



GENESTRA BRANDS®

HMF Replete

PROBIOTIC SUPPLEMENT

Promotes healthy gut flora*



- Supports gastrointestinal and digestive health*
- Provides 75 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium animalis* subsp. *lactis*, and *Lactobacillus salivarius*

Genestra HMF Replete is a unique combination of proprietary human-sourced probiotics that supports a healthy intestinal microflora. The intestines contain more than 400 bacterial species, and bacterial balance is necessary for a healthy intestinal tract. Probiotics, including *Lactobacillus* and *Bifidobacterium*, promote healthy microflora, support normal intestinal microbiota, and promote digestive health. In a randomized, placebo-controlled trial involving 52 adults, daily probiotic supplementation supported gastrointestinal health.*

SUPPLEMENT FACTS

Serving Size ½ Sachet (10 g)
Servings per Container 14

Each Serving Contains		% DV
Calories	25	
Total Carbohydrate	9 g	3%♦
Dietary Fiber	5 g	20%♦
Sugars	4 g	†
Probiotic Consortium	75 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Lactobacillus salivarius</i> (CUL-61)		
Fructooligosaccharides (FOS)	5 g	†

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredient: Apricot powder

Recommended Dose

Adults: In a glass, add water to ½ sachet of HMF Replete and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics or as recommended by your healthcare practitioner.

Size

7- 0.7 oz (20 g) Sachets of Powder
[Net Weight 4.9 oz (140 g)]

Product Code

10419-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 Replete

Scientific Rationale:

HMF Replete is formulated using Genestra's proprietary *Lactobacillus* and *Bifidobacterium* probiotic consortium – microorganisms that have been used in a wide body of clinical research. Studies demonstrate that these strains effectively maximize intestinal colonization to support gastrointestinal comfort and maintain immune health (when combined with prebiotics).^{1,2*}

In an eight-week long, double-blind, randomized, placebo-controlled study involving 52 adults, supplementation with a combination of four HMF probiotic strains significantly reduced intestinal discomfort.^{1*} Participants were randomized to either the placebo or probiotic capsule group (25 billion CFU from CUL-60, CUL-21, CUL-34 and CUL-20) and consumed one capsule daily for eight weeks.¹ Participants scored their intestinal discomfort (including symptom severity score, abdominal pain, bloating, days with pain, satisfaction with bowel habits, and quality of life) at baseline and every two weeks during the supplementation period, as well as two weeks later to determine potential effects after supplementation had ceased.¹ When compared to baseline values, all six measures significantly improved after eight weeks of supplementation – including a 22% decrease in days with intestinal discomfort, 32% improvement in satisfaction with bowel habits, and 30% improvement in quality of life scores.^{1*} When compared to placebo values, satisfaction with bowel habits significantly improved after six weeks, while mean change in symptom severity score significantly improved after both six and eight weeks of probiotic supplementation.^{1*} Similarly, when compared to the placebo, quality of life significantly improved after eight weeks, while days with pain improved after 10 weeks of probiotic intake.^{1*} Therefore, HMF probiotic strains can be used to promote intestinal comfort and bowel habit satisfaction.^{1*}

HMF Replete also contains the prebiotic fiber fructooligosaccharides (FOS). Prebiotics are non-digestible food ingredients

that stimulate the growth and/or metabolic activity of beneficial bacteria in the intestines.³ They are not broken down or absorbed in the upper part of the gastrointestinal tract, but are fermented in the colon, where they promote a healthy gut flora.^{3*} Preclinical research suggests that prebiotics such as FOS preferentially target *Bifidobacteria* and support their growth.^{3*} Fermentation of prebiotics leads to the production of short chain fatty acids (SCFA), an important energy source for colon cells.³ In addition, SCFA maintain an acidic intestinal pH, further contributing to a healthy microflora composition.^{3*}

Research suggests that prebiotics may also have a role in supporting immune health.^{2*} In a recent double-blind, placebo-controlled clinical trial, synbiotic supplementation was shown to significantly modulate cytokine production.^{2*} For 12 weeks, 20 healthy participants were randomized to receive either a placebo or a probiotic supplement (containing 25 billion CFU from CUL-60, CUL-21, CUL-34 and CUL-20, plus 2 g of fructooligosaccharides [FOS]).² Blood samples were collected at baseline, and again at weeks 6 and 12.² Peripheral blood mononuclear cells (PBMCs) were isolated from the blood samples and cultured *ex vivo* alone or in the presence of lipopolysaccharide (which stimulates the activity of macrophages).² The cultures were then analyzed to determine cytokine production.² Compared to baseline measurements, levels of the regulatory cytokine IL-10 increased by approximately three times in non-stimulated cultures after 12 weeks of probiotic supplementation.^{2*} When the PBMC *ex vivo* cultures were stimulated with lipopolysaccharide at baseline, there was a significant increase in IL-6 and IL-1 β .^{5*} Following 12 weeks of probiotic supplementation, IL-6 and IL-1 β levels decreased by approximately 62% and 63%, respectively.^{2*} This demonstrates the potential of synbiotics to beneficially modulate the immune response.^{2*}

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REFERENCES

1. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. *Aliment Pharmacol Ther.* 2009; 29(1): 97-103.
2. Hepburn, NJ, Garaiova, I, Williams, EA, Michael, DR, Plummer, S. *Benef Microbes.* 2013; 4(4): 313-317.
3. Owuamanam, CI, Ihediohanma, NC, Iwouno, JO. *PJN.* 2010; 9: 833-843.

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