

S. Boulardii Science – Review Studies (that are appropriate to IBD)

Simply explained in the Biocodex FDA submission (last link), *S. boulardii* is not digested and absorbed in the gut and does not exert its effect systemically. Instead, *S. boulardii* acts locally in the lumen of the gut. During its passage through the intestine, *S. boulardii* mimics the physiological effects of the digestive flora, stimulating healthy immune response and reducing inflammation.

Stier & Bischoff 2016. [*S. boulardii* has direct effects on pathogens and their toxins and has a positive impact on immune system response.] *Influence of Saccharomyces boulardii CNCM I-745 on the gut-associated immune system* <https://www.dovepress.com/influence-of-saccharomyces-boulardii-cncm-i-745-on-the-gut-associated-peer-reviewed-article-CEG>

More & Swidiski 2015. [Using *S. boulardii* in gut dysbiosis leads to the faster reestablishment of a healthy microbiome.] *Saccharomyces boulardii CNCM I-745 supports regeneration of the intestinal microbiota after diarrheic dysbiosis - a review.* <https://www.dovepress.com/saccharomyces-boulardii-cncm-i-745-supports-regeneration-of-the-intest-peer-reviewed-article-CEG>

Kelesidis & Pothoulakis 2012. *Efficacy and safety of the probiotic Saccharomyces boulardii for the prevention and therapy of gastrointestinal disorders.* http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296087/pdf/10.1177_1756283X11428502.pdf

Thomas et al. 2011. *Anti-inflammatory effects of Saccharomyces boulardii mediated by myeloid dendritic cells from patients with Crohn's disease and ulcerative colitis.* <http://ajpgi.physiology.org/content/ajpgi/301/6/G1083.full.pdf>

McFarland 2010. *Systematic review and meta-analysis of Saccharomyces boulardii in adult patients.* <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2868213/>

Zanello 2009. *Saccharomyces boulardii effects on gastrointestinal diseases.* <http://www.horizonpress.com/cimb/v/v11/47.pdf>

Pouthoulakis 2009. *Review article: anti-inflammatory mechanisms of action of Saccharomyces boulardii* <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2036.2009.04102.x/pdf>

Raw feeding for IBD Dogs

Point Institute Technical Report 2008. *Saccharomyces boulardii* in Gastrointestinal Related Disorders <http://www.pointinstitute.org/wp-content/uploads/2012/10/Saccharomyces-Boulardii-in-GI-related-disorders-paper.pdf>

Initial doses for small pets source:

Madewell 1999. *Clostridium difficile: a survey of fecal carriage in cats in a veterinary medical teaching hospital*. <http://journals.sagepub.com/doi/pdf/10.1177/104063879901100108>

New Dietary Ingredient Notification for S boulardii (FDA submission) by Biocodex (Florastor) (includes summary table and research references)
<http://www.fda.gov/ohrms/dockets/dockets/95s0316/95s-0316-rpt0301-04-vol239.pdf>