

HMF[®] Bifido Capsules

Supports GI health, abdominal comfort and a health microflora[‡]

INDICATIONS

- Ages 18 and up

BENEFITS

- Supports gastrointestinal health, abdominal comfort and a health microflora[‡]
- Promotes health immune function[‡]
- Includes proprietary, research-driven strains

FEATURES

- Provides 40 billion CFU per dose
- Convenient once-daily capsule format

SCIENTIFIC RATIONALE

The human intestinal tract contains more than 400 bacterial species.¹ This microflora composition can be altered by a number of factors, including diet, occasional stress, certain medications, aging and travel.¹ When the microflora balance is affected in the intestines, common gastrointestinal complaints can occur, including mild bloating and gas.² Research suggests that supplementation with *Bifidobacteria* can promote a healthy gut flora composition and help support gastrointestinal and immune health.^{3,4‡}

Bifidobacteria are normally present in the gut from birth to old age.³ As they can be transmitted from the mothers vagina, gastrointestinal tract or breast milk, they are one of the first genera to colonize the infant gut.^{4,5} In fact, *Bifidobacteria* are the most abundant genus present in the guts of healthy infants, and are present in higher amounts in vaginally-born and breast-fed infants when compared to those who are caesarean-delivered or formula-fed.³ As infants consume solid foods, typically around 6 months of age, bacterial diversity in the gut expands; however, the level of *Bifidobacteria* falls to 30-40% and continues to decrease throughout childhood and adolescence.⁴ *Bifidobacteria* populations decrease further in adulthood (2-14% relative abundance), but remain stable before dropping again in the elderly.³ In addition to the natural reduction of microbial diversity associated with old age, the high prevalence of antibiotic use in the elderly significantly impacts the intestinal microbiota composition, further reducing *Bifidobacteria* levels and impacting overall health.^{3‡}

Bifidobacteria typically colonize the large intestine, where they help to mediate carbohydrate fermentation.^{5‡} As a result of their involvement in host metabolism, they

contribute to the production of metabolites such as vitamins, antioxidants, polyphenols and short-chain fatty acids (SCFAs), which positively affect the gut.^{5‡} Acetate and lactate are the primary fermentation end-products associated with *Bifidobacteria*-mediated carbohydrate metabolism.⁵ Various colonic bacteria convert these metabolites into butyrate the major source of energy for colonocytes.⁵ Butyrate further contributes to gut health by promoting the production of mucin and upper gut motility, while regulating nuclear factor kappa B (NFκB) activity.⁵ In addition, *Bifidobacteria* help to strengthen the epithelial barrier to further maintain gut health.^{3,5‡}

HMF Bifido Capsules provide a combination of six proprietary *Bifidobacteria* strains from a blend of four different *Bifidobacteria* species. Included in this formula are CUL-34 and CUL-20, which have been selected based on their superior adherence to the gut lining, and natural resistance to pH and bile acid.⁶ Double-blind, placebo-controlled trials have reported that daily supplementation with a probiotic supplement (containing CUL-34 and CUL-20) significantly modulates the intestinal microflora composition, supporting a favorable gut flora.^{7,8‡} An additional randomized, double-blind, placebo-controlled trial found that daily supplementation with the same probiotic strains provided support for occasional bloating and abdominal comfort, as well as bowel motility and elimination.^{9‡}

Additionally, approximately 80% of the body's immunologically active cells are located in gut-associated lymphoid tissue, demonstrating an important interaction between the intestines and the immune system.^{10‡} Preclinical research suggests that probiotics may directly mediate the activation of immune cells, the release of cytokines, and IgA antibody-mediated responses in the mucosa.^{11‡}

Research suggests that *Bifidobacteria* may have a particular role in supporting the immune system.^{4‡} Preliminary research showed that a probiotic supplement containing CUL-34 and CUL-20 significantly altered the immune response, as measured by alterations in the product of the cytokines.^{12‡} Similarly, a clinical trial reported daily supplementation with a probiotic containing CUL-34 and CUL-20 and vitamin C provide support for upper respiratory tract health.^{13‡}

HMF Bifido Capsules also provide BI-04, a proprietary probiotic strain that has been investigated for its effects on immune health.¹⁴ In a randomized, double-blind, placebo-controlled trial, physically active adults consumed either a placebo or probiotic supplement (containing 2.0X10⁹ CFU of BI-04) daily for 150 days.^{14‡} Participants

HMF[®] Bifido Capsules

Supports GI health, abdominal comfort and a health microflora[‡]

recorded their physical activity and respiratory health throughout the study via a web-based questionnaire.¹⁴ When compared to the placebo, daily supplementation with BI-04 significantly promoted upper respiratory immune health, demonstrating its beneficial effects on the immune system.^{14‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily or as recommended by your health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. CAUTION: If you are immunocompromised, consult your health professional before using probiotic containing products.

NOTES

Size 0 cap

Bottle count 60

Order code 10425-30U

REFERENCES

- Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). Chapter 1. Probiotics, Prebiotics and Synbiotics. In Otlles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
- Fink, RN, Lembo, AJ. Curr Treat Options Gastroenterol. 2001; 4(4): 333-337.
- Arbolea, S, Watkins, C, Stanton, C, Ross, RP. Front Microbiol. 2016; 7:1204.
- O'Neill, I, Schofield, Z, Hall, LJ. Emerg Top Life, Sci. 2017; 1 333-349.
- Bottacini, F, van Sinderen, D, Ventura, M. Biochem J. 2017; 474(24): 7137-4152.
- Seroyal. Data on file.
- Madden, JA, Plummer, SF, Tang, J, Garaiova, I, Plummer, NT, Herbison, M, Hunter, JO, Shimada, T, Cheng, L, Shirakawa, T. Int Immunopharmacol. 2005; 5(6): 1091-1097
- Plummer, DF, 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
- Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. Ailment Pharmacol Ther. 2009; 29(1): 97-103.
- Saavedra, JM. Nutr Clin Pract. 2007; 22:351-365.
- Oyetayo, VO, Oyetayo, FL. Afr J Biotechnol. 2005; 4(2): 123-127.
- Hepburn, NJ, Garaiova, I, Williams, EA, Michael, DR, Plummer, S. Benef Microbes. 2013; 4(4): 313-217.
- Garaiova, I, Muchová, J, Nayová, Z, Wang, D, Li, JV, Országhová, Z, Michael, DR, Plummer, SF, Ďuračková, Z. Eur J Clin Nutr. 2015; 69(3): 373-379
- West, NP, Horn, PL, Pyne, DB, Gebiski, VJ, Lahtinen, SJ, Fricker, PA, Cripps, AW. Clin Nutr. 2014; 33(4): 581-587.

SUPPLEMENT FACTS

Supplement Facts

Serving Size 1 Capsule
Servings per Container 30

	Amount Per Serving	%DV
Probiotic Consortium	40 billion CFU	*
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium breve</i> (Bb-18)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)		
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (CUL-75)		
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (Bi-26)		
* Daily Value (DV) not established		

Other ingredients: Cellulose, hypromellose, stearic acid

[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



888.737.6925 | GenestraBrands.com

© 2023 Genestra Brands. All Rights Reserved.



GENESTRA
BRANDS[®]