

AllergEase

Scobiotic™ for Hayfever and Mild Eczema Relief

Available in 90 vegetarian capsules

AllergEase is a Scobiotic™ specifically formulated for the relief of symptoms of mild eczema and hayfever by supporting gastrointestinal health and immune system function. By promoting beneficial gastrointestinal microflora balance and activity and mucosal membrane health and integrity, the mixed culture of bacteria, fungi and yeasts enhance immune system activity and tolerance. These mechanisms also support the use of AllergEase for improving symptoms of mild upper respiratory tract infections and the common cold.

- Unique Scobiotic™ syntrophic mixed culture of bacteria, fungi and yeasts that relieve symptoms of mild eczema and hayfever.
- Supports and strengthens immune system activity to reduce the severity of symptoms of the common cold and mild upper respiratory tract infections.
- Promotes beneficial gastrointestinal microflora balance to maintain healthy gastrointestinal function and enhance general health and wellbeing.
- Features beneficial yeast Wellmune® for gastrointestinal immune modulation and health.
- Includes the world-renowned Gnosis Biotic® *Saccharomyces boulardii* as an anti-inflammatory and to help support the health of the intestinal mucosa.
- Features 6 strains of Lesaffre yeast and spirulina for their nutritional support, anti-inflammatory effects on the intestinal mucosa as well as antioxidant support and immune health.
- Features Reishii, white wood ear and other beneficial mushrooms that support the microbiome and exhibit immune modulatory effects by stimulating SIgA synthesis. White wood ear also naturally contains high levels of vitamin D.
- Includes bitter candytuft for its anti-inflammatory effects.
- Contains apple pectin as a prebiotic and to stimulate short-chain fatty acid production.
- Shelf stable.



Active Ingredients

Each capsule contains:

<i>Bifidobacterium longum</i>	1.33 billion CFU	<i>Saccharomyces cerevisiae</i>	8.33 mg
<i>Lactobacillus brevis</i>	0.667 billion CFU	<i>Saccharomyces cerevisiae</i> (Wellmune®)	11.90 mg
<i>Lactobacillus helveticus</i>	0.667 billion CFU	Equivalent to fresh <i>Saccharomyces cerevisiae</i>	59.50 mg
<i>Lactobacillus rhamnosus</i>	0.667 billion CFU	High chromium yeast	16.67 mg
<i>Streptococcus thermophilus</i>	0.73 billion CFU	Equivalent to chromium	33.33 micrograms
Caterpillar mushroom (<i>Cordyceps sinensis</i>)	66.67mg	High molybdenum yeast	8.33 mg
Reishi (<i>Ganoderma lucidum</i>)	66.67mg	Equivalent to molybdenum	16.67 micrograms
Maitake (<i>Grifolia frondosa</i>)	66.67mg	High selenium yeast	8.33 mg
Shiitake (<i>Lentinula edodes</i>)	66.67mg	Equivalent to selenium	16.67 micrograms
Zhu ling (<i>Polyporus umbellatus</i>)	16.67 mg	Apple pectin	100 mg
Snow fungus/white wood ear fungus (<i>Tremella fuciformis</i>)	50 mg	Spirulina (<i>Arthrospira platensis</i>)	33.33 mg
<i>Saccharomyces cerevisiae</i> (<i>boulardii</i>)	8.33 mg		

Product Summary

AllergEase is a Scobiotic™ that provides a syntrophic mixed culture of beneficial bacteria, fungi and yeasts that work synergistically to relieve symptoms of mild eczema and hay fever. By promoting beneficial microflora adhesion, concentrations and activity, mucosal membrane integrity and health in the small and large intestines and immune system activity, AllergEase has been specifically formulated to support the underlying imbalances contributing to the onset of symptoms of mild eczema and hayfever.

Clinical Evidence:

Allergic rhinitis or 'hay fever' is a perennial or seasonal condition clinically presenting with environmental, allergen-induced, inflammation of the nasal cavity and mucosa and Th-2 skewed hyperresponsiveness.^{1,2} This is caused by an imbalanced antigen-immune response, a process that involves cross-talk between host systems and resident microbiota.²

Eczema is a common, chronic, remitting/relapsing, inflammatory cutaneous condition. It clinically presents with pruritis, erythems and lesions, also characterised by a Th-2 pathway, predominant response.³⁻⁶

An imbalanced antigen-immune response also underlies the onset and progression of eczema, with defective barrier integrity and functionality at the skin or gastrointestinal, mucosal level, providing a route for organisms to influence the immune system.^{3,5}

In both allergic rhinitis and eczema, alterations in the gastrointestinal microbiome is suggested to play a key role in disease susceptibility, induction, progression and severity. This is due to the significant influence of the microbiota on peripheral and central, host immune regulation and responsiveness, as well as on intestinal barrier integrity and function.^{3,7} Therefore, a healthy and balanced microbiome is essential for

reducing the onset and severity of clinical symptoms of both allergic rhinitis and eczema.

The syntrophic combination of probiotics with prebiotic fungi and yeasts in AllergEase provide a significant range of therapeutic mechanisms that support beneficial microflora balance, mucosal membrane function and enhance immune system tolerance and activity.

Bifidobacterium longum subsp. *infantis* attenuates gastrointestinal inflammation and increases bifidobacterial abundance. This consequently promotes Th1/Th2 balance by suppressing Th2 immune responses.⁸⁻¹² *Lactobacilli* bacteria promote and modulate beneficial bacterial, intestinal cell adhesion, colonisation and function.¹³⁻¹⁶ *Lactobacilli* also inhibit pathogenic bacterial adhesion, modulate visceral pain, cellular expression and immune activation.^{10,11} Lastly, they increase SIgA synthesis¹⁸ and protect intestinal barrier integrity and function.^{14-16,19,20}

Reishi has significant prebiotic activity, promoting intestinal *bifidobacteria* and *lactobacilli* composition, and immune modulatory effects by stimulating SIgA synthesis.²¹⁻²⁵ Maitake, caterpillar mushroom and zhu ling also have immunomodulatory effects, the latter also influencing the intestinal microbiome.^{22,26-29} Shiitake modulates mucosal immunity by increasing intestinal SIgA production. Shiitake also inhibits intestinal inflammation and supports healthy microbial populations via prebiotic activity and gut barrier integrity.³⁰⁻³⁵ Snow fungus/white wood ear fungus has immunomodulatory and antioxidant properties as well as naturally high levels of vitamin D.³⁶

Saccharomyces cerevisiae and *Saccharomyces boulardii* support gastrointestinal health via a number of mechanisms, including modulation of intestinal immune responses, inhibition of pathogenic adhesion and colonisation of the intestinal

mucosa. They modulate intestinal microflora and metabolic activity and have trophic and anti-inflammatory effects on the intestinal mucous and improve IBS-induced dysmotility and gastrointestinal transit time.³⁷⁻⁴²

Nutrient-rich yeast high in chromium, selenium and molybdenum provides nutritional support and can have immunomodulatory and anti-inflammatory effects. Yeasts high in selenium have also been shown to support intestinal barrier function and beneficially influence microbiota colonisation, composition and function.^{13,43-45}

Gnosis Biootic® *Saccharomyces boulardii* is a world-renowned and high-quality strain of this beneficial yeast. It is obtained through a proprietary patented process, based on less aggressive drying at controlled temperatures and lower vacuum, allowing the preservation of whole yeast cells and the water content to be unchanged over time. This provides greater stability and delays the yeast ageing processes including cell deterioration as well as decreasing the likelihood of product contamination. It is also resistant to stomach acid and all commonly used antibiotics.

Bitter candytuft (*Iberis amara*) has a long history of use in traditional European medicine for gastrointestinal issues, and has demonstrated significant anti-inflammatory activity.⁴⁶⁻⁴⁸ Apple pectin has prebiotic effects and promotes the synthesis of short-chain fatty acids.^{49,50}

Spirulina provides nutrients for the maintenance of GIT health and for depletion of nutrients associated with suboptimal gastrointestinal barrier function. Other mechanisms that promote a beneficial effect on the gastrointestinal tract include via antioxidant, anti-inflammatory, antimicrobial, antiviral and probiotic-supporting activity.⁵¹⁻⁵³

*References available on request

Directions for use: Adults: 1 capsule 3 times per day or as directed by a health care practitioner.

Warnings: Not to be used in children under 2 years of age without medical advice. If you are pregnant or breastfeeding talk to your health care practitioner before taking this product. If symptoms persist, worsen or become more frequent, talk to your health care practitioner. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Do not take while on warfarin therapy without medical advice.



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Bioclinic Naturals® Australia: Unit B, 10-16 South Street, Rydalmere, NSW, 2116

1300 422 339