



GENESTRA BRANDS®

HMF Multi Strain 100

PROBIOTIC SUPPLEMENT

Concentrated 14-strain probiotic combination

- Provides 100 billion CFU per convenient, once-daily capsule
- Supports gastrointestinal and immune health*

Genestra HMF Multi Strain 100 capsules offer 100 billion CFU from a combination of 14 probiotic strains. Included in this blend of proprietary, human-sourced probiotics are eight strains of *Lactobacilli* and six strains of *Bifidobacteria* to ensure colonization in both the small and large intestines. These research-driven strains were selected based on their superior adherence to the gut lining, natural resistance to pH and bile acid, and ability to support gastrointestinal health and promote a favorable gut flora. One recent placebo-controlled trial found that daily supplementation with *Bifidobacterium animalis* subsp. *lactis* (HNO19), a probiotic strain found in HMF Multi Strain 100, promoted healthy intestinal transit time and reduced occasional constipation. HMF Multi Strain 100 also contains BL-04 and NCFM® to support immune health. In addition, supplementation with a combination of CUL-60, CUL-21, CUL-34 and CUL-20 (plus vitamin C) was found to promote healthy immune responses in schoolchildren.*



SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

Each Capsule Contains

Probiotic Consortium	100 billion CFU †
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HNO19)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	
<i>Lactobacillus acidophilus</i> (NCFM®)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Lactobacillus paracasei</i> (CUL-08)	
<i>Lactobacillus casei</i> (CUL-06)	
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	
<i>Bifidobacterium breve</i> (CUL-74)	
<i>Lactobacillus plantarum</i> (CUL-66)	

† Daily Value not established

Other ingredients: Hypromellose, cellulose, silica
NCFM® is used with permission under licence

Recommended Dose

Take one capsule daily or as recommended by your healthcare practitioner.

Size
30 Vegetable Capsules

Product Code
10197-U



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HMF Multi Strain 100

Scientific Rationale:

Intestinal Transit Time

In a placebo-controlled trial, daily supplementation with HNO19 for two weeks significantly improved whole gut transit time (WGTT) and gastrointestinal comfort and function scores.^{1*} Fifty-four adults were randomized to one of three groups, consuming placebo, low- (1.8 billion CFU of HNO19) or high-dose probiotic (17.2 billion CFU of HNO19) capsules daily for two weeks.¹ WGTT was determined using abdominal X-ray scans at baseline and after two weeks of supplementation.¹ Gastrointestinal comfort and function scores were also analyzed between baseline and study completion.¹ Supplementation with HNO19 was dose-dependently associated with a significant improvement in WGTT (25% and 33% decrease for the low-and high-dose groups, respectively).^{1*} Probiotic supplementation also significantly improved both upper (abdominal comfort, gurgling) and lower (occasional constipation, bowel movement regularity and flatulence) gastrointestinal comfort and function scores.^{1*} Similarly, a randomized, double-blind, controlled study found that combined supplementation with HNO19 and *Lactobacillus acidophilus* NCFM® for two weeks significantly reduced transit time compared to the control group.^{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 mild intestinal discomfort.^{3*} 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.³ 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.³ 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.^{3*} These improvements were also significantly greater when compared to placebo values.^{3*}

Immune Health

Review evidence indicates that multi-strain probiotics may be more effective than single-strain supplements in supporting a diverse range of health outcomes.^{4*} In a recent double-blind, placebo-controlled clinical trial, supplementation with a multi-strain probiotic was shown to significantly modulate cytokine production.^{5*} 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]).⁵ Blood samples were collected at baseline, and again at weeks 6 and 12.⁵ 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).⁵ 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.^{5*} In contrast, IL-6 and IL-1 β production significantly decreased in stimulated cultures after 12 weeks of probiotic supplementation.^{5*} This demonstrates the potential of probiotics to beneficially modulate the immune response.^{5*}

Supplementation with a combination of probiotic strains and vitamin C helped to support respiratory immune health in schoolchildren.^{6*} In this six-month, randomized, double-blind, placebo-controlled study, 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).^{6*} Participants consumed one tablet daily for six months and their respiratory health was evaluated by a pediatrician every two months.^{6*} 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.^{6*} Similarly, a randomized, double-blind, controlled study found that supplementation with BL-04 and NCFM® for four months promoted healthy eosinophil activity and IgA function in children.^{7*}

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REFERENCES

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