



# Probiotic News

December 2014

Celebrating 22 Years of Good Health

Issue Number 12

## Top News

Introducing  
the Bio-Kult Student  
Bursary!

**Bio-Kult**  
student bursary



Meet Equine Premium's  
new Territory Managers



Our Top  
Christmas  
Digestion  
tips for  
your pet!



MORE NEWS INSIDE

# Festive Digestion Survival Guide

Winter can be the most wonderful time of the year, but can also cause worries over our health during these short, cold days. Beneficial bacteria play an essential role as our first line of defence, in supporting efficient digestive function and gut immunity during the winter months.



Our Human Healthcare Technical Advisor Natalie Lamb shares her festive digestion tips...

Our digestive system is full of trillions of different microorganisms. A healthy balance of beneficial bacteria is necessary to assist in the efficient digestion of food, regular healthy bowel movements, supporting immunity and protecting the health and integrity of the gut lining. The balance can be compromised by a number of factors during the busy festive period such as inadequate nutrition, alcohol consumption, stress, travel, infection and antibiotic therapy.

### Too many egg-nogs?

The Christmas festive season can often mean increased parties and alcohol consumption. Alcohol can cause an imbalance of our delicate gut flora and damage to the gut lining<sup>1</sup>, where the beneficial bacteria lie. Studies have shown intestinal permeability (damaged gut lining) to persist for up to 2 weeks after drinking<sup>1</sup>. Drinking alcohol in moderation alongside a meal instead

of on an empty stomach could help to lessen these potentially harmful effects. Then later on in the evening try alternating an alcoholic drink with water or a soft drink. Eating good quality protein such as turkey is said to keep the liver nice and healthy too!

### Present buying pressures?

Stress can also disturb the mixture of bacteria in our gut and has been shown to initiate or worsen disease, which is a particular issue for those with any gut disturbances<sup>2</sup>. Try and allow Christmas to be a relaxed and fun time this year. Don't put too much pressure on yourself with regards to family and entertaining. Good planning and sharing of jobs may help to reduce everyone's stress levels. Make some time to relax and enjoy regular walks outside. Reduce the intake of stimulating simple sugars and refined carbohydrates and try to get around 7 hours of uninterrupted sleep a night.

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## Festive Digestion Survival Guide *From front page...*

### Digestion doubts?

Uncomfortable symptoms of bloating can often ruin a big festive meal out. One of the important jobs of the beneficial bacteria in our guts is to assist with the production of digestive enzymes to ensure the final stages of food break down and absorption. The large intestine bacteria assist in the fermentation of food that digestive enzymes have failed to digest making more nutrients available to the body. It is often pathogen bacteria and yeast that are believed to produce more gas than beneficial strains while fermenting undigested food. To support optimal digestion try to eat slowly and chew food well.

### Sneezing and sniffing?

As over 70% of our immune system is located in the gut, it's imperative the system is working well this winter to help us fight off those nasty winter bugs. A healthy immune system is the

body's first line of defence against the outside world. Beneficial bacteria play an essential role in supporting a strong system, influencing its state of alertness and optimising the speed and effectiveness of the body's defence response to an infection. You could also support the immune system by eating a wide variety of colourful vegetables to add plenty of antioxidants, vitamins and minerals to your plate. Steaming your vegetables, rather than boiling them is believed to retain more of the nutrients. You could even use the cooking water to make a nutrient rich gravy!

### Top tips!

Potential benefits daily probiotic foods or supplements could bring this festive season:

- Rebalance the gut flora and support the health of the gut lining after alcohol consumption<sup>3</sup>
- Help support a healthy bacterial balance during times of stress and

potentially improve your ability to deal with stressful situations

- Taking a probiotic before the meal could help digestive enzyme production to break down food more effectively
- Help to reduce the gas-producing pathogenic bacteria to help you to reduce bloating and flatulence and to maintain a flat stomach this festive season
- Help ensure regular bowel movements and reduce the occurrence of uncomfortable constipation or diarrhoea
- Help to support the gut immune system - which we need to be working tip top to help fight off those winter bugs!

So eat, drink and be merry! With a little forward planning there's no reason why you can't enjoy a relaxing, happy and healthy festive season.

# Hmmm, that looks tasty!

Whilst dogs have similar digestive systems to our own, there are certain human foods which are not suitable for our four legged friends. Especially at Christmas time when there tends to be more of these treats about. Here are some common foods that are very harmful to dogs:



**BEWARE OF MINCE PIES.** Currants, raisins, sultanas and even grapes can cause vomiting, diarrhoea, uncoordinated movement and acute kidney failure. Dried fruit is more toxic than grapes – remember not to give your dog a slice of Christmas cake!

### KEEP THOSE CHOCOLATE SANTAS AND COINS AWAY FROM YOUR DOG.

Chocolate, along with coffee and caffeine, affect the central nervous system, cardiac and skeletal muscle. Dark chocolate is more dangerous than milk chocolate but all are best avoided.



**AVOID THE STUFFING.** Onions, garlic and chives can cause vomiting, diarrhoea and destruction of red blood cells.



**NO SWEET TREATS.** Xylitol, an artificial sweetener, ingested at high levels can cause insulin release, low blood glucose and liver toxicity.



**EGGNOG IS NOT FOR DOGS.** Some dogs will be unable to digest the sugar found in dairy products which may cause mild diarrhoea.

### DO NOT GIVE THE TURKEY CARCASS OR LEG BONES TO YOUR DOG AS A CHRISTMAS DINNER TREAT.

Small bones splinter easily and can cause serious injury to your dog's mouth and digestive tract.



Don't forget to like our Facebook pages and follow our Twitter pages to keep up to speed with all the latest news and events

# More News

## HUMAN HEALTH CARE

### Introducing the Bio-Kult Student Bursary.

Calling all Students! Bio-Kult will be giving you the chance to win £1000 to help you achieve your nutritional career goals. One lucky runner up will also receive £500. To enter, tell us what you would spend £1000 on – healthcare related of course!

Applications open on the 5th January but you can register your interest at [www.bio-kult.com/student](http://www.bio-kult.com/student) and we will send you an email when applications open.

### Protexin Healthcare's New Nutritional Advisors

We are pleased to welcome Theresa Millman and Tracy Breuning who join Protexin Healthcare as Nutritional Advisors.



### Bio-Kult win Best Supplement and Herbal Award

We are thrilled to announce that Bio-Kult has been voted the best supplement and herbal brand by Pharmacists in the 2014 Natural Pharmacy Business Awards!



## VETERINARY

### Protexin Veterinary Welcomes Maggie Winder

Maggie has joined Protexin Veterinary as Territory Manager for the South East.



### London Vet Show

Thank you to everyone who visited us at London Vet Show in November. Here's our team photo!



## AGRICULTURE

### EuroTier 2014

Our Agriculture Sales Manager, John Tuer enjoyed meeting new and existing customers at EuroTier, the world's leading trade fair for animal production.



## EQUINE PREMIUM

### Equine Premium welcome Kirsty and Jessica

Equine Premium have seen two new faces join the sales team since our last newsletter. Kirsty Holmes is now the new South East Territory Manager, and Jessica Bowen is based in the South West. Both come from sales backgrounds as well as having a passion for horses. Combining their passion and knowledge makes them the perfect UK based sales team headed up by Jonathan Nelson.



### Competition Time!

Equine Premium are also running a competition to win 2 x tickets to Badminton 2015, find out how to enter here:

<http://www.equinepremium.com/competitions>



### REFERENCES FOR THE FESTIVE DIGESTION SURVIVAL GUIDE FROM PAGE 1-2

1. Bjarnason I, Peters TJ, Wise RJ. 1984. The leaky gut of alcoholism: possible route of entry for toxic compounds. *Lancet*. Jan 28;1(8370):179-82.
2. Lutgendorff F, Akkermans LM, Söderholm JD. 2008. The role of microbiota and probiotics in stress-induced gastro-intestinal damage. *Curr Mol Med*. Jun;8(4):282-98.
3. Forsyth CB, Farhadi A, Jakate SM, Tang Y, Shaikh M, Keshavarzian A. 2009. Lactobacillus GG treatment ameliorates alcohol-induced intestinal oxidative stress, gut leakiness, and liver injury in a rat model of alcoholic steatohepatitis. *Alcohol*. Mar;43(2):163-72.

## A spotlight on Quality



LEFT TO RIGHT Rob, Aileen, Julian, Rosemary, Richard, Agnieszka, David, Martin

Protexin have a busy quality department ensuring that all products leaving the site are of the highest quality possible. Quality Assurance Manager Rosemary Cowin comments on the work carried out by the team.

"The quality of our products is a top priority for our customers. They need to know that the products they are using are of the highest standard. They trust us to deliver this and we pride ourselves in the care and attention that goes on behind the scenes.

We have a wide spectrum of checks to carry out before any of our products get to our customers and this starts from the minute the raw materials arrive on site. Our team of quality controllers check that all our raw materials are to the correct specification before they allow them to pass into production. During each production run, they are never far away, making sure that the products are within specification. At the start of each works order they verify that the correct materials are being used and throughout the run they are checking that everything is going to plan. This involves many different checks ranging from weight verification, right through to ensuring sachets and blisters are sealed.

Once the product is packed, we work to ensure that all our testing requirements are met and that the product leaving the site has passed all our quality standards.

We do this by having a dedicated team, who constantly put quality first."

# Bio-Kult's Winter Photo Gallery

Our Facebook fans have been sharing their tips and favourite winter themed photos for our winter wellness competition. Here are the lucky winners who each won a Bio-Kult winter survival kit!



Tracey - "A Northumberland Winter's Morning"



Ann - "I just carry my dog on my back. Keeps me warm and healthy!"



Colette - "I like to stay healthy by taking my daily Bio-Kult and kick boxing!"



Julie - "I like to walk in the snow and build dragons!"



Melissa - "In Finland being outside is important no matter the weather. Here, our son Milo has his first snow experience while wearing the government issued baby box snow suit."

## Keep up to date

Following us on social media is a great way to keep up to date with all our latest news, events and research.

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