

# PROBIOTICS DESIGNED WITH *your patients* IN MIND.



## Genestra HMF Probiotics Professional Product Guide

Tried, tested and true.



# Get to know Genestra HMF Probiotics



## Your patient's health needs are as uniquely individual as they are.

With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards, Genestra HMF is the brand of choice for those looking for just the right digestive health solution.

Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.\*

- ✓ Proprietary strains
- ✓ Backed by 20 years of clinical evidence
- ✓ Condition-specific formulas
- ✓ Potency guaranteed through expiration
- ✓ Designed for all ages and life stages
- ✓    

## Choose the right HMF Probiotic for your patient

See page 20 for the HMF Probiotics Comparison Chart

# WHAT ARE PROBIOTICS?

There are billions of bacteria living in the intestinal tract, often referred to as “microflora”. Probiotics are live, “friendly” bacteria in the microflora that work to keep a healthy intestinal balance by replenishing and maintaining beneficial strains. Maintaining this balance is critical for overall good health.\*

## Why supplement with probiotics?

Beneficial bacteria may be reduced due to a variety of factors:

- Age
- Medication use
- Lifestyle
- Dietary changes or poor diet
- Stress
- Traveling

Maintaining bacterial balance in the intestine promotes healthy gastrointestinal function.\*

## Who should take probiotics?

Daily probiotic supplementation is considered a necessary component of any healthy diet. It supports health in:\*

- Pre- and post-pregnancy
- Infants (1 year+), children and adolescents
- Adults
- Seniors

While probiotics may be added in foods such as yogurt and smoothies, direct probiotic supplementation provides the highest amount of beneficial live and active cultures. Probiotics should be a routine part of a daily lifestyle to help maintain optimal health conditions.\*

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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.

# RESEARCH & INNOVATION

## Driving probiotic science and innovation for over 20 years

Genestra Human MicroFlora (HMF) Probiotics incorporate safe and effective strains reflecting the latest evidence-based research from human trials, and provide physicians and healthcare professionals a comprehensive range for individualized or condition-specific treatment.\*

## Proprietary research-based strains

### Natural pH and bile acid resistance: No enteric coatings required

Proprietary research-based strains have high survival rates through various stomach pH (1.8- 4.2), thus maximizing intestinal tract exposure and eliminating the need for enteric coatings (capsule/tablet barriers that control digestive absorption).

### Naturally strong adherence: High ratio of intestinal tract carriage

CFU (Colony Forming Unit) levels are important, but effectiveness is best determined through intestinal tract carriage. HMF bacterial strains have a naturally strong adherence to epithelial cells that ensures high ratios of intestinal tract carriage.

## Research-Driven: Human trials demonstrate safety and efficacy

Research-driven in randomized, double-blind, placebo-controlled human trials

### 25 billion CFU/day of:

- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

### Has been shown to:

- Promote intestinal comfort\*

### 10 billion CFU/day of:

- *Lactobacillus salivarius* (CUL-61)
- *Lactobacillus paracasei* (CUL-08)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

### Has been shown to:

- Promote a healthy immune balance\*
- Reduce incidence of skin sensitivity (Swansea Baby Trial)\*

# PROBIOTIC EXPERTISE

Genestra HMF probiotics are endorsed and supported by Dr. Nigel Plummer, a global authority on probiotics and an educational leader associated with global research institutions. A collaborative think-tank lead by Dr. Nigel Plummer has produced peer-reviewed and PubMed-listed publications.



## Nigel Plummer, PhD<sup>†</sup>

A key probiotic contributor, Dr. Plummer has worked at Pfizer in R&D and has extensive knowledge in the field. His research has resulted in collaborations with research institutes and universities within the U.K. and Europe, enabling Dr. Plummer to develop his expertise in probiotics and fish oils.

## Probiotics You Can Count On

- Over two decades of industry leadership
- Backed by the highest standards in manufacturing, quality assurance, purity and potency
- Optimized freeze-drying technology preserves bacterial activity and ensures survival during storage
- Professional-grade products suitable for those with dietary sensitivities
- Innovative probiotic and nutrient combinations
- Research-based formulas reflecting the latest advancements in the field of probiotics

<sup>†</sup> Dr. Plummer has been retained as a medical consultant in advising Genestra Brands.

# HMF Capsules

SUPPORTS GASTROINTESTINAL HEALTH\*

- Maintains digestive health\*
- Provides 10 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium animalis* subsp. *lactis*

HMF Capsules provide four strains of proprietary probiotics that support healthy gut flora in adults and children. The microflora composition in the gut is relatively steady, although it can be altered by diet, stress, age and medication use. Probiotics support healthy bacterial balance to maintain healthy intestinal function. Probiotics support the epithelial barrier and mediate the integrity of tight junctions, which control permeability. Lactic acid bacteria *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and effectively colonize the intestines. In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing *Lactobacillus acidophilus* supported healthy microflora balance.\*

SUPPLEMENT FACTS		
Serving Size 2 Capsules		
Servings per Container 30		
Each Serving Contains		%DV
Total Carbohydrate	<1 g	<1% ♦
<b>Probiotic Consortium</b>	5 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)		
♦ Percent Daily Values (DV) are based on a 2,000 calorie diet		
† Daily Value not established		

Other Ingredients: Cellulose, hypromellose, silica, magnesium stearate

## Recommended Dose

**Adults and Children (6 years and older):** Take two capsules two times daily with meals, or as recommended by your healthcare practitioner.

**Size**  
60 Vegetable Capsules

**Product Code**  
10409



# HMF Forte

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*

HMF Forte is a unique combination of four strains of proprietary probiotics that helps to promote gastrointestinal health in adults and children. Supplementation with large numbers of a combination of microorganisms helps 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 Serving Contains		%DV
<b>Probiotic Consortium</b>	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**  
60 Vegetable Capsules  
120 Vegetable Capsules

**Product Code**  
10418  
10418120



# HMF Intensive

SUPPORTS INTESTINAL HEALTH\*

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

HMF Intensive Capsules provide four strains of proprietary 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 Serving Contains	%DV
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



# HMF Intensive 500

500 BILLION CFU PER DOSE



- Supports gastrointestinal health and comfort\*
- Balances microflora composition\*
- Offers five proprietary strains from a combination of *Lactobacillus* and *Bifidobacterium* genera
- Convenient, once-daily powder format
- Potency guaranteed through expiration
- Backed by over 20 years of clinical evidence

HMF Intensive 500 is our most concentrated probiotic formula yet, providing 500 billion CFU daily from a combination of five research-driven strains. Included in this blend are three strains of *Lactobacilli* and two strains of *Bifidobacteria* to ensure colonization in both the small and large intestines. These proprietary strains were selected based on their high quality, viability, strong epithelial adherence and naturally high tolerance to stomach acid. HMF probiotics have been evaluated for their effectiveness in clinical trials over the past 15 years and are some of the most studied probiotic cultures in the world. Research has reported that strains present in HMF Intensive 500 contribute to a favorable gut flora balance, support gastrointestinal comfort and maintain immune health (when combined with vitamin C). Provided in a convenient, once-daily powder format, HMF Intensive 500 is an easy way to support daily gastrointestinal health.\*

SUPPLEMENT FACTS	
Serving Size 1 Sachet (5 g)	
Servings per Container 30	
Each Serving Contains	%DV
Probiotic Consortium	500 billion CFU †
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Lactobacillus salivarius</i> (CUL-61)	
† Daily Value not established	

Other Ingredients: Potato maltodextrin

### Recommended Dose

In a glass, add water or milk to one sachet of HMF Intensive 500 and mix. Take once daily with meals, or as recommended by your healthcare practitioner.

**Size**  
30 - 0.18 oz (5 g) Sachets of Powder  
[Net Weight 5.3 oz (150 g)]

**Product Code**  
10199



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# HMF Intensive Powder

SUPPORTS INTESTINAL HEALTH\*

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

HMF Intensive Powder provides four strains of proprietary probiotics that promote intestinal health in children, adolescents, and adults. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics. They effectively colonize the intestines and promote healthy levels of intestinal bacteria into circulation. Probiotics reinforce the epithelial barrier and mediate intestinal permeability by controlling the integrity of tight junctions. Although the microflora composition in the gut is relatively steady, it can be altered by diet, stress, age and medication use. Probiotics 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 Scoop (1 g)			
Servings per Container 30			
Each Serving Contains		% DV for Adults and Children 4+ Years	% DV for Children 3-4 Years
Total Carbohydrate	<1 g	<1% <sup>♦</sup>	†
<b>Probiotic Consortium</b>	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)			

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet  
† Daily Value (DV) not established

Other Ingredients: Maltodextrin

## Recommended Dose

**Adults, Adolescents and Children (3 years and older):** In a glass, add water or milk to one scoop of HMF Intensive Powder and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 1 oz (30 g) Powder

**Product Code**  
10486



# HMF Multi Strain

MULTISTRAIN PROBIOTIC FORMULA PROMOTES GASTROINTESTINAL HEALTH\*

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

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 medication 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 Serving Contains		%DV
<b>Probiotic Consortium</b>	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> (HN019)		
<i>Lactobacillus rhamnosus</i> (HN001)		

† 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





# HMF Multi Strain 50

15-STRAIN PROBIOTIC COMBINATION\*

- Helps to reduce intestinal transit time\*
- Helps support a healthy immune system\*
- May enhance aspects of cellular immunity\*
- Supports gastrointestinal health\*
- Supports a favorable gut flora\*

HMF Multi Strain 50 capsules include 50 billion CFU from a combination of 15 probiotic strains. These research-driven strains were selected based on their ability to support both gastrointestinal and immune health. HMF Multi Strain 50's probiotic consortium contains proprietary strains, and includes 8 strains of *Lactobacilli* and 6 strains of *Bifidobacteria*. *Saccharomyces cerevisiae* subsp. *boulardii* (CNCM-I-1079) live yeast cells are also provided for additional microflora support.

In a recent placebo-controlled clinical trial, daily supplementation with HN019 for two weeks significantly reduced intestinal transit time; following supplementation, intestinal transit time was decreased by approximately 30%, which was associated with an approximate 35.8% reduction in occasional constipation. BL-04 and NCFM® support immune health and may enhance certain aspects of cellular immunity, such as cytokine-dependent cellular signaling. As well, supplementation with a combination of CUL-60, CUL-21, CUL-31 and CUL-20 may help to enhance other certain aspects of cellular immunity in healthy individuals.\*

SUPPLEMENT FACTS	
Serving Size 1 Capsule	
Servings per Container 30	
Each Serving Contains	%DV
Probiotic Consortium	50 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> (HN019)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Lactobacillus paracasei</i> (CUL-08)	
<i>Lactobacillus casei</i> (CUL-06)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Bifidobacterium breve</i> (CUL-74)	
<i>Lactobacillus plantarum</i> (CUL-66)	
<i>Lactobacillus acidophilus</i> (NCFM®)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	
<i>Saccharomyces cerevisiae</i> subsp. <i>boulardii</i> (CNCM-I-1079)	
† 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**  
10498



# HMF Multi Strain 100

CONCENTRATED 14-STRAIN PROBIOTIC COMBINATION

- Provides 100 billion CFU per convenient, once-daily capsule
- Supports gastrointestinal and immune health\*
- Contains proprietary strains
- Potency guaranteed through expiration

HMF Multi Strain 100 capsules offer 100 billion CFU from a combination of 14 probiotic strains. Included in this blend of proprietary 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* (HN019), 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 Serving Contains	%DV
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> (HN019)	
<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



\*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 Powder

FRUCTOOLIGOSACCHARIDES AND PROBIOTICS TO PROMOTE INTESTINAL HEALTH\*

- Provides 22 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium animalis* subsp. *lactis*
- Includes 1,760 mg of fructooligosaccharides (FOS) per day

HMF Powder is a synbiotic combination of four strains of proprietary human-sourced probiotics and FOS that promotes optimal intestinal health. The intestinal microbiota, which contains more than 400 bacterial species, can be altered by medication use, aging, and premature or caesarean births. 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 most commonly used probiotics are *Lactobacilli* and *Bifidobacteria*. They effectively colonize the intestines, but after their ingestion ends, their counts decline. Probiotics also reinforce the epithelial barrier and control permeability by mediating tight junction integrity. Prebiotics, including FOS, are fermented by microbes in the large intestine, which in turn results in the production of short chain fatty acids, including butyrate, the preferred energy source in colon cells. Prebiotics support the growth of healthy bacteria already living in the colon and supplemented probiotic strains.\*

SUPPLEMENT FACTS			
Serving Size 1 Scoop (1 g)			
Servings per Container 60			
Each Serving Contains		% DV for Adults and Children 4+ Years	% DV for Children 1-3 Years
Total Carbohydrate	<1 g	<1% <sup>◆</sup>	†
<b>Probiotic Consortium</b>	11 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)	880 mg	†	†

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet  
† Daily Value not established

### Recommended Dose

**Adults and Children (1 year and older):** In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 2.1 oz (60 g)

**Product Code**  
10408



## HMF Pre + Probiotic

PROBIOTIC BLEND + PREBIOTIC FIBRE

- 1.25 billion CFU per dose
- Includes fructooligosaccharides
- Ideal for vegans
- Convenient powder format

HMF Pre + Probiotic is a long-term maintenance synbiotic formula which provides two strains of proprietary human-sourced *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*, along with fructooligosaccharides to specifically assist in maintaining healthy intestinal flora.\*

SUPPLEMENT FACTS		
Serving Size 1 Scoop (5 g)		
Servings per Container 50		
Each Serving Contains		% DV
Calories	10	
Total Carbohydrate	5 g	2% <sup>◆</sup>
Dietary Fiber	5 g	19% <sup>◆</sup>
<b>Probiotic Consortium</b>	1.25 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)		
Fructooligosaccharides (FOS)	2.5	†
Psyllium ( <i>Plantago ovata</i> ) Husk	2.19 g	†

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet  
† Daily Value not established

### Recommended Dose

**Adults and Adolescents (12 years and older):** In a glass, add water or juice to one heaped scoop of HMF Pre + Probiotic and mix. Take once daily, at least two to three hours before or after taking antibiotics or other medications, or as recommended by your healthcare practitioner. Drink a full glass of liquid with each serving. When used as a gentle laxative, effects are observed twelve to twenty-four hours after first dose, and may take two to three days.

**Size**  
Net Weight 8.8 oz (250 g)

**Product Code**  
10423



# HMF Replenish Capsules

PROMOTES GASTROINTESTINAL HEALTH\*

- Supports a healthy gut microflora\*
- Promotes healthy digestive function\*
- Provides 100 billion CFU per dose from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium animalis* subsp. *lactis*, and *Lactobacillus salivarius*

HMF Replenish Capsules contain five strains of proprietary human-sourced probiotics that support gastrointestinal health. *Lactobacillus* and *Bifidobacterium* promote healthy intestinal microflora and support healthy digestion. In a randomized, placebo-controlled trial involving 52 adults, daily supplementation with probiotics supported digestive health.\*

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Servings per Container 14		
Each Serving Contains		% DV
Probiotic Consortium	100 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)		
† Daily Value not established		

Other Ingredients: Fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate

## Recommended Dose

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

**Size**  
14 Vegetable Capsules

**Product Code**  
10457



# HMF Replete

PROMOTES HEALTHY GUT FLORA\*

- Supports gastrointestinal and digestive health\*
- Provides 75 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium animalis* subsp. *lactis*, and *Lactobacillus salivarius*

HMF Replete is a unique combination of proprietary human-sourced probiotics that supports a healthy intestinal microflora. The intestines contain more than 400 bacterial species, and bacterial balance is necessary for a healthy intestinal tract. Probiotics, including *Lactobacillus* and *Bifidobacterium*, promote healthy microflora, support normal intestinal microbiota, and promote digestive health. In a randomized, placebo-controlled trial involving 52 adults, daily probiotic supplementation supported gastrointestinal health.\*

SUPPLEMENT FACTS		
Serving Size ½ Sachet (10 g)		
Servings per Container 14		
Each Serving Contains		% DV
Calories	25	
Total Carbohydrate	9 g	3% ♦
Dietary Fiber	5 g	20% ♦
Sugars	4 g	†
Probiotic Consortium	75 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)		
Fructooligosaccharides (FOS)	5 g	†
♦ Percent Daily Values (DV) are based on a 2,000 calorie diet		
† Daily Value not established		

Other Ingredient: Apricot powder

## Recommended Dose

**Adults:** In a glass, add water to ½ sachet of HMF Replete and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
7- 0.7 oz (20 g) Sachets of Powder  
[Net Weight 4.9 oz (140 g)]

**Product Code**  
10419



\*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 Super Powder

SUPPORTS INTESTINAL HEALTH\*

- Provides 20 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium animalis* subsp. *lactis*
- Provides 1,600 mg of fructooligosaccharides (FOS) per day

HMF Super Powder provides 20 billion CFU per day of proprietary human-sourced probiotics that promote optimal intestinal health. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and effectively colonize the intestines. Probiotics reinforce the epithelial barrier and mediate intestinal permeability by controlling the integrity of tight junctions. They 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. FOS are non-digestible food ingredients that support the growth and activity of *Bifidobacteria* and *Lactobacilli* in the human colon.\*

**SUPPLEMENT FACTS**

Serving Size 1 Scoop (1 g)  
Servings per Container 120

Each Serving Contains		% DV for Adults and Children 4+ Years	% DV for Children 1-3 Years
Total Carbohydrate	<1 g	<1%♦	†
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)	800 mg	†	†

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet  
† Daily Value not established

Other Ingredient: Fructose

**Recommended Dose**

**Adults and Children (1 year and older):** In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Super Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**

Net Weight 4.2 oz (120 g)

**Product Code**

10427



# HMF Travel

PROBIOTICS TO SUPPORT GASTROINTESTINAL HEALTH WHEN TRAVELLING\*



- Shelf-stable formula
- 35 billion CFU per day
- Supports maintenance of a healthy gastrointestinal microflora\*
- Includes *Saccharomyces boulardii* plus four proprietary probiotic strains
- Potency guaranteed through expiration

HMF Travel combines five probiotic strains from *Lactobacillus*, *Bifidobacterium* and *Saccharomyces* genera to promote a healthy gut flora and support gastrointestinal health. A number of travel-related factors, including unfamiliar food or water, stress and jet-lag, can all affect the normal composition of gut bacteria. Clinical trials have found that the probiotic yeast *Saccharomyces boulardii* helps balance microflora composition and supports gastrointestinal health in tourists when taken prior to and during the trip. HMF Travel also contains proprietary, human-sourced, research-driven strains demonstrated to promote gastrointestinal comfort, maintain immune health (when combined with vitamin C), adhere to the gut lining, efficiently colonize the intestinal environment, and naturally resist pH and bile acid without the need for enteric coating. As some probiotic supplements require constant refrigeration to ensure the stability of the microorganisms, they may be unsuitable for travelers that do not have easy access to refrigeration. HMF Travel is a shelf-stable probiotic supplement offered in a convenient capsule format that can easily be taken anywhere to support gastrointestinal health.\*

**SUPPLEMENT FACTS**

Serving Size 2 Capsules  
Servings per Container 15

Each Serving Contains	% DV
Probiotic Consortium	35 billion CFU
<i>Saccharomyces boulardii</i> (CNCM-I-1079)	
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	

† Daily Value not established

Other Ingredients: Hypromellose, cellulose, silica, magnesium stearate

**Recommended Dose**

Take two capsules daily or as recommended by your healthcare practitioner.

**Size**

30 Vegetable Capsules

**Product Code**

10198



# HMF CranPro

PROBIOTICS AND CRANBERRY EXTRACT FOR URINARY TRACT SUPPORT\*



- Promotes urinary tract health and comfort\*
- Maintains microflora balance in the gastrointestinal and genitourinary tracts\*
- Provides 30 billion CFU per day from a combination of four proprietary probiotic strains
- Includes 500 mg of PACRAN® Cranberry fruit extract daily, equivalent to 25 g of fresh fruit

HMF CranPro supports urinary tract health with a combination of research-driven probiotics and PACRAN®, a clinically studied cranberry fruit extract. Cranberries are rich in polyphenol antioxidant compounds such as proanthocyanidins, which help to support the health of the uroepithelial cells that line the bladder. Regular PACRAN® supplementation has been shown to promote a healthy microflora balance in the urinary tract, support urinary tract comfort, and maintain urogenital function. As there may be a connection between gut and urinary tract health, HMF CranPro contains four strains of proprietary probiotics that have been demonstrated to adhere better to the gut lining, more efficiently colonize the intestinal environment, and naturally resist pH and bile acid.\*

SUPPLEMENT FACTS		
Serving Size 2 Capsules		
Servings per Container 30		
Each Serving Contains		% DV
Probiotic Consortium	30 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Lactobacillus gasseri</i> (CUL-09)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Bifidobacterium bifidum</i> (CUL-20)		
PACRAN® Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (50:1)	500 mg	†
25 g Fresh Fruit Equivalent		
† Daily Value not established		

Other Ingredients: Hypromellose, cellulose, silica, magnesium stearate  
PACRAN® is a trademark of Naturex

### Recommended Dose

Take two capsules daily or as recommended by your healthcare practitioner.

**Size**  
60 Vegetable Capsules

**Product Code**  
10357



# HMF Cystgen

PROMOTES URINARY TRACT AND INTESTINAL HEALTH\*

- Provides antioxidant support\*
- Provides 10 billion CFU per day from a combination of two proprietary, human-sourced strains
- Includes 832 mg of cranberry fruit juice concentrate and 600 mg of vitamin C per day

HMF Cystgen provides two strains of *Lactobacillus acidophilus* formulated to support optimal urinary tract health. The microbial species that inhabit the vaginal tract help maintain urogenital health. Research suggests that the intestinal and urogenital microbial flora have a central role in maintaining health and well-being. The probiotic organisms present in HMF Cystgen help maintain healthy microflora. Vitamin C and cranberry fruit extract provide antioxidants to further promote urinary tract health.\*

SUPPLEMENT FACTS		
Serving Size ¼ Sachet (1.9 g)		
Servings per Container 24		
Each Serving Contains		% DV
Vitamin C (ascorbic acid)	150 mg	250%
Potassium (potassium citrate/ bicarbonate)	379 mg	11%
Probiotic Consortium	2.5 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Juice Concentrate (36:1)	208 mg	†
7.5 g Fresh Equivalent		
♦ Percent Daily Values (DV) are based on a 2,000 calorie diet		
† Daily Value not established		

Other Ingredients: Cellulose, citric acid

### Recommended Dose

**Adults:** Take ¼ sachet four times daily or as recommended by your healthcare practitioner. Take with food or immediately after meals. Completely dissolve powder in ¼ glass of cold water or juice. Allow fizzing to stop before drinking. Take at least two to three hours before or after taking antibiotics.

**Size**  
6 - 0.3 oz (7.5 g)  
[Net Weight 1.6 oz (45 g)]

**Product Code**  
10413



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## HMF Neuro Capsules

PROBIOTICS TO SUPPORT GASTROINTESTINAL HEALTH IN ADULTS AND CHILDREN\*

- Contains *L. rhamnosus*, a probiotic that has shown exorphin-degrading activity *in vitro*\*
- Provides 24 billion CFU per daily dose
- Includes 500 mg of L-glutamine per daily dose

HMF Neuro Capsules contain a combination of five proprietary, human-sourced probiotics and the amino acid L-glutamine. Included in this probiotic blend is *L. rhamnosus*, a strain that has demonstrated exorphin-degrading activity *in vitro*. Exorphins are peptides produced during the digestion of certain foods, including wheat and dairy products. *L. rhamnosus* has been shown to eliminate exorphins from wheat and milk in intestinally-simulated conditions. This strain has been combined with four proprietary, research-driven strains to support gastrointestinal health and contribute to a favorable gut flora.\*

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Servings per Container 60		
Each Serving Contains		% DV
<b>Probiotic Consortium</b>	12 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 rhamnosus</i> (CUL-63)		
L-Glutamine	250 mg	†
† Daily Value not established		

Other Ingredients: Hypromellose, silica, magnesium stearate

### Recommended Dose

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

**Size**  
60 Vegetable Capsules

**Product Code**  
10442



## HMF Neuro Powder

SUPPORTS GASTROINTESTINAL HEALTH IN ADULTS\*

- Contains *L. rhamnosus*, a probiotic that has shown exorphin-degrading activity *in vitro*\*
- Provides 24 billion CFU per daily dose
- Includes 1000 mg of L-glutamine and 500 mg of fructooligosaccharides (FOS) per daily dose
- Great-tasting apricot flavor

HMF Neuro Powder provides a combination of five proprietary, human-sourced probiotics, plus the amino acid L-glutamine and FOS in a delicious apricot-flavored powder. This probiotic blend includes *L. rhamnosus*, a strain that has demonstrated exorphin-degrading activity *in vitro*. Exorphins are peptides produced during the digestion of certain foods, including wheat and dairy products. In intestinally-simulated conditions, *L. rhamnosus* has been shown to extensively eliminate exorphins from wheat and milk. This probiotic helps to support gastrointestinal health and contribute to a favorable gut flora along with four other proprietary, research-driven strains.\*

SUPPLEMENT FACTS		
Serving Size 1 Scoop (1 g)		
Servings per Container 60		
Each Serving Contains		% DV
<b>Probiotic Consortium</b>	12 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 rhamnosus</i> (CUL-63)		
L-Glutamine	500 mg	†
Fructooligosaccharides (FOS)	250 mg	†
† Daily Value not established		

Other Ingredients: Apricot powder

### Recommended Dose

**Adults:** In a glass, add water to one scoop of HMF Neuro Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 2.1 oz (60 g) Powder

**Product Code**  
10443



# HMF Cream

## PROBIOTIC CREAM

- Easy application for increased compliance
- Proprietary, non-pathogenic, human-sourced strains

HMF Cream provides two strains of *Lactobacillus*. One gram (1 g) of cream contains 80 million CFU of *Lactobacillus acidophilus* (CUL-60); *Lactobacillus gasseri* (CUL-09), *Allium Sativum* (Garlic) Bulb Extract, *Rosa Damascena* Flower Oil

**INGREDIENTS:** PEG-8, PEG-32, *Lactobacillus* Ferments [*Lactobacillus acidophilus* (CUL-60); *Lactobacillus gasseri* (CUL-09)], *Allium Sativum* (Garlic) Bulb Extract, *Rosa Damascena* Flower Oil

### Recommended Dose

**Application:** Apply liberally to skin two to three times daily or as recommended by your healthcare practitioner. For external use only.

**Size**  
Net Weight 1.8 oz (50 g)

**Product Code**  
10566



# HMF Maternity

## INTESTINAL SUPPORT WITH PROPRIETARY STRAINS

- Utilizes human sourced, non-pathogenic proprietary strains that provide strong epithelial adherence and a naturally high tolerance to stomach acid
- Temporarily modify gut flora\*
- Unique consortium of proprietary strains supports pregnant women

Healthy intestinal bacteria are just as important to infants as to adults. Microflora composition remains relatively unchanged after infancy. Thus, the acquisition of a beneficial flora potential in the newborn can be significantly enhanced if the mother also takes a probiotic during pregnancy. Additionally, probiotics will help support the intestinal function of the mother during the pregnancy period.\*

SUPPLEMENT FACTS	
Serving Size 1 Capsule	
Servings per Container 30	
Each Serving Contains	% DV
Probiotic Consortium	10 billion CFU †
<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)	
† Daily Value not established	

Other Ingredients: Maltodextrin, hypromellose

### Recommended Dose

**Women:** Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
30 Vegetable Capsules

**Product Code**  
10492



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## HMF Baby B

PROBIOTIC FOR BREAST-FED INFANTS

- Helps to promote skin health\*
- Helps to reduce incidence of skin sensitivity\*

HMF Baby B probiotic formula for breast-fed babies provides *Lactobacillus salivarius*, *Lactobacillus paracasei*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*, which help to promote immune function and skin health in children. HMF Baby B powder dissolves easily into milk or water, and is free of gluten and soy. Ideal for vegetarian children.\*

SUPPLEMENT FACTS		
Serving Size 1 Scoop (200 mg)		
Servings per Container 30		
Each Serving Contains		%DV
Probiotic Consortium	10 billion CFU	†
<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)		
† Daily Value not established		

Other Ingredients: Transgalactooligosaccharides (GOS) (from milk)  
Contains: Milk

### Recommended Dose

**Children (1-4 years):** In a glass, add water or milk to one scoop of HMF Baby B and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 0.2 oz (6 g) Powder

**Product Code**  
10491



## HMF Baby F

PROBIOTIC FOR FORMULA-FED INFANTS

- Helps to promote skin health\*
- Helps to reduce incidence of skin sensitivity\*

HMF Baby F probiotic formula for formula-fed babies provides *Lactobacillus salivarius*, *Lactobacillus paracasei*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*, which help to promote immune function and skin health in children. HMF Baby F contains galactooligosaccharides (GOS), a type of prebiotic fiber found naturally with breast milk that may help to support a healthy gastrointestinal microflora in infants. Fructooligosaccharides (FOS) are also included for additional prebiotic fiber content. HMF Baby F powder dissolves easily into milk or water, and is free of gluten and soy. Ideal for vegetarian children.\*

SUPPLEMENT FACTS		
Serving Size 1 Scoop (1.1 g)		
Servings per Container 60		
Each Serving Contains		%DV
Total Carbohydrate	1 g	†
Probiotic Consortium	10 billion CFU	†
<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)		
† Daily Value not established		

Other Ingredients: Transgalactooligosaccharides (GOS) (from milk), fructooligosaccharides (FOS)  
Contains: Milk

### Recommended Dose

**Children (1-4 years):** In a glass, add water or milk to one scoop of HMF Baby F and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 2.3 oz (66 g) Powder

**Product Code**  
10493



# HMF Child

SUPPORTS DIGESTIVE HEALTH IN CHILDREN\*

- Supports skin health and immune function\*
- Provides 25 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus paracasei*, *Lactobacillus salivarius*, and *Bifidobacterium animalis* subsp. *lactis* per dose
- Delicious blackcurrant flavor

HMF Child probiotic formula is a great-tasting and unique combination of probiotics, including *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus paracasei*, *Lactobacillus salivarius*, and *Bifidobacterium animalis* subsp. *lactis*, which help maintain a child's healthy gut flora. *Bifidobacterium bifidum* and *Lactobacillus lactis* are found in the intestinal flora of healthy children. Probiotics influence the intestinal microbiota, modulate the immune response, and support skin health. Double-blind, placebo-controlled clinical studies indicate that HMF Probiotics, at a core consortium of 25 billion CFU, support gastrointestinal health and digestive function.\*

SUPPLEMENT FACTS		
Serving Size 1 Tablet		
Servings per Container 30		
Each Serving Contains		% DV
Total Carbohydrate	<1 g	<1% ♦
<b>Probiotic Consortium</b>	12.5 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)		

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet  
† Daily Value not established

Other Ingredients: Sorbitol, xylitol, natural blackcurrant flavor, silica, magnesium stearate

## Recommended Dose

**Children (4 years and older):** Chew one tablet two times daily with meals, or as recommended by your healthcare practitioner.

**Size**  
30 Chewable Tablets

**Product Code**  
10451



# HMF Fit For School

CHILDREN'S IMMUNE SUPPORT FORMULA\*

- Helps to support upper respiratory tract health in children\*
- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora\*
- Includes 50 mg of vitamin C and 1000 IU of vitamin D per serving
- Chewable tablets with a delicious natural blackcurrant flavor

HMF Fit For School includes a combination of research-driven probiotic strains and vitamin C that supports children's upper respiratory tract health and immune function.\* In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or HMF Fit For School's probiotic formula plus 50 mg of vitamin C daily for six months. Children in the probiotic plus vitamin C group had significant improvement in upper respiratory tract health. HMF Fit For School also includes 25 mcg (1000 IU) of vitamin D per tablet to provide additional immune support.\*

SUPPLEMENT FACTS		
Serving Size 1 Tablet		
Servings per Container 30		
Each Serving Contains		% DV
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin D <sub>3</sub> (cholecalciferol)	1000 IU	250%
<b>Probiotic Consortium</b>	12.5 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Bifidobacterium bifidum</i> (CUL-20)		

† Daily Value (DV) not established

Other Ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavor, silica, magnesium stearate

## Recommended Dose

**Adolescents and Children (4 years and older):** Chew one tablet daily or as recommended by your healthcare practitioner.

**Size**  
30 Chewable Tablets

**Product Code**  
10497



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# HMF Natogen

SUPPORTS HEALTHY GUT FLORA IN YOUNG CHILDREN\*

- Supports gastrointestinal health\*
- Includes 3 billion CFU per day from two strains of *Lactobacillus acidophilus*, *Lactobacillus paracasei*, and *Bifidobacterium animalis* subsp. *lactis*

HMF Natogen is a unique combination of four strains of proprietary human-sourced probiotics that promotes intestinal health in young children. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and they effectively colonize the intestines. The human intestinal tract contains more than 400 bacterial species, and a healthy bacterial balance is necessary for a healthy gastrointestinal tract. Probiotics promote the presence of beneficial bacteria, and strengthen the epithelial barrier. Probiotics transiently impact the host’s microflora, as once their ingestion ends, they decline in numbers. As the microflora composition in children is relatively unchanged after infancy, it significantly depends on the diet.\*

SUPPLEMENT FACTS		
Serving Size 1 Scoop (100 mg)		
Servings per Container 60		
Each Serving Contains		% DV
Probiotic Consortium	3 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Lactobacillus paracasei</i> (CUL-08)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)		
† Daily Value not established		

Other Ingredients: Lactose monohydrate (milk)

### Recommended Dose

**Children (1-4 years):** In a glass add water or milk to one scoop of HMF Natogen and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

**Size**  
Net Weight 0.2 oz (6 g) Powder

**Product Code**  
10424



# PROBIOTICS DESIGNED WITH *your patients* IN MIND.



## Get to know **Genestra HMF Probiotics**

Your patients' health needs are as uniquely individual as they are. With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards, Genestra HMF is the brand of choice for those looking for just the right digestive health solution. Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.\*

Tried, tested and true.



GENESTRA BRANDS®

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# PROBIOTIC CLINICAL TRIALS

## Safe and effective strains that reflect the latest evidence-based research from human trials

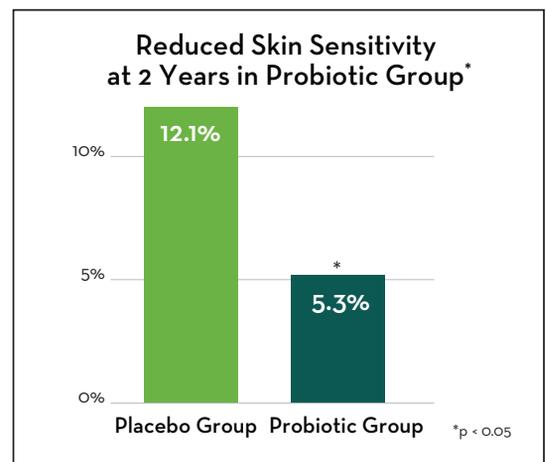
Genestra HMF probiotic strains have been proven over 20 years to be effective in promoting intestinal balance. This section provides a detailed overview of the latest trials conducted on human-derived probiotic strains, specifically the results from research that studied probiotics and their effects on skin sensitivity in infants and on occasional intestinal discomfort in adults.\*

### The Swansea Baby Trial

Probiotics in the Prevention of Skin Sensitivity:  
A Randomised Controlled Trial  
(Allen *et al.*, 2014)

**Probiotic supplementation was found to safely and effectively reduce incidence of skin sensitivity.** In a randomized, double-blind, placebo-controlled, parallel group trial, 454 pregnant women at 36 weeks of gestation were assigned to either the probiotic capsule treatment group (10 billion CFU from *Lactobacillus salivarius* CUL-61, *Lactobacillus paracasei* CUL-08, *Bifidobacterium animalis* subsp. *lactis* CUL-34 and *Bifidobacterium bifidum* CUL-20) or the placebo capsule group. Participants began daily supplementation until giving birth; participants' infants then began daily supplementation until 6 months of age. Skin sensitivity was evaluated at 6 months and 2 years of age. In comparison with the infant participants in the placebo group, participants in the probiotic group experienced a statistically significant 57% decrease in skin sensitivity.\*

- 57% decrease in skin sensitivity\*



# The Sheffield Trial

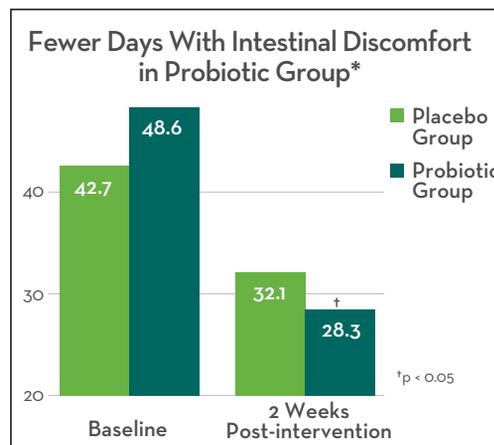
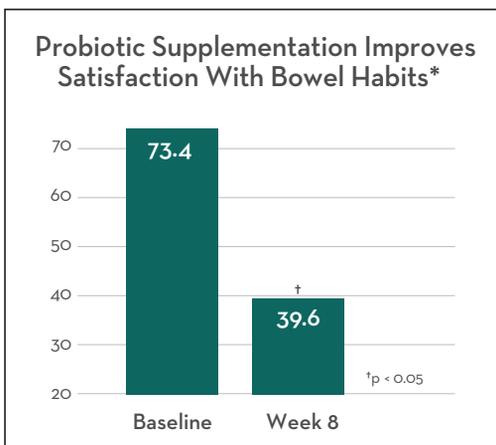
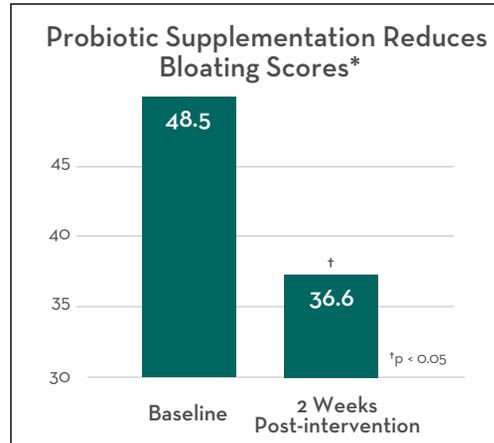
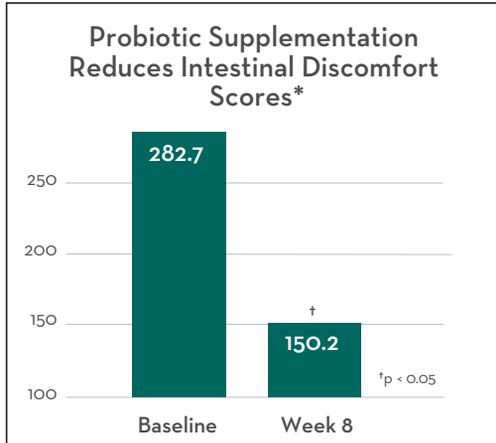
## Clinical Trial: A Multistrain Probiotic Preparation Significantly Reduces Intestinal Discomfort in a Double-Blind Placebo-Controlled Study

(Williams *et al.*, 2008)

**Probiotic supplementation was found to decrease the number of days with intestinal discomfort, while improving satisfaction with bowel habits and overall quality of life.** In this eight-week long, double-blind, randomized, placebo-controlled study, 52 participants were randomized to either the placebo capsule group or the probiotic capsule group (25 billion CFU from *Lactobacillus acidophilus* CUL-60 and CUL-21, *Bifidobacterium animalis* subsp. *lactis* CUL-34, and *Bifidobacterium bifidum* CUL-20). Participants

scored their intestinal discomfort (including bloating, satisfaction with bowel habits, and quality of life) at baseline and every two weeks during supplementation. In the probiotic group, satisfaction with bowel habits significantly improved in just six weeks, and quality of life scores improved after eight weeks of supplementation.

- 22% decrease in days with intestinal discomfort
- 32% improvement in satisfaction with bowel habits



\*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 PROBIOTICS COMPARISON CHART

PRODUCT	PRIMARY INDICATIONS*	CFU PER DOSAGE UNIT	STRAINS	ADDITIONAL FEATURES	FOS	RECOMMENDED DOSE
<b>DAILY PROBIOTIC</b>						
HMF Pre + Probiotic (powder)	Probiotic and prebiotic formula to gently promote a natural healthy gut flora balance in a convenient powder*	1.25 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	Psyllium husk	Yes	<b>Adults and Adolescents (12 years and older):</b> In a glass, add water or juice to one heaped scoop of HMF Pre + Probiotic and mix. Take once daily, at least two to three hours before or after taking antibiotics or other medications, or as recommended by your healthcare practitioner. Drink a full glass of liquid with each serving. When used as a gentle laxative, effects are observed twelve to twenty-four hours after first dose, and may take two to three days.
HMF Capsules	Encapsulated probiotic blend for general digestive support*	2.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	<b>Adults and Children (6 years and older):</b> Take two capsules two times daily with meals or as recommended by your healthcare practitioner.
HMF Forte (capsules)	Probiotic and prebiotic formula for enhanced microflora support and G.I. function*	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	Take one capsule two times daily with meals or as recommended by your healthcare practitioner.
HMF Super Powder	Probiotic and prebiotic formula for enhanced microflora support and G.I. function; convenient powder in a larger size format*	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	<b>Adults and Children (1 year and older):</b> In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Super Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Powder	Probiotic and prebiotic formula for enhanced microflora support and G.I. function; convenient powder*	11 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	<b>Adults and Children (1 year and older):</b> In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Multi Strain (capsules)	Probiotic formula featuring 16 different strains for comprehensive G.I. support*	15 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08) <i>L. plantarum</i> (CUL-66) <i>L. casei</i> (CUL-06) <i>L. fermentum</i> (CUL-67) <i>L. gasseri</i> (CUL-09) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62) <i>B. breve</i> (CUL-74) <i>S. salivarius</i> subsp. <i>thermophilus</i> (CUL-68) <i>L. acidophilus</i> (NCFM™) <i>B. animalis</i> subsp. <i>lactis</i> (HNO19) <i>L. rhamnosus</i> (HNO01)		No	<b>Adults, Adolescents and Children (6 years and older):</b> Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Travel (capsules)	Shelf-stable, probiotic formula to promote G.I. health when traveling*	17.5 billion	<i>S. boulardii</i> (CNCM-1-1079) <i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)		No	Take two capsules daily or as recommended by your healthcare practitioner.
HMF Intensive (capsules)	Probiotic formula with clinically researched strains shown to support intestinal comfort*	25 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	<b>Adults and Children (6 years and older):</b> Take one capsule daily with a meal or as recommended by your healthcare practitioner.

PRODUCT	PRIMARY INDICATIONS*	CFU PER DOSAGE UNIT	STRAINS	ADDITIONAL FEATURES	FOS	RECOMMENDED DOSE
<b>DAILY PROBIOTIC</b>						
HMF Intensive Powder	Probiotic formula for microflora balance and G.I. health support; convenient powder*	25 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	<b>Adults, Adolescents and Children (3 years and older):</b> In a glass, add water or milk to one scoop of HMF Intensive Powder and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Multi Strain 50 (capsules)	Probiotic formula featuring 15 different strains for comprehensive G.I. support*	50 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (HNO19) <i>B. animalis</i> subsp. <i>lactis</i> (BL-04) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08) <i>L. casei</i> (CUL-06) <i>L. gasseri</i> (CUL-09) <i>B. breve</i> (CUL-74) <i>L. plantarum</i> (CUL-66) <i>L. acidophilus</i> (NCFM™) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62) <i>S. cerevisiae</i> subsp. <i>boulardii</i> (CNCM-1-1079)		No	<b>Adults, Adolescents and Children (6 years and older):</b> Take one capsule daily or as recommended by your healthcare practitioner.
HMF Replete (powder)	Probiotic powder for broad-spectrum support*	75 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61)		Yes	<b>Adults:</b> In a glass, add water to ½ sachet of HMF Replete and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Replenish Capsules	Probiotic capsule for broad-spectrum support*	100 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61)		Yes	<b>Adults and Children (6 years and older):</b> Take one capsule daily with a meal or as recommended by your healthcare practitioner.
HMF Multi Strain 100 (capsules)	Probiotic formula featuring 14 different strains for comprehensive G.I. support*	100 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (HNO19) <i>B. animalis</i> subsp. <i>lactis</i> (BL-04) <i>L. acidophilus</i> (NCFM™) <i>L. gasseri</i> (CUL-09) <i>L. paracasei</i> (CUL-08) <i>L. casei</i> (CUL-06) <i>L. salivarius</i> (CUL-61) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62) <i>B. breve</i> (CUL-74) <i>L. plantarum</i> (CUL-66)		No	Take one capsule daily or as recommended by your healthcare practitioner.
HMF Intensive 500 (powder)	Highest potency HMF probiotic available	500 billion	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>L. salivarius</i> (CUL-61)		No	In a glass, add water or milk to one sachet of HMF Intensive 500 and mix. Take once daily with meals, or as recommended by your healthcare practitioner.
<b>URINARY SUPPORT</b>						
HMF Cystgen (powder)	Helps support urinary tract health*	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21)	Vitamin C, potassium, cranberry fruit juice concentrate	No	<b>Adults:</b> Take ¼ sachet four times daily or as recommended by your healthcare practitioner. Take with food or immediately after meals. Completely dissolve powder in ¼ glass of cold water or juice. Allow fizzing to stop before drinking. Take at least two to three hours before or after taking antibiotics.
HMF CranPro (capsules)	Helps support urinary tract health in women*	15 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>L. gasseri</i> (CUL-09) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)	PACRAN® cranberry fruit extract	No	Take two capsules daily or as recommended by your healthcare practitioner.

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PRODUCT	PRIMARY INDICATIONS*	CFU PER DOSAGE UNIT	STRAINS	ADDITIONAL FEATURES	FOS	RECOMMENDED DOSE
<b>EXORPHIN DEGRADING (in vitro)</b>						
HMF Neuro Capsules	Exorphin degrading capacity in intestinally-simulated conditions*	12 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. rhamnosus</i> (CUL-63)	L-Glutamine	No	<b>Adults, Adolescents and Children (6 years and older):</b> Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Neuro Powder	Exorphin degrading capacity in intestinally-simulated conditions*	12 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. rhamnosus</i> (CUL-63)	L-Glutamine	Yes	<b>Adults:</b> In a glass, add water to one scoop of HMF Neuro Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
<b>TOPICAL SUPPORT</b>						
HMF Cream	Supports healthy microflora*	100 million	<i>L. acidophilus</i> (CUL-60) <i>L. gasseri</i> (CUL-09)	Garlic powder	No	<b>Application:</b> Apply liberally to skin two to three times daily or as recommended by your healthcare practitioner. For external use only.
<b>PREGNANCY &amp; CHILD SUPPORT</b>						
HMF Natogen (powder)	Probiotic specifically formulated to support G.I. health in children*	3 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>L. paracasei</i> (CUL-08) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62)		No	<b>Children (1-4 years):</b> In a glass add water or milk to one scoop of HMF Natogen and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Baby B (powder)	Probiotic specifically formulated for breast-fed babies*	10 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)	Galacto-oligosaccharides (GOS)	No	<b>Children (1-4 years):</b> In a glass, add water or milk to one scoop of HMF Baby B and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Baby F (powder)	Probiotic specifically formulated for formula-fed babies*	10 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)	Galacto-oligosaccharides (GOS)	Yes	<b>Children (1-4 years):</b> In a glass, add water or milk to one scoop of HMF Baby F and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Maternity (capsules)	Probiotic specifically formulated to support pregnant women*	10 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)		No	<b>Women:</b> Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Child (chewable tablets)	Child-specific chewable probiotic to support G.I. health*	12.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)		No	<b>Children (4 years and older):</b> Chew one tablet two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Fit For School (chewable tablets)	Chewable probiotic to support G.I. health and immune function*	12.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)	Added vitamin C and vitamin D	No	<b>Adolescents and Children (4 years and older):</b> Chew one tablet daily or as recommended by your healthcare practitioner.

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## How to Place an Order

Genestra offers a range of condition-specific probiotics to licensed healthcare practitioners and/or students registered in a licensed healthcare program. Once credentials have been verified, your account will be activated.

### Online

Secure online ordering at [GenestraBrands.com](https://GenestraBrands.com).

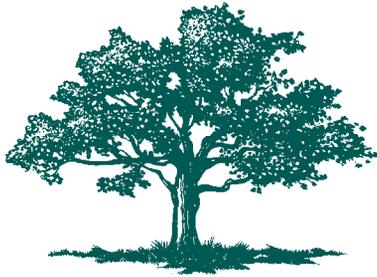
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### Email Us

[sales@seroyal.com](mailto:sales@seroyal.com)

112 Technology Drive,  
Pittsburgh, PA 15275



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