skin diseases:

· Psoriasis – may support the treatment of psoriasis by reducing inflammation and supporting the gut flora, which impacts skin health.

People who travel frequently:

· Food poisoning and traveler's diarrhoea – probiotics like *Lactobacillus rhamnosus* GG may reduce the risk of traveler's diarrhoea caused by changes in diet or bacterial infections.

People on restricted diets:

Elimination diets – people following elimination diets (e.g., vegan, gluten-free, low-calorie) may benefit from probiotics that support healthy gut flora and improve digestion.

How to use:

Take 3 gummies daily.

Contraindications:

Do not use if allergic to any ingredients in the product.

Notes:

Safety of use – *Lactobacillus rhamnosus* GG is considered a safe probiotic, well tolerated by most people, including children and the elderly. Allergic reactions are very rare.

Do not exceed the recommended daily dose. This dietary supplement should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are recommended.

Full list of ingredients:

Sugar (from sugar cane), glucose syrup, water, moisture-retaining substance: sorbitol; gelling agent: pectin; acidity regulator: citric acid; stabiliser: sodium alginate; acidity regulator: sodium citrate; black carrot juice concentrate, natural strawberry flavour, microencapsulated *Lactobacillus rhamnosus* GG ATCC 53103 bacteria (maltodextrin, *Lactobacillus rhamnosus* GG ATCC 53103, pea protein isolate, coconut oil).

The product may contain: cereals containing gluten, peanuts and other nuts, soy, celery, mustard, sesame, sulphur dioxide.

Frequently Asked Questions

Is *Lactobacillus rhamnosus* GG safe?

Yes, *Lactobacillus rhamnosus* GG is considered safe and well-tolerated by most people. It is widely used in dietary supplements and food products. In rare cases, allergic reactions may occur, but they are very sporadic.

What are the possible side effects?

Lactobacillus rhamnosus GG generally does not cause side effects. People with a sensitive digestive system may experience mild symptoms such as bloating or gas, especially when starting probiotic use. These symptoms usually resolve after a few days.

Can this supplement help treat diarrhoea?

Yes, *Lactobacillus rhamnosus* GG can help treat diarrhoea, including diarrhoea caused by bacterial or viral infections and antibiotic-associated diarrhoea. The probiotic restores the balance of gut flora and supports the body's natural defence processes.

Can I use *Lactobacillus rhamnosus* GG during pregnancy or breastfeeding?

Although *Lactobacillus rhamnosus* GG is considered safe, it is recommended to consult a doctor before starting probiotic supplementation during pregnancy or breastfeeding.

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Can *Lactobacillus rhamnosus GG* help treat psoriasis?

There is evidence suggesting that *Lactobacillus rhamnosus GG* may help treat psoriasis, particularly by reducing inflammation in the body and supporting gut health, which impacts skin health.

Can the probiotic be used by children?

Yes, *Lactobacillus rhamnosus GG* is safe for children and can be used to treat diarrhoea, support immunity, and improve gut health. However, it is advisable to consult a doctor regarding the dosage, especially for children under 3 years old.

How long should I use *Lactobacillus rhamnosus GG*?

The duration of use depends on individual needs. For digestive issues such as diarrhoea or irritable bowel syndrome, probiotics can be used for several weeks to a few months. For immune support or as a preventive measure, the supplement can be used for longer periods. It is always a good idea to consult a doctor regarding the duration of use.

Can *Lactobacillus rhamnosus GG* be combined with other supplements or medications?

Lactobacillus rhamnosus GG is usually safe to use alongside other supplements and medications. However, if you are taking medications, especially immunosuppressants or drugs for autoimmune diseases, it is important to consult a doctor before starting supplementation.

How should the supplement be stored?

Probiotic supplements containing *Lactobacillus rhamnosus GG* should be stored in a dry, cool place, away from heat sources.