



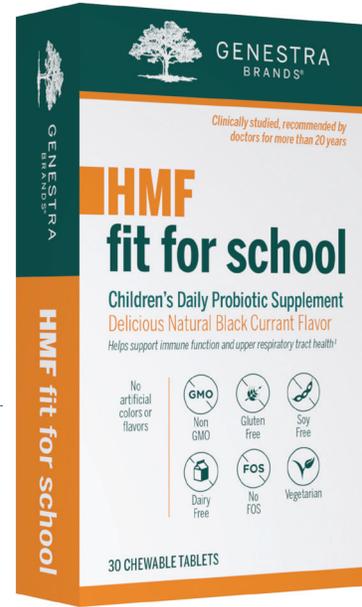
GENESTRA
BRANDS®

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 25 mcg (1,000 IU) of vitamin D per serving
- Chewable tablets with a delicious natural black currant 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 6 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 (1,000 IU) of vitamin D per tablet to provide additional immune support.[†]



Supplement Facts

Serving Size 1 Tablet
Servings per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Probiotic Consortium	12.5 billion CFU	*
<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 (DV) not established

Other Ingredients: Xylitol, black currant fruit extract, sorbitol, sunflower lecithin, natural flavor, silica

Recommended Dose

Adolescents and Children (4 years and older): Chew 1 tablet daily or as recommended by your health professional.

Size

30 Chewable Tablets

Product Code

10497



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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 Fit For School

Scientific Rationale:

Several clinical trials have observed an association between probiotic supplementation and upper respiratory immune health.^{1,2} A recent meta-analysis of 23 randomized, double-blind, placebo-control trials found that probiotic supplementation—particularly with *Lactobacillus* and *Bifidobacterium* strains—helps to support upper respiratory immune function in children.^{3†}

One randomized, double-blind, placebo-controlled study evaluated the effect of HMF probiotics and vitamin C on immune health in young schoolchildren (Figure 1).⁴ Fifty-seven children (aged 3-6) attending preschool were randomized to consume one chewable placebo or probiotic/vitamin C tablet (the same probiotic consortium and vitamin C level present in HMF Fit for School) daily for six months.⁴ Upper respiratory tract health was monitored through weekly diaries completed by guardians and during at least three physician's appointments.⁴ When compared to the placebo, the HMF/vitamin C combination significantly promoted upper respiratory tract health and immune function.⁴ This research was used to develop HMF Fit for School, which also includes vitamin D for additional immune support.^{4†}

Vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells, including dendritic cells, macrophages, and T cells.⁵ Adequate vitamin D status has also been associated with proper upper respiratory immune function.^{6,7} In a recent controlled clinical trial involving children, daily supplementation with 1,000 IU of vitamin D for three months was shown to significantly increase plasma vitamin D levels and modulate cytokine production.⁸ Following supplementation, levels of the cytokines IL-2, IL-4, IL-6, and IFN- γ were all significantly modified.^{8†}

The ProChild Study⁴

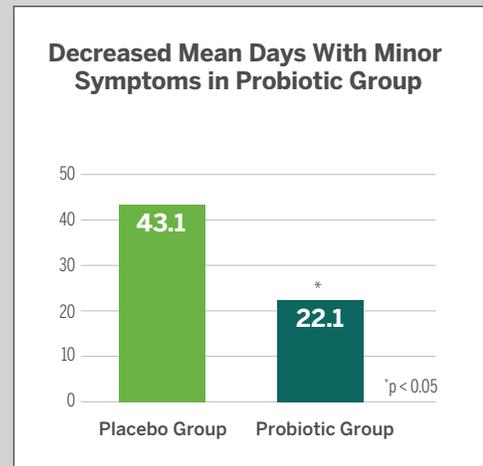


Figure 1: In this study, HMF Fit For School's probiotic strains, in combination with vitamin C, effectively maintained immune function in preschool children. Compared with the placebo group, the children in the probiotic group had a significant decrease in the number of days with minor symptoms and a 30% decrease in school absenteeism incidence rate.[†]

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