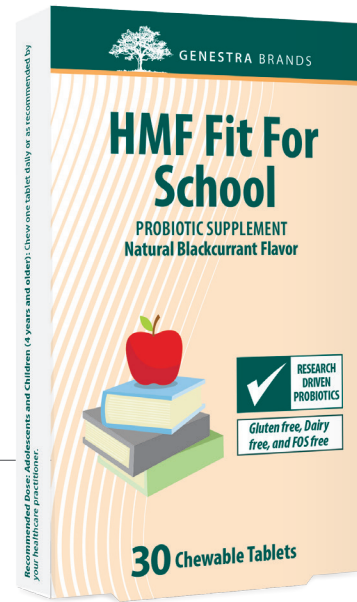




GENESTRA BRANDS®

# HMF Fit For School

PROBIOTIC SUPPLEMENT



## Children's immune support formula\*

- Helps to support upper respiratory tract health in children\*
- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora\*
- Includes 50 mg of vitamin C and 1000 IU of vitamin D per serving
- Chewable tablets with a delicious natural blackcurrant flavor

Genestra HMF Fit For School includes a combination of research-driven probiotic strains and vitamin C that supports children's upper respiratory tract health and immune function. In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or HMF Fit For School's probiotic formula plus 50 mg of vitamin C daily for 6 months. Children in the probiotic plus vitamin C group had significant improvement in upper respiratory tract health. HMF Fit For School also includes 25 mcg (1000 IU) of vitamin D per tablet to provide additional immune support.\*

### SUPPLEMENT FACTS

Serving Size 1 Tablet  
Servings per Container 30

EACH TABLET CONTAINS		% DV
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin D <sub>3</sub> (cholecalciferol)	1000 IU	250%

<b>Probiotic Consortium</b>	12.5 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Bifidobacterium bifidum</i> (CUL-20)		

† Daily Value (DV) not established

Other Ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavor, silica, magnesium stearate

### Recommended Dose

**Adolescents and Children (4 years and older):** Chew one tablet daily or as recommended by your healthcare practitioner.

**Size**  
30 Chewable Tablets

**Product Code**  
10497-U



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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# HMF Fit For School

## Scientific Rationale:

Several clinical trials have observed an association between probiotic supplementation and upper respiratory immune health.<sup>1-2\*</sup> A recent meta-analysis of 23 randomized, double-blind, placebo-control trials found that probiotic supplementation—particularly with *Lactobacillus* and *Bifidobacterium* strains—helps to support upper respiratory immune function in children.<sup>3\*</sup>

One randomized, double-blind, placebo-controlled study evaluated the effect of HMF probiotics and vitamin C on immune health in young schoolchildren.<sup>4</sup> Fifty-seven children (aged 3-6) attending preschool were randomized to consume one chewable placebo or probiotic/vitamin C tablet (the same probiotic consortium and vitamin C level present in HMF Fit for School) daily for six months.<sup>4</sup> Upper respiratory tract health was monitored through weekly diaries completed by guardians and during at least three physician's appointments.<sup>4</sup> When compared to the placebo,

the HMF/vitamin C combination significantly promoted upper respiratory tract health and immune function.<sup>4\*</sup> This research was used to develop HMF Fit for School, which also includes vitamin D for additional immune support.<sup>4\*</sup>

Vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells, including dendritic cells, macrophages, and T cells.<sup>5\*</sup> Adequate vitamin D status has also been associated with proper upper respiratory immune function.<sup>6,7\*</sup> In a recent controlled clinical trial involving children, daily supplementation with 1000 IU of vitamin D for three months was shown to significantly increase plasma vitamin D levels and modulate cytokine production.<sup>8\*</sup> Following supplementation, levels of the cytokines IL-2, IL-4, IL-6, and IFN- $\gamma$  were all significantly modified.<sup>8\*</sup>

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