

# Metabolic Probiotic

## With *Akkermansia*



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

Glucagon-like-peptide-1, or GLP-1, is a naturally occurring hormone produced in the gut. This hormone assists with metabolism, insulin balance, gastric emptying and satiety to help promote healthy blood sugar levels, curb cravings and maintain a healthy weight. *Akkermansia muciniphila* is a probiotic strain that secretes a protein that induces natural production of GLP-1 in the gut.<sup>1</sup> Metabolic Probiotic with *Akkermansia* contains 100 million CFU of this beneficial bacteria strain combined with 4 other strains to support immune, gut and metabolic health and help maintain a healthy weight.

## FUNCTIONS

Metabolic Probiotic with *Akkermansia* is a specially formulated probiotic supplement designed to support overall gut health, immune function and metabolic balance.<sup>1</sup>

This supplement features a potent blend of scientifically backed bacterial strains that target the gut microbiome to support a healthy balance of beneficial bacteria. Each ingredient has been carefully selected for its unique properties and mechanisms of action, contributing to the supplement's comprehensive benefits.

The *Bifidobacterium animalis* HN019 strain enhances gut health by influencing colonic motility to increase gut transit and improve bowel regularity and metabolic processes. Additionally, this strain helps to improve the gut barrier which is crucial for healthy immune and inflammatory responses.<sup>2-5</sup>

The *Bifidobacterium animalis* B420 strain aids in weight management and supports metabolic health by influencing gut microbiota composition and promoting the production of short-chain fatty acids (SCFAs) that support energy metabolism.<sup>6,7</sup> It also helps with healthy body composition by supporting intestinal barrier function and promoting healthy inflammatory markers.<sup>8,9</sup>

*Lactobacillus rhamnosus* GG is believed to support gastrointestinal health and immune balance. It may help to promote the structural and functional integrity of the gut barrier.<sup>10-14</sup> It also supports the composition and activity

of the gut microbiome, promoting an increase in beneficial bacteria and the production of SCFAs.<sup>12-14</sup> These actions may help to maintain a healthy intestinal environment, promote healthy inflammatory markers, and support metabolic functions.

*Akkermansia muciniphila* AH39 is a unique strain targeting the mucosal layer of the gut, which is critical for supporting healthy gut barrier integrity and promoting healthy inflammatory markers.<sup>15,16</sup> This strain's role in modulating the gut microbiota also contributes to supporting healthy metabolic outcomes and weight management by promoting natural production of GLP-1.<sup>1,17-18</sup> This strain further promotes healthy systemic metabolic outcomes through its modulation of the endocannabinoid system (ECS) within the gut lining, which is instrumental in supporting energy balance and glucose homeostasis.<sup>1,17-18</sup> This interaction highlights AH39's potential in managing weight and supporting healthy glucose metabolism. The strain's dual action of promoting a healthy gut barrier and supporting the ECS underscores its significance in contributing to metabolic health and maintaining a balanced immune response.<sup>17-18</sup>

*Clostridium butyricum* nourishes the gut lining, promotes healthy inflammatory markers and supports healthy barrier function.<sup>19</sup> *Clostridium butyricum* 10 is known for its butyrate-producing capabilities. Butyrate is a primary energy source for colonocytes, supporting their health and promoting a robust intestinal barrier. It also supports the healthy expression of tight junction proteins, further enhancing barrier integrity.

## INDICATIONS

Metabolic Probiotic with *Akkermanisa* may be a beneficial adjunct therapy for patients looking to maintain a healthy weight. This product may be helpful for those avoiding GLP-1 agonist prescription medications, those taking GLP-1 medications as well as those looking to titrate down or off of GLP-1 medications.

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# FORMULA (WW #10444)

## 1 Vegetarian Capsule Contains:

<i>Bifidobacterium animalis</i> HN019 .....	10 Billion CFU
<i>Bifidobacterium animalis</i> B420 .....	10 Billion CFU
<i>Lactobacillus rhamnosus</i> GG .....	2 Billion CFU
<i>Akkermansia muciniphila</i> AH39 .....	100 Million CFU
<i>Clostridium butyricum</i> 10 .....	30 Million CFU

Other Ingredients: Digestive-resistant capsule (hypromellose, gellan gum), microcrystalline cellulose, vegetable magnesium stearate, silica.

Gluten-Free, Non-GMO, Dairy-Free, Vegetarian

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily, or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light and out of reach of children.

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†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.

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