

## iFlora® Multi-Probiotic® Capsules and Powder

### DESCRIPTION

iFlora® Multi-Probiotic® contains 16 potent strains of Lactobacillus, Bifidobacterium, and Streptococcus cultures, including the clinically researched *Bifidobacterium lactis* HN019 that supports gastrointestinal and immune function.† Also included in the synbiotic blend is scFOS® prebiotic fiber that is well tolerated and works synergistically with probiotics to support healthy microflora in the intestinal tract.

iFlora® Multi-Probiotics are tested for product potency and identity to ensure viability, effectiveness, and label claim verification for every product. iFlora® probiotics are acid and bile resistant and undergo a patented cyroprotectant stabilization process for shelf stability.

### FUNCTIONS

The microbiota of the human gastrointestinal tract plays a key role in nutrition and health. A delicate balance exists between the human intestinal microflora and its host. Upset of this community structure may promote undesirable conditions. Many different environmental factors may affect the gut microbial ecology; these include diet, medication, stress, age and general living conditions. It is therefore important that gut microflora interactions be optimized with probiotics and prebiotics.

Probiotics are supplemental live, beneficial intestinal micro-organisms for gastrointestinal health and immune support.† Probiotics have been shown to exert a beneficial support through modification of the immune system host via the gut environment. Clinical trials also suggest that the exposure to healthy microbes through the gastrointestinal tract powerfully shapes immune function.† Multiple studies have indicated that multi-strain probiotic blends with lactobacilli, bifidobacteria, and streptococcus can provide optimal support for a diverse range of health needs.†

*Bifidobacterium lactis* HN019 is featured in iFlora® Multi-Probiotic and has been clinically shown in research to support the immune system by supporting the function of leucocytes in adults and the elderly.† It may also provide fetal immune support when consumed by pregnant mothers, according to one study. Clinical research also shows increased proportions of bifidobacterium and lactobacillus microflora in the human digestive tract after intake of *B. lactis* HN019. This strain may also help in the maintenance of bowel regularity and normal GI function.†

scFOS, also called short chain fructooligosaccharides, are prebiotics that have short molecular chains. They function as non-digestible fiber that can positively affect selected groups of beneficial intestinal microflora, such as lactobacillus. While probiotics merely add beneficial microflora, prebiotics influence the intestinal environment so that beneficial colonies of microflora can flourish. By aiding the beneficial microflora's survival, less desirable microflora can have a decreased chance of survival.

### INDICATIONS

iFlora® Multi-Probiotic® is indicated for individuals that want to support the intestinal tract with healthy microflora for immune and digestive support.†

### FORMULA (#57618P [powder], 201864 [v. capsule])

#### Serving size: 1 tsp or 2 capsules

Proprietary Synbiotic Blend.....40 Billion CFU

Short Chain Fructooligosaccharide (NutraFlora® scFOS®), *Bifidobacterium bifidum*, *Bifidobacterium breve*, *Bifidobacterium lactis (infantis)*, *Bifidobacterium lactis HN019*, *Bifidobacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Lactobacillus bulgaricus*, *Lactobacillus casei*, *Lactobacillus gasseri*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Lactobacillus salivarius*, *Lactococcus lactis*, *Streptococcus thermophilus*

## **iFlora® Multi-Probiotic®**

### **Capsules and Powder**

#### **SUGGESTED USE**

Capsules: Take 2 capsules daily or as directed by a healthcare professional. May gradually increase to 4 daily.

Powder: Take 1 teaspoon daily or as directed by a healthcare professional. May be increased to 2 teaspoons daily. Mix in unheated liquids or sprinkle on room-temperature food.

CAUTION: Consult a healthcare professional before use if you are immune-compromised.

#### **SIDE EFFECTS**

Gastrointestinal symptoms such as gas, bloating and diarrhea may occur in sensitive individuals. To minimize these effects, start at 1 capsule or ½ tsp powder daily and gradually increase over time.

#### **STORAGE**

Store in a cool, dry place, away from direct light. After opening, keep refrigerated with lid tightly sealed. Keep out of reach of children.

#### **REFERENCES**

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**For more information on iFlora® Multi-Probiotic®, visit [douglaslabs.com](http://douglaslabs.com)**

† 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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