



GENESTRA
BRANDS®



HMF Multi Strain Powder

Daily Probiotic Supplement

17-strain probiotic combination

- Provides 16 billion CFU per serving
- Supports gastrointestinal health, abdominal comfort and a healthy microflora[‡]
- May help to support immune function[‡]
- Available in a once-daily powder format
- Free of artificial colors and flavors

HMF Multi Strain Powder offers a comprehensive combination of 17 proprietary probiotic strains. Each convenient, once-daily serving provides 10 strains of *Lactobacilli* and seven strains of *Bifidobacteria* to promote colonization in both the small and large intestines. In one placebo-controlled trial, daily supplementation with HN019, a probiotic strain found in HMF Multi Strain Powder, promoted healthy intestinal transit time and reduced occasional constipation. Research suggests that HN019 may also help regulate immune cell activity to support a healthy immune system. Similarly, HMF Multi Strain Powder contains CUL-60, CUL-21, CUL-34 and CUL-20, which have been demonstrated in clinical trials to support intestinal comfort and promote a healthy microflora balance in the gastrointestinal tract. In addition to *ex vivo* evidence reporting that this probiotic combination can help regulate immune responses, daily supplementation with CUL-60, CUL-21, CUL-34 and CUL-20 (plus vitamin C) was found to support upper respiratory tract health in schoolchildren. HMF Multi Strain Powder is a great alternative for adults and children who dislike or have difficulty swallowing capsules.[‡]

Supplement Facts

Serving Size 2 level scoops (1 g)
Servings per Container about 60

	Amount Per Serving	%DV
Probiotic Consortium	16 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)		
<i>Bidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bidobacterium bidum</i> (CUL-20)		
<i>Lactobacillus acidophilus</i> (NCFM®)		
<i>Bidobacterium animalis</i> subsp. <i>lactis</i> (HN019)		
<i>Lactobacillus salivarius</i> (CUL-61)		
<i>Lactobacillus rhamnosus</i> (CUL-63)		
<i>Lactobacillus gasseri</i> (CUL-09)		
<i>Bidobacterium breve</i> (CUL-74)		
<i>Lactobacillus paracasei</i> (CUL-08)		
<i>Lactobacillus casei</i> (CUL-06)		
<i>Bidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)		
<i>Lactobacillus plantarum</i> (CUL-66)		
<i>Lactobacillus fermentum</i> (CUL-67)		
<i>Bidobacterium longum</i> (CUL-75)		
<i>Bidobacterium longum</i> subsp. <i>infantis</i> (Bi-26)		

* Daily Value (DV) not established

Other Ingredients: Potato maltodextrin
NCFM® is used with permission under licence

Recommended Dose

In a glass, add water to 2 level scoops and mix. Take once daily or as recommended by your health professional.

Size
Net Weight 2.1 oz (60 g)

Product Code
10387



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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 Multi Strain Powder

Daily Probiotic Supplement

Scientific Rationale:

Microflora Composition

In one randomized, double-blind, placebo-controlled trial, supplementation with HN019 significantly contributed to a favorable gut flora in aging adults.¹ Elderly participants (over 60 years of age) consumed a placebo or one of three probiotic supplements daily for four weeks [low (6.5×10^7 CFU), medium (1.0×10^9 CFU) or high (5.0×10^9 CFU)].¹ Probiotic supplementation significantly increased the mean number of fecal *Bifidobacteria* when compared to baseline levels.^{1‡} As the levels of *Bifidobacteria* naturally decrease with age, supplementation with HN019 may represent an easy way to promote its proliferation in the intestines.^{1‡}

In addition, HN019 intake significantly increased *Lactobacilli* and *Enterococci* counts in the high and medium groups after four weeks.^{1‡} As *Bifidobacteria* produce acetate and lactate, they may also help to support the growth of *Lactobacilli*.^{1‡} This further demonstrates that daily supplementation with HN019 can contribute to a healthy gut flora composition in older adults.^{1‡}

Moreover, randomized, double-blind, placebo-controlled trials have reported that daily supplementation with a probiotic capsule containing CUL-60, CUL-21, CUL-34 and CUL-20 for approximately two or three weeks significantly promoted a healthy microflora balance in adults.^{2,3‡}

Intestinal Transit Time

Daily supplementation with HN019 also promoted gastrointestinal health as measured by improved whole gut transit time (WGTT) and gastrointestinal comfort and function scores.^{4‡} In this randomized, placebo-controlled trial, adults consumed either a placebo or probiotic capsule (1.8 billion CFU of HN019) daily for two weeks.⁴ Supplementation with HN019 was dose-dependently associated with a significant improvement in WGTT (25% and 33% decrease for the low- and high-dose groups, respectively).^{4‡} Probiotic supplementation also significantly improved both upper (abdominal comfort, gurgling) and lower (occasional constipation, bowel movement regularity and flatulence) gastrointestinal comfort and function scores.^{4‡} Combined supplementation with HN019 and NCFM® (a minimum of 10^9 CFU of each strain, plus 3.6 g of the polysaccharide polydextrose daily for two weeks) also significantly decreased colonic transit time when compared to a placebo in a randomized, double-blind, controlled study.^{5‡}

Genestra HMF's proprietary probiotics significantly reduced mild intestinal discomfort in an eight-week long, double-blind, randomized, placebo-controlled study.^{6‡} Participants consumed either a placebo or probiotic capsule (containing CUL-60, CUL-21, CUL-34 and CUL-20) once daily for eight weeks.⁶ 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.^{6‡} These improvements were also significantly greater when compared to placebo values.^{6‡}

Immune Health

Preclinical research has demonstrated that HN019 can promote healthy immune function, as measured by increases in the phagocytic activity of leucocytes and macrophages.^{7‡} Similar beneficial effects on immune cell activity have been observed in clinical trials involving elderly participants supplemented with HN019.^{8,9‡} In addition to the effects of individual strains on overall wellbeing, review evidence indicates that multi-strain probiotics may be more effective than single-strain supplements in supporting a diverse range of health outcomes.^{10‡}

Supplementation with a combination of Genestra HMF's proprietary probiotics and vitamin C helped to support respiratory immune health in schoolchildren.^{11‡} In this randomized, double-blind, placebo-controlled study, children consumed either a placebo or probiotic and vitamin C tablet (12.5 billion CFU of CUL-60, CUL-21, CUL-34 and CUL-20, plus 50 mg of vitamin C) once daily for six months.¹¹ 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.^{11‡}

Similarly, supplementation with the same probiotic strains, plus 2 g of fructooligosaccharides was shown to significantly modulate cytokine production in a double-blind, placebo-controlled trial.^{12‡} Following the 12-week intake period, probiotics significantly mediated the production IL-10, TGF- β , IL-1 β and IL-6.^{12‡}

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