



focus

Probiotics by Nutrined – From Spore to Synbiotic



**The right strain, at the right time,
for the right patient.**

The intestinal microbiome is one of the most powerful regulators of human health. It influences not only digestion and nutrient absorption, but also immune resilience, metabolic flexibility, hormonal balance, and even mental wellbeing through the gut-brain axis.

Modern life — stress, processed food, antibiotics, and environmental toxins — disrupts this delicate ecosystem, allowing pathogenic species and inflammatory mediators such as lipopolysaccharides (LPS) to take over. The result: increased intestinal permeability, chronic inflammation, immune dysregulation, and metabolic disturbance.

Restoring microbial balance therefore requires **precision** rather than generalization. Different clinical presentations demand different microbial tools — spore-based strains for stability and immune modulation, live strains for mucosal repair and histamine control, and psychobiotics for gut-brain regulation.



Nutrined's probiotic line combines clinically validated, genomically sequenced strains with next-generation delivery technologies to ensure survival, colonization, and measurable outcomes in practice. Each formulation has a clear indication, evidence base, and application — allowing clinicians to **intervene with accuracy and confidence**.

CoreBiotic®

Advanced Spore-Based Probiotic – With prebiotic (VitaFiber®)



Restores microbial balance and reduces LPS translocation.

Strains:

- *Bacillus subtilis* (DE111®)
- *Bacillus coagulans* (SNZ1969)
- *Bacillus coagulans* (MTCC5856 – Lactospore®)

Dosage: 2 capsules once daily, at least 30 minutes before food

Indications: Autoimmunity, metabolic endotoxemia (LPS), heavy metal exposure, post-antibiotic recovery

Notes: Heat-stable, dairy-free, no refrigeration required

Scientific Insight

Spore-based probiotics like *Bacillus subtilis* and *B. coagulans* enhance microbial diversity, gut barrier integrity, and LPS clearance. Validated in dynamic in-vitro gastrointestinal models (Keller et al., *Benef Microbes* 2019; Maathuis et al., *Benef Microbes* 2010).

CoreBiotic® Sensitive

Without Prebiotics



For FODMAP or SIBO protocols.

Strains:

- *Bacillus subtilis* (DE111®)
- *Bacillus coagulans* (SNZ1969)
- *Bacillus coagulans* (MTCC5856 – Lactospore®)

Dosage: 2 capsules once daily, at least 30 minutes before food

Indications: IBS, dysbiosis, Candida, Helicobacter pylori, parasites, SIBO

Notes: Same spore-based blend as CoreBiotic®, without the prebiotic fiber

Scientific Insight

Spore-forming *Bacillus* strains selectively modulate commensal growth and inhibit opportunistic bacteria without fermentable substrates (Keller *et al.*, 2019).

Multi-Biome™

Two Worlds in One Capsule

Spore + Live Strain Combination



Histamine-reducing probiotics for gut-immune balance.

Strains:

- *Bacillus subtilis* (DE111®)
- *Bacillus coagulans* (BCP92, MTCC5856)
- *Lactobacillus rhamnosus* GG
- *Lactobacillus salivarius* Ls-33
- *Bifidobacterium lactis* Bi-07

Dosage: 1 capsule once daily

Indications: Histamine intolerance, allergy, intestinal inflammation, mucosal repair

Notes: Delayed-release capsule + CSP® moisture-resistant bottle ensures maximum stability

Scientific Insight

Combines spore-based immunomodulators with live strains that reduce histamine and cytokine load (Iemoli *et al.*, Clin Nutr 2012; Engevik *et al.*, Cell Mol Gastroenterol Hepatol 2021).

MicroBiome mix

Broad-Spectrum Gut Restoration



Eight-strain live probiotic blend for general intestinal support.

Strains (5.1 billion CFU total):

- *Bifidobacterium lactis* (W51, W52)
- *Enterococcus faecium* (W54)
- *Lactobacillus acidophilus* (W22)
- *Lactobacillus paracasei* (W20)
- *Lactobacillus plantarum* (W21)
- *Lactobacillus salivarius* (W24)
- *Lactococcus lactis* (W19)
- *Bifidobacterium longum*
- *Lactobacillus rhamnosus*

Dosage: 1 capsule per day

Indications: Dysbiosis, post-antibiotic recovery, microbial maintenance, immune modulation

Scientific Insight

Multi-strain formulations enhance microbial resilience and mucosal immune function (*Wilkins & Sequoia, Am Fam Physician 2017*).

Doctor's Biome

Drinkable Synbiotic in Organic Green Juice



Living probiotics + organic prebiotics for rapid recolonization.

Strains (27 billion CFU per 59 ml bottle):

15 validated *Lactobacillus* and *Bifidobacterium* species, including *L. plantarum*, *L. paracasei*, *B. breve*, *L. rhamnosus*, *L. salivarius*, *B. longum*, and *L. reuteri*

Dosage: 1 bottle (59 ml) daily

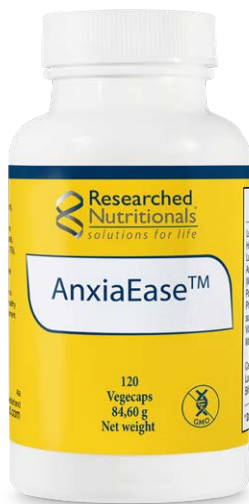
Indications: Severe dysbiosis, *Clostridium difficile* overgrowth, Candida, intestinal infection, post-antibiotic repair

Scientific Insight

Doctor's Biome™ is a living synbiotic — probiotics actively ferment within an organic green-juice base, creating a nutrient-rich environment that enhances bacterial viability and colonization. Studies show this combination inhibits *C. difficile* and promotes beneficial flora proliferation, offering a clinically relevant approach to severe dysbiosis (*Robins & Kamarei, Eurofins Microbiology Laboratories, 2020*).

AnxiaEase™

Calm the
Entire Body



Bridging gut and brain through psychobiotics.

Core ingredient:

Cerebiome® (*Lactobacillus helveticus* Rosell-52 + *Bifidobacterium longum* Rosell-175)

> clinically proven to reduce anxiety and depression scores within 30 days

Other Key Components:

- Adaptogens: Ashwagandha (whole-plant), Holy Basil, Phosphatidylserine
- Calming herbs: Lemon Balm, Lavender, Passionflower
- Magnesium acetyltaurate – neuroprotective and GI-friendly
- Vitamin B6 (P5P) – supports serotonin and GABA synthesis

Dosage: 2 capsules twice daily with food

Indications: Stress, anxiety, mood imbalance, IBS with stress component, burnout recovery

Scientific Insight

Cerebiome® supports mood and stress adaptation via the gut–brain axis; its efficacy in reducing psychological distress has been confirmed in multiple human trials (*Messaoudi et al., Gut Microbes 2011; Pinto-Sanchez et al., Gastroenterology 2017*).

Clinical Overview

Selecting the Right Formula

Clinical Indication	Recommended Product	Key Strains	Dosage
Autoimmunity, LPS elevation, heavy metal load	CoreBiotic®	<i>B. subtilis</i> DE111®, <i>B. coagulans</i> SNZ1969, MTCC5856	2 caps daily (before food)
IBS, SIBO, Candida, FODMAP-sensitive	CoreBiotic® Sensitive	Same strains, no prebiotic	2 caps daily (before food)
Histamine intolerance, mucosal inflammation, allergy	Multi-Biome™	<i>B. subtilis</i> DE111®, <i>B. coagulans</i> BCP92/MTCC5856, <i>L. rhamnosus</i> GG, <i>L. salivarius</i> Ls-33, <i>B. lactis</i> Bi-07	1 cap daily
General dysbiosis, maintenance, immune support	MicroBiome Mix	<i>Bifidobacterium</i> , <i>Lactobacillus</i> & <i>Enterococcus</i> species (9 total)	1 cap daily
Severe dysbiosis, <i>C. difficile</i> , intestinal infection	Doctor's Biome™	15 live <i>Lactobacillus</i> & <i>Bifidobacterium</i> strains	1 bottle daily (59 ml)
Stress, anxiety, gut–brain modulation	AnxiaEase™	Cerebiome® (<i>L. helveticus</i> Rosell-52 + <i>B. longum</i> Rosell-175)	2 caps twice daily (with food)



CoreBiotic

CoreBiotic® combines three fully sequenced and registered spore-based probiotics along with VitaFiber® prebiotic to support a healthy microbiome. Each strain was specifically chosen for its mechanisms of action, backed by supporting research.

indication	Advanced soil based probiotic formulation with prebiotics: Rebuilds intestinal microbial balance Reduces LPS-translocation Microbial support in autoimmunity	
dosage	Take 1 x 2 caps at least 30 min. before food	
packaging	60 vegecaps per container	
daily dose (based on 2 vegecaps)	Organic VitaFiber® (Prebiotic)	660 mg
	CB Complex:	
	Bacillus coagulans (SNZ1969)	50 mg
	Bacillus coagulans MTCC5856 (Lactospore®)	25 mg
	Bacillus subtilis (DE111®)	20,84 mg



CoreBiotic Sensitive

CoreBiotic® Sensitive combines three fully sequenced and registered spore-forming probiotic strains without added prebiotics, making it suitable for individuals following FODMAP or SIBO protocols. Each strain has been carefully selected for its unique mechanisms of action and is supported by scientific research to help maintain microbial balance and gastrointestinal health.

indication	Soil based probiotic formulation without prebiotics: Treatment IBS or dysbiosis Additional use in treatment of intestinal infections like Helicobacter p., parasites, candida or SIBO	
dosage	Take 1 x 2 caps at least 30 min. before food	
packaging	60 vegecaps per container	
daily dose (based on 2 vegecaps)	CB Complex:	
	Bacillus coagulans (SNZ1969)	50 mg
	Bacillus coagulans MTCC5856 (Lactospore®)	25 mg
	Bacillus subtilis (DE111®)	20,84 mg



Multi-Biome™

Multi-source probiotic

Multi-Biome™ is a combination spore and non-spore (traditional live strain) probiotic, with each strain supported by specific research. Multi-Biome™ is formulated to specifically promote healthy intestinal histamine, immune, cytokine and digestive functions. Efficacy and safety are guaranteed, as each strain is genomically sequenced.

indication	Multi-Biome is a combination of probiotic spores, bifidobacteria and lactobacilli Each strain is supported by published research Multi-Biome is formulated to specifically support healthy histamine, immune, cytokine and digestive functions of the gut	
dosage	Take 1 cap per day	
packaging	30 caps per container	
daily dose (based on 1 cap)	Bacillus subtilis DE111® Lactobacillus Rhamnosus GG Bifidobacterium Lactis Bi-07 Bacillus coagulans BCP92 Bacillus coagulans MTCC5856 Lactobacillus Salivarius Ls-33	41,67 mg = 12,5 B CFU 35,71 mg = 12,5 B CFU 33,33 mg = 10 B CFU 25 mg = 2,5 B CFU 12,5 mg = 1,2 B CFU 9,52 mg = 2,9 B CFU



MicroBiome mix

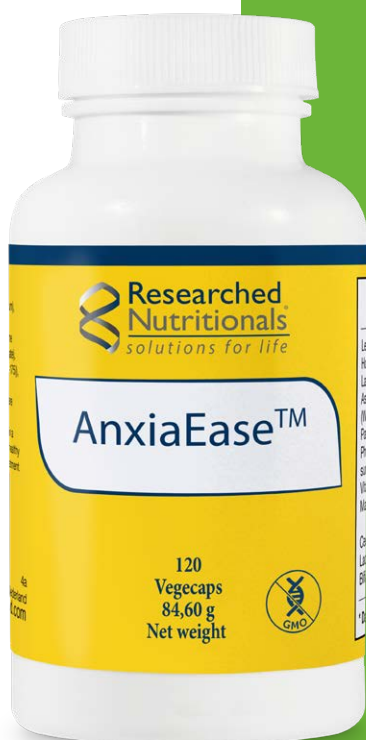
MicroBiome mix combines eight complementary probiotic strains to provide broad-spectrum microbiome support. Its diverse strain profile helps promote microbial balance, digestive health, and immune function, making it a versatile choice for daily use and general intestinal support.

indication	Microbial health Dysbiosis	
dosage	Take 1 caps per day	
packaging	100 vegecaps per container	
daily dose (based on 1 vegecaps)	450 million CFU live bacteria in equal parts:	450 million CFU
	Bifidobacterium lactis (W51), Bifidobacterium lactis (W52), Enterococcus faecium (W54), Lactobacillus acidophilus (W22), Lactobacillus paracasei (W20), Lactobacillus plantarum (W21), Lactobacillus salivarius (W24), Lactococcus lactis (W19)	
	Bifidobacterium longum	50 million CFU
	Lactobacillus rhamnosus	5,1 billion CFU

Doctor's Biome™



indication	Microbial health Dysbiosis
dosage	Take 1 bottle per day
packaging	30 bottles per box
daily dose (amount per bottle 59 ml)	Proprietary Green Juice blend: 61 g Organic mint juice (diluted), Cucumber juice, Apple juice, Lettuce juice, Kale juice, Celery juice, Lemon juice Proprietary Probiotic blend: 27 billion CFU (at time of manufacture) Lactobacillus plantarum LP-115 Lactobacillus paracasei LPC-37 Bifidobacterium lactis BI-07 Bifidobacterium breve BB -03 Lactobacillus casei LC-11 Lactobacillus salivarius LS-33 Lactobacillus rhamnosus LR-32 Lactobacillus acidophilus LA-14 Lactobacillus brevis LBR-35 Lactobacillus gasseri LG-36 Bifidobacterium bifidum BB-06 Bifidobacterium longum BL-05 Lactobacillus reuteri 1 E1 Bifidobacterium infantis BI-26 Lactobacillus bulgaricus LB-87



AnxiaEase™

Support the brain
and the gut for a
healthy, systemic
stress response.

indication	Mood enhancer Indicated in anxiety, stress disorders, cognitive impairment	
dosage	Take 2 caps per day with food	
packaging	120 vegecaps per container	
daily dose (based on 2 vegecaps)	Lemon balm (Melissa officinalis)	310 mg
	Holy basil extract (Ocimum sanctum)	300 mg
	Lavender (Lavandula officinalis)	200 mg
	Ashwaganda root, stem & leaf extract (Withania somnifera)	120 mg
	Passion flower (Passiflora incarnata)	100 mg
	Phosphatidylserine Sharp-PS® (from Sunflower)	40 mg
	Vitamin B6 (Pyridoxal-5-phosphate)	25 mg
	Magnesium (Magnesium taurinate)	25 mg
	CereBiome®:	1.5 Billion CFU (60 mg)
	Lactobacillus helveticus (Rosell®-52)	
	Bifidobacterium longum (Rosell®-175)	