

CholBiome[®] CH

with *L. plantarum* LP_{LDL}[®]



CholBiome[®] CH

Contains 2 two active ingredients in a bi-layer tablet LP_{LDL}[®] and plant sterols/stanols (PSS) to deliver a unique dual action cholesterol reducing formula. CholBiome[®] CH combines two synergistic ingredients to support the reduction in both internal and dietary cholesterol levels.

- 1 *Lactobacillus plantarum* LP_{LDL}[®], a naturally occurring and proprietary probiotic strain discovered by OptiBiotix with clinically-proven efficacy to regulate the metabolism of bile acids from the liver to reduce internal cholesterol¹.
- 2 Plant sterols/stanols (PSS) are natural ingredients which create an effective and safe addition to help reduce cholesterol. Backed with an EFSA authorised claim, PSS contribute to the maintenance of normal blood cholesterol² levels by reducing the intestinal absorption of dietary cholesterol.

 **GMO FREE**

 **GOOD MANUFACTURING PRACTICE (GMP)**

 **ALLERGEN FREE**

 **VEGAN**

Directions for use

Take two tablets of CholBiome[®] CH per day, preferably after main meals, to provide full health benefits.

Available in container of 40 tablets

The inclusion of plant sterols/stanols, allows CholBiome[®] CH to make the following recognised claims:

“ Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels. ”

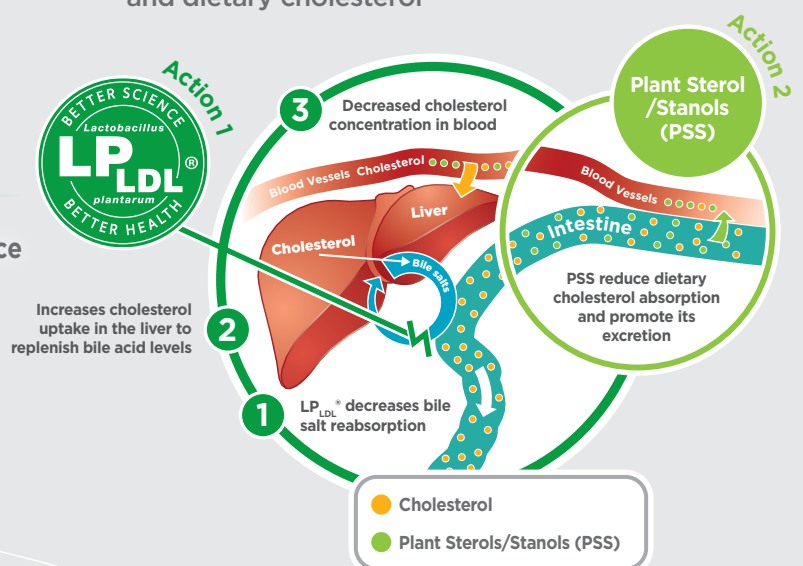
EFSA Journal 2010;8(10):1813

“ Supports healthy cholesterol levels already within the normal range. ”

CholBiome[®] CH

Dual Mechanism of Action:

CholBiome[®] CH reduces internal and dietary cholesterol



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Dual Action Formula for Cholesterol Reduction

CholBiome[®]_{CH} is a unique formulation that combines two synergistic ingredients to support the reduction both internal and dietary cholesterol levels.

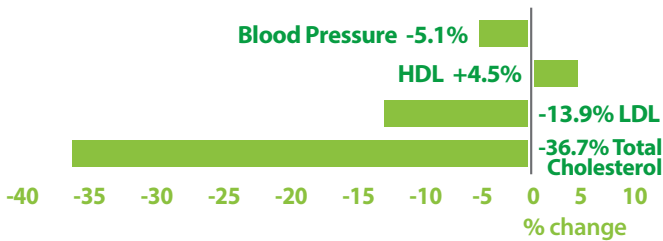
University of Reading

Safety and efficacy of LP_{LDL}[®] (CholBiome[®]) in normal to mildly hypercholesterolemic adults.

A 12-week, independent, double blind, randomised, placebo-controlled human intervention in 49 adults (total cholesterol at baseline between 5.16 and 7.64mM), taking 4×10⁹CFU encapsulated LP_{LDL}[®] or placebo. Results are based on 12 weeks consumption LP_{LDL}[®] vs placebo².

LP_{LDL}[®] was shown to be completely safe, well-tolerated and statistically significant to improve multiple CVD risk biomarkers:

- Lower total cholesterol by up to 36.7%
- Lower LDL cholesterol by up to 13.9%
- Increase HDL cholesterol by up to 4.5%
- Lower systolic blood pressure by 5.1%



LP_{LDL}[®] and the Gut-Liver Axis

The liver and the gut microbiome have an intense functional and bidirectional communication known as the Gut-Liver Axis. Within this metabolic cooperation, the liver produces and releases bile salts influencing cholesterol metabolism.

LP_{LDL}[®] deconjugates bile salts in the gut, preventing their uptake by the liver. This triggers the liver to utilise cholesterol to restore the bile acid pool.

To find out more please contact ProBiotix on:

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lpldl.com

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Action 1

LP_{LDL}[®] acts on internal cholesterol, producing enzymes which break down bile salts, forcing the liver to remove cholesterol from blood to replenish their levels and maintain the body's bile salt pool stable.

Action 2

Plant Sterols and Stanols have a similar chemical structure to cholesterol. They partially block the absorption of dietary cholesterol which reduces cholesterol concentration in the blood, and promote cholesterol clearance through faeces.

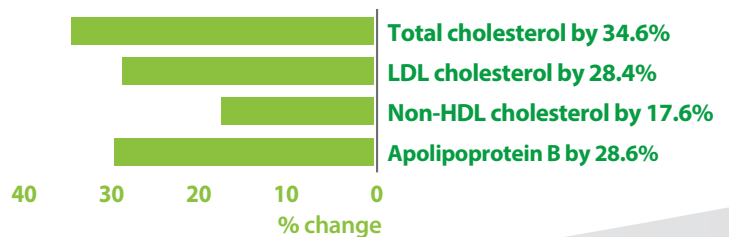
University of Roehampton

The cholesterol lowering efficacy in LP_{LDL}[®] (CholBiome[®]) in hypercholesterolemic adults.

A 9-week, independent, double blind, randomised, placebo-controlled human intervention study in 16 adults taking 4×10⁹CFU encapsulated LP_{LDL}[®] or placebo³. Results are based on 6 weeks consumption of LP_{LDL}[®] vs placebo on a daily basis, followed by a 3-week washout period.

LP_{LDL}[®] was shown to be completely safe, well-tolerated and showcased statistically significant reductions in multiple CHD risk biomarkers within 6 weeks:

- Lower total cholesterol by 34.6%
- Lower LDL cholesterol by 28.4%
- Lower non-HDL cholesterol by 17.6%
- Lower apoB by 28.6%



Supporting literature

(1) Costabile A *et al.*, (2017). PLoS One, 12 (12): e0187964

(2) EFSA Journal 2010;8(10):1813

(3) Keleszade E *et al.*, (2022). JFF, 89: 104939

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

