



GENESTRA BRANDS®

HMF Forte

PROBIOTIC SUPPLEMENT

Promotes intestinal health in adults and children*



- Supports healthy gut microflora balance*
- Provides 20 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium animalis* subsp. *lactis*

Genestra HMF Forte is a unique combination of four strains of proprietary, human-sourced probiotics that helps to promote gastrointestinal health in adults and children. Supplementation with large numbers of a combination of microorganisms will help maximize intestinal colonization, supporting the growth of beneficial bacteria. *Lactobacilli* and *Bifidobacteria*, the most commonly used probiotics, help colonize the intestines and mediate the permeability of epithelial cells. In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing *Lactobacillus acidophilus* supported a healthy microflora balance.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 60 or 120

Each Capsule Contains

Probiotic Consortium	10 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)	
Fructooligosaccharides (FOS)	100 mg †

† Daily Value not established

Other Ingredients: Cellulose, hypromellose, silica, magnesium stearate

Recommended Dose

Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size	Product Code
60 Vegetable Capsules	10418-U
120 Vegetable Capsules	10418120-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 Forte

Scientific Rationale:

HMF Forte 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 promote the growth of beneficial bacteria and support gastrointestinal comfort.^{1-2*}

In one double-blind, placebo-controlled trial, HMF probiotics were found to modulate the intestinal microflora composition.^{1*} Participants were divided into two groups, receiving either a probiotic or placebo supplement for 21 days.¹ Fecal samples were collected at baseline (day one) and on days seven and 35 to determine the average bacterial composition.¹ Each probiotic capsule was taken once daily and contained 2.5×10^{10} CFU from a combination of two strains of *Lactobacillus acidophilus* (CUL-60 and CUL-21) and two strains of *Bifidobacterium* spp.¹ HMF probiotic supplementation helped to support the growth of beneficial strains and maintain a healthy bacterial balance.^{1*}

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.^{2*} 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.² 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.² 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.^{2*} When compared to placebo values, satisfaction with bowel habits significantly improved after six weeks, quality of life significantly improved after eight weeks, and days with pain improved after 10 weeks of probiotic intake.^{2*} Therefore, HMF probiotic strains can be used to promote intestinal comfort and bowel habit satisfaction.^{2*}

HMF Forte 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*} Furthermore, prebiotic fermentation may mediate the intestinal uptake of ions, including iron, calcium and magnesium, promoting their absorption.^{3*} Preclinical research suggests that prebiotics may also have a role in supporting healthy lipid metabolism.^{3*}

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REFERENCES

1. Plummer, SF, Garaiova, I, Sarvotham, T, Cottrell, SL, Le Scouiller, S, Weaver, MA, Tang, J, Dee, P, Hunter, J. *Int J Antimicrob Agents*. 2005; 26(1): 69-74.
2. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. *Aliment Pharmacol Ther*. 2009; 29(1): 97-103.
3. Owuamanam, CI, Ihediohanma, NC, Iwouano, JO. *PJN*. 2010; 9: 833-843.

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