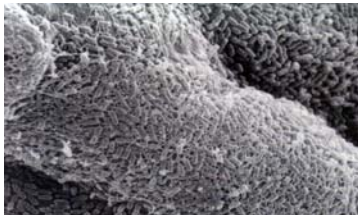


Restore Overview

Background

Every human gut is home to a multitude of bacteria—both good and bad. The key to good health and well-being is ensuring that the balance remains in favour of the beneficial probiotics (meaning literally 'for-life') so that the detrimental 'pathogens' can be kept at bay. A disturbance of that balance results in poor health, and can lead to disease.

Images taken by a microscope showing the bacterial environments in both a healthy and unhealthy gut



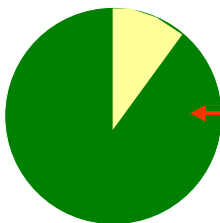
“Healthy”



“Unhealthy”

To put into perspective the significance of our gut bacteria consider for a moment the enormity of this issue. If you take the total number of cells making up a human being, 90% of them belong to the bacteria in your gut — that's about 10^{14} cells. So far around 1000 different species have been identified, making this one of the most diverse ecological systems known. It therefore needs to be looked after with great care.

90% of our total body cells are actually bacteria living in the gut.



Bacteria in the intestine

Who can benefit from supplementing their supply of healthy bacteria?

Many factors can disturb the delicate balance in the digestive tract. Antibiotics, tummy upsets, strong foods and stress being the main ones. Therefore many of us today have sub-optimal gut flora, which can manifest in a variety of ways.

Most commonly the signs of unhealthy gut bacteria are chronic problems that are difficult to treat allopathically:-

- ◆ irregular or difficult bowel habits
- ◆ persistent wind and gas
- ◆ food intolerances
- ◆ fatigue or lethargy
- ◆ allergies.

More and more people are experiencing such symptoms, and are finding it harder to relieve them. Laxatives, indigestion remedies and caffeine may provide temporary relief to some feelings, but will not heal the root cause, and hence the symptoms persist. Some of these remedies (e.g. those ever increasing cups of coffee to keep up energy levels) in fact impact further on the gut bacteria and hence exacerbate the problem in the long term.

The Food and Agriculture Organization of the UN World Health Organization, two prestigious bodies have also identified many problems either directly or indirectly linked with the health of the intestine:

Directly linked with intestine:

- Diarrhea
- Antibiotic associated diarrhea
- Travellers diarrhea
- Infantile diarrhea
- Caused by food pathogens
- Constipation
- Inflammatory Bowel Disease (IBD)
- Irritable Bowel Syndrome (IBS)
- *Helicobacter pylori* infections

Indirectly linked with intestine:

- Allergies
- Cancer
- Cardiovascular disease
- Urinary tract infections
- Yeast vaginitis / Bacterial vaginosis

When two organisations such as these link so much poor health to the poor state of the gut it is vitally important that people take control and do something about it.

What is needed is something that will support the rich population of helpful bacteria and hence support proper digestion, nutrient uptake, waste elimination and immune function. In short the answer is a broad spectrum, biologically active and effective probiotic supplement...

What makes a good probiotic?

To effectively support the probiotic population in the human gut, the bacteria in a supplement must be as indistinguishable from natural organisms as possible. Therefore a good probiotic will contain bacteria that:

- ◆ survive the journey through the acidic environment of the stomach in order to reach the intestines
- ◆ thrive and reproduce in the environment of the gastro-intestinal tract
- ◆ are biologically active and convey relevant benefits to human health
- ◆ adhere to the gut long enough to confer their benefits
- ◆ have the capability of standing up for themselves and fighting pathogens.

Many probiotic supplements contain only 1 or 2 different strains therefore can only support a small proportion of the gut's bacteria. Restore however boasts 9 different strains of *Lactobacilli* and *Bifidobacteria* (organisms found naturally in the human gut) therefore provides you with a comprehensive health maintenance programme.

One of the best ways to test a probiotic supplement is to mix it into warm milk and keep the mixture warm for 8 hours. If the bacteria are viable then they will be re-activated by the warmth and moisture, and will feed on the milk. 8 hours should be enough for them to grow and proliferate sufficiently to turn the liquid milk into yoghurt, giving you visual proof of their quality. If you would like to test Restore in this way please contact us, and (subject to availability) we will send you a sample sachet free of charge.

Probiotics & Antibiotics

Antibiotic literally means 'against-life' therefore antibiotics can kill friendly and unfriendly bacteria alike. Because of this, a course of antibiotics targeted at a specific infection will also impact upon the beneficial bacteria in the gut. Many people taking antibiotics experience this effect on their gut as a bout of diarrhoea. In 12-20% of cases this is due to overgrowth of opportunistic *Clostridium difficile* in the intestine when probiotic numbers decrease.

Taking a probiotic whilst you are on a course of antibiotics will keep up the probiotic population and therefore keep opportunistic pathogens at bay. You can then continue taking the probiotic for at least another week after the antibiotic course has finished to ensure your gut flora is not left compromised. Be sure however to take your probiotic as far away from the antibiotic as possible e.g. in the evening if your antibiotic dose(s) are in the morning / afternoon.

Why choose Restore?

The exacting standards of ourselves and the makers of Restore, in line with the expectation of probiotic consumers make Restore your natural, and reliable choice.

The life of Restore as a product began with a literature search of over 5500 articles to investigate over 70 strains of bacteria. From this came a short list of possible candidates relevant to human health. These were then rigorously tested for:

- ◆ biological activity
- ◆ growth
- ◆ survival through the stomach to the lower gut
- ◆ inhibition of pathogens
- ◆ sensitivity to antibiotics
- ◆ adhesion to the gut wall

This resulted in the 9 exceptional bacterial strains delivered by Restore.

The bacteria contained within Restore are:

Bifidobacterium infantis
Bifidobacterium lactis
Bifidobacterium longum
Enterococcus faecium
Lactobacillus acidophilus
Lactobacillus casei
Lactobacillus plantarum
Lactobacillus salivarius
Lactococcus lactis

Other ingredients

Restore also contains Fructo-oligosaccharides, so called 'prebiotics' that help feed both the Restore bacteria when they are reactivated, and also help support the existing gut flora.

To also help give the bacteria the maximum possible chance when they are reactivated, Restore includes a proprietary mineral mix to feed the probiotics. In controlled laboratory studies the inclusion of this mix has been shown to increase lactic acid bacteria activity over and above that without the benefit of the mineral mix.

All the above is delivered in a matrix of starches and enzymes that further helps support bacterial survival. On top of this natural vanilla is added to provide a pleasant aroma and taste.

Alongside this, a proprietary mix of minerals has been added to feed the bacteria when they are reactivated (see 'How to take Restore' below). Studies prove that this food increases survival rates and activity, so that all the 1 billion cells per gram are supported in their positive actions upon the body.

How to take Restore

To get the most out of your Restore, picture the scene where the bacteria are freeze dried at the height of their activity (water is removed to suspend their growth and reproduction) and need to be brought back to life. Plunging them straight into concentrated acid will only shock them, and chances of survival are slim. This is what will happen if you swallow your probiotic straight into your stomach.

Restore should therefore be mixed into luke warm water and allowed to 'wake up' for about 10 minutes before drinking. Also, taking Restore just before bed gives it the whole night to set up home in the gut, undisturbed by food and drink.

This gives the carefully prepared and stored bacteria the best start in their new life and gives you the reassurance that they are capable of surviving and thriving where you need them.

How long do you need to supplement with probiotics before the environment in the gut is balanced?

Every individual is different and have different needs from life, similarly their friendly bacteria need different levels of support. Typically people who supplement with Restore do so for between one to three months before taking a break and then supplementing again when they feel the need. Alternatively, if you choose, it is perfectly alright to continue taking Restore every day, but typically this support and then maintenance approach suits most people.

References

1. Marleau, P. Seksik P, Shanahan F., 2003. Manipulation of the bacterial flora in inflammatory bowel disease. *Best Practice and Research Clinical Gastroenterology*, 17 (1); 47-61.
2. Gismondo MR, et al 1999 Review of probiotics available to modify gastrointestinal flora. *International Journal of Antimicrobial Agents*, 12; 287-292.
3. Schultsz C. 1999. Diarrheagenic *Escherichia coli* and acute and persistent diarrhea in returned travellers. Thesis. Department of Medical Microbiology, Academic Medical Centre, University of Amsterdam.

Testimonials

Mr B. Devon – I help support a lot of children with nutritionally linked behavioural problems. The kids like taking Restore, which is a great help and their Mums see the benefit in digestion and behaviour typically within a few days.

Mrs J. Shropshire - I have used all of the probiotic - one spoonful a night for as long as it lasted. Things changed for the better and markedly so after about ten days. The whole of my inside seems to have settled down so much - I feel as if I am in heaven after over 20

years of being plagued with the chronic symptoms of IBS, I feel that I am now in control. I just feel so much calmer and happier within myself. Thank you.

Mr T. Warwickshire - Since taking Restore, I no longer suffer stomach pains due to eating certain foods i.e. apples, grapes, green vegetables and sauces etc. I can now eat these foods, in moderation of course, without having recurring pain or discomfort. I would recommend Restore, to anyone with a similar problem. Thank you once again.