



GENESTRA BRANDS®

HMF Intensive

PROBIOTIC SUPPLEMENT

Supports intestinal health*



- Provides 25 billion CFU per day of two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium animalis* subsp. *lactis*

Genestra HMF Intensive capsules provide four strains of proprietary human-sourced probiotics that promote intestinal health in children, adolescents, and adults. Although the microflora composition in the gut is relatively steady, it can be altered by diet, stress, age and medication use. Probiotics reinforce the epithelial barrier and mediate intestinal permeability by controlling the integrity of tight junctions. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, effectively colonize the intestines, and promote the presence of beneficial bacteria to support normal intestinal function. In a randomized, placebo-controlled trial involving 155 adults, daily intake of a probiotic supplement providing 25 billion CFU (containing two strains each of *Lactobacillus acidophilus* and *Bifidobacterium*) for 21 days significantly and positively affected the intestinal microbiota.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

Each Capsule Contains

Probiotic Consortium	25 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)	

† Daily Value not established

Other Ingredients: Cellulose, hypromellose

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size
30 Vegetable Capsules

Product Code
10431-U

NON-GMO DAIRY FREE GLUTEN FREE SOY FREE VEGAN NO FOS

Tried, tested and true. Designed for you.

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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 Intensive

Scientific Rationale:

HMF Intensive 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, support gastrointestinal comfort, and maintain immune health (when combined with vitamin C).^{1-3*}

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 mild 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 bloating, satisfaction with bowel habits and quality of life) at baseline and every two weeks during the supplementation period.² In comparison with baseline values, probiotic supplementation significantly improved intestinal discomfort scores, 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*} These improvements were also significantly greater when compared to placebo values.^{2*}

A combination of HMF probiotics and vitamin C was also reported to support schoolchildren's respiratory immune health in a six-month, randomized, double-blind, placebo-controlled study.^{3*} Children were randomized to either a placebo or probiotic and vitamin C tablet group (12.5 billion CFU from CUL-60, CUL-21, CUL-34 and CUL-20, plus 50 mg of vitamin C).³ Participants consumed one tablet daily for six months and their respiratory health was evaluated by a pediatrician every two months.³ Compared with the placebo group, upper respiratory tract health and immune function was significantly better supported in children that received the probiotic and vitamin C supplement.^{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. Garaiova, I, Muchová, J, Nagyhová, Z, Wang, D, Li, J, Országhová, Z, Michael, DR, Plummer, SF, Duracková, Z. Eur J Clin Nutr. 2015; 69(3): 373-379.

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