



GENESTRA BRANDS®

HMF Multi Strain

PROBIOTIC SUPPLEMENT

Multistrain probiotic formula promotes gastrointestinal health*



- Supports a healthy gut microflora*
- Provides 15 billion CFU per capsule from a combination of 16 strains

Genestra HMF Multi Strain is a combination of 16 probiotic strains that promote a healthy gut microflora. The intestines are a critical barrier that selectively allow absorption or promote the excretion of compounds, and their optimal function depends on a healthy bacterial balance. The intestinal microbiota contains more than 400 bacterial species, and can be altered by antibiotic use, aging, and premature or caesarean births. Probiotics reinforce the epithelial barrier and control permeability by mediating tight junction integrity, thereby supporting gastrointestinal health.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 60

Each Capsule Contains

Probiotic Consortium	15 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)	
<i>Lactobacillus paracasei</i> (CUL-08)	
<i>Lactobacillus plantarum</i> (CUL-66)	
<i>Lactobacillus casei</i> (CUL-06)	
<i>Lactobacillus fermentum</i> (CUL-67)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	
<i>Bifidobacterium breve</i> (CUL-74)	
<i>Streptococcus salivarius</i> subsp. <i>thermophilus</i> (CUL-68)	
<i>Lactobacillus acidophilus</i> (NCFM™)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HNO19)	
<i>Lactobacillus rhamnosus</i> (HNO01)	

† Daily Value not established

Other Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
60 Vegetable Capsules

Product Code
10487-U



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HMF Multi Strain

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*}

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REFERENCES

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