New products inside
Research-driven, proprietary, human-sourced strains

Visit www.seroyal.com/genestrabrands to view the entire GENESTRA BRANDS line
These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, prevent any disease.

The aim of this comprehensive product guide is to assist in building more effective and successful patient treatment strategies. The product guide is to be used as an adjunct to Seroyal Continuing Medical Education and is not intended to be utilized as a diagnostic tool nor replace any other required education. The remedies indicated in this product guide are potent medicines that can have profound therapeutic effects on patients. As with any medicine, the dosage may need to be adjusted for those with chronic conditions, very sensitive individuals and those taking multiple medications. Practitioners are solely responsible for the care and treatment provided to their own patients. The remedies in the Seroyal Continuing Medical Education program together with any written material provided do not necessarily represent the views of Seroyal and are not intended as medical advice or endorsement of any products. This information is for practitioners use only and is not meant to diagnose, treat, cure, prevent any disease or replace traditional treatment, and has not been evaluated by the FDA.

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112 Technology Drive, Pittsburgh, PA  15275
TEL: 1-888-737-6925 | FAX: 1-877-737-6925 | EMAIL: sales@seroyal.com | WEBSITE: www.seroyal.com

Dedicated to making a difference in peoples’ lives

Genestra Brands is a leading-edge line of professional-grade nutraceuticals, helping North American healthcare practitioners restore, rebuild and maintain patient health for over 30 years.

A trusted Seroyal brand.
What are probiotics?
There are billions of bacteria living in the intestinal tract often referred to as ‘microflora’. Probiotics are live “friendly” bacteria found in the microflora working 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
- Antibiotic or other 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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Market leader
Driving probiotic science and innovation for over 30 years

GENESTRA BRANDS 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.

Human-sourced strains

**Natural pH and bile acid resistance: No enteric coatings required**
Human-sourced microflora bacterial 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. Human-sourced microflora bacterial strains have a naturally strong adherence to epithelial cells, thus ensuring high ratios of intestinal tract carriage.

Resarch-driven formulations

**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:
- Reduce occasional intestinal discomfort
- Supplement the normal intestinal micro flora composition following antibiotic therapy

**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:
- Reduce incidence of skin sensitivity and promote skin health

Probiotic expertise: Global research and development drive category innovation
A collaborative think-tank lead by Dr. Plummer has produced over 70 peer reviewed and PubMed listed publications.

Nigel Plummer PhD: Global authority on probiotics
This key probiotic contributor has worked at Pfizer in antibiotic R&D. A continued commitment to research has resulted in collaborations with research institutes and universities within the UK and Europe, developing an extensive knowledge specializing in probiotics, natural antimicrobials and fish oils.

Comprehensive range: Convenient formats, age-specific and condition-specific formulas

Available in an array of potencies (up to 150 billion CFU), formats (capsules, tablets, powders) and flavours to allow for flexibility in dosing and improved patient compliance. Therapies can be tailored for specific individualized treatments by age (pregnancy support, infants, and children to seniors) or condition-specific probiotics (exorphin degrading, IBS, antibiotic, urinary and yeast infection support).
The NEW HLC Baby product family supports optimal microflora composition and gastrointestinal health using a combination of research-driven probiotic strains.*

HLC Baby B (for breast fed babies) and HLC Baby F (for formula fed babies) each provide 10 billion CFU of proprietary human-sourced strains. Research indicates that probiotic supplementation from birth to six months helps support infant immune development, which is an important factor for skin health.

HLC Baby B includes additional microflora support from added galactooligosaccharides (GOS), a prebiotic fiber similar to oligosaccharides naturally within breast milk.* HLC Baby F contains GOS and fructooligosaccharides (FOS).

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**HMF Pre + Probiotic**

PROBIOTIC SUPPLEMENT

Low level maintenance probiotic + prebiotic fiber
- 1.25 billion CFU per serving
- Includes prebiotic fiber from fructooligosaccharides (FOS) and soluble fiber from psyllium husk
- Helps stimulate the growth of intestinal Bifidobacteria*
- Provides gentle relief of occasional constipation*

HMF Pre + Probiotic is a low level, long-term maintenance symbiotic 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 a normal intestinal microflora.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Scoop (5 g)</th>
<th>Servings per Container 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each Serving Contains</td>
<td>%DV</td>
</tr>
</tbody>
</table>

- Calories: 10
- Total Carbohydrate: 5 g (2%)
- Dietary Fiber: 5 g (19%)

**Probiotic Consortium**
- 1.25 billion CFU
  - Lactobacillus acidophilus (CUL-60)
  - Lactobacillus acidophilus (CUL-21)
  - Bifidobacterium bifidum (CUL-20)
  - Bifidobacterium animalis subsp. lactis (CUL-34)
- Fructooligosaccharides (FOS): 2.5 g
- Psyllium (Plantago ovata) Husk: 2.19 g

*Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Recommended Dose: Adults and Children (6 years and older): In a glass, add water or milk to one heaped scoop of HMF Pre + Probiotic and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics or other medications, or as recommended by your healthcare practitioner.

8.8 oz (250 g)  
Product Code: 10423

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**HMF Capsules**

PROBIOTIC SUPPLEMENT

Revised description for HMF Capsules
- 2.5 billion CFU per capsule
- Contributes to a healthy gut flora*

HMF Capsules are a low level, long-term maintenance probiotic formula which provides two strains of proprietary human-sourced Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis, to specifically assist in re-establishing and maintaining a normal intestinal microflora.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 2 Capsules</th>
<th>Servings per Container 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each Serving Contains</td>
<td>%DV</td>
</tr>
</tbody>
</table>

- Total Carbohydrate: <1 g (≤1%)
- Probiotic Consortium: 5 billion CFU
  - Lactobacillus acidophilus (CUL-60)
  - Lactobacillus acidophilus (CUL-21)
  - Bifidobacterium bifidum (CUL-20)
  - Bifidobacterium animalis subsp. lactis (CUL-34)
- Fructooligosaccharides (FOS): 2.5 g

† Percent Daily Values (DV) are based on a 2000 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, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

60 Vegetable Capsules  
Product Code: 10409

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**HMF Forte**

PROBIOTIC SUPPLEMENT

Moderate level maintenance probiotic
- 10 billion CFU per capsule
- Includes fructooligosaccharides (FOS)

HMF Forte is a moderate level, long-term maintenance probiotic formula which provides two strains of proprietary human-sourced Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis, along with fructooligosaccharides (FOS).

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>Servings per Container 60 or 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each Capsule Contains</td>
<td>%DV</td>
</tr>
</tbody>
</table>

- Probiotic Consortium: 10 billion CFU
  - Lactobacillus acidophilus (CUL-60)
  - Lactobacillus acidophilus (CUL-21)
  - Bifidobacterium bifidum (CUL-20)
  - Bifidobacterium animalis subsp. lactis (CUL-34)
  - Fructooligosaccharides (FOS): 100 mg
- Fructooligosaccharides (FOS): 100 mg

† Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose, silicon dioxide, magnesium stearate

Recommended Dose: Adults 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.

60 Vegetable Capsules  
Product Code: 10418

120 Vegetable Capsules  
Product Code: 10418120

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HMF Super Powder
PROBIOTIC SUPPLEMENT

HMF Super Powder is a moderate level maintenance probiotic formula which provides two strains of proprietary human-sourced Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis, along with fructooligosaccharides, formulated to assist in re-establishing Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis, along with fructooligosaccharides. HMF Powder is indicated for the promotion and maintenance of intestinal health in adults and children alike.**

Moderate level probiotic
• 10 billion CFU per dose
Ideal for vegans
• Convenient powder format

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HMF Powder
PROBIOTIC SUPPLEMENT

HMF Powder is a moderate level maintenance probiotic formula which provides two strains of proprietary human-sourced Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis, along with fructooligosaccharides. HMF Powder is indicated for the promotion and maintenance of intestinal health in adults and children alike.**

Moderate level maintenance probiotic
• 11 billion CFU per dose
Includes fructooligosaccharides
Ideal for vegans
• Convenient powder format

HMF Multi Strain
PROBIOTIC SUPPLEMENT

HMF Multi Strain is a moderate-level, long-term maintenance probiotic formula which provides sixteen strains including proprietary human-sourced Lactobacillus acidophilus, Bifidobacterium bifidum and Bifidobacterium animalis subsp. lactis. The capsules are 100% pure vegetable-sourced which makes the product ideal for vegans.

Moderate-level maintenance probiotic
• 15 billion CFU per dose
16 probiotic strains
• Includes proprietary human-sourced strains
Supports a healthy normal digestive flora
• Provides live microorganisms that temporarily modify gut flora*

*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.

Supplement Facts
Serving Size 1 Scoop (1 g) / Servings per Container 60

<table>
<thead>
<tr>
<th>Each Serving Contains</th>
<th>% DV for Adults</th>
<th>% DV for Children 4+ Years</th>
<th>% DV for Children 1-3 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Probiotic Consortium</td>
<td>11 billion CFU</td>
<td>t</td>
<td>t</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-60)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-21)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bifidobacterium bifidum (CUL-20)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bifidobacterium animalis subsp. lactis (CUL-34)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fructooligosaccharides (FOS)</td>
<td>880 mg</td>
<td>t</td>
<td>t</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2000 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.

2.1 oz (60 g)  Product Code: 10408

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.

60 Vegetable Capsules  Product Code: 10487
**HMF Intensive**

**PROBIOTIC SUPPLEMENT**

- **High level probiotic**
  - 25 billion CFU per capsule
  - Helps reduce symptoms associated with occasional intestinal discomfort*
  - Helps restore intestinal flora*

- **Ideal for vegans**
  - Convenient vegetable capsule format

HMF Intensive is a highly concentrated probiotic formula which provides two strains of proprietary human-sourced *Lactobacillus acidophilus, Bifidobacterium bifidum* and *Bifidobacterium animalis subsp. lactis* in a single daily dose capsule to support the restoration of friendly intestinal flora.* HMF Intensive is highly recommended after completion of the HMF Replete program.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Capsule</th>
<th>Servings per Container</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Each Capsule Contains</strong></td>
<td>%DV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Probiotic Consortium</td>
<td>25 billion CFU †</td>
<td>†</td>
<td></td>
</tr>
<tr>
<td><em>Lactobacillus acidophilus</em> (CUL-60)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Lactobacillus acidophilus</em> (CUL-21)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Bifidobacterium bifidum</em> (CUL-28)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Bifidobacterium animalis subsp. lactis</em> (CUL-34)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>† Daily Value (DV) not established</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other ingredients: Cellulose, hypromellose</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Recommended Dose:** Adults and Children (6 years and older): 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.

30 Vegetable Capsules | Product Code: 10431

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**HMF Intensive Powder**

**PROBIOTIC SUPPLEMENT**

- **Highly concentrated probiotic formula**
  - 25 billion CFU per capsule
  - Helps reduce symptoms associated with occasional intestinal discomfort*
  - Helps restore intestinal flora*

- **Easy-to-use powder formula for long-term maintenance**
  - Quickly dissolves in liquid

HMF Intensive Powder is a highly concentrated probiotic formula, which provides two strains of proprietary human-sourced *Lactobacillus acidophilus, Bifidobacterium bifidum* and *Bifidobacterium animalis subsp. lactis* in a single daily-dose powder to support the restoration of friendly intestinal flora. HMF Intensive Powder is highly recommended after completion of the HMF Replete program.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Scoop (1 g)</th>
<th>Servings per Container</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Each Serving Contains</strong></td>
<td>%DV for Adults and Children 3-4 Years</td>
<td>%DV for 4+ Years</td>
<td></td>
</tr>
<tr>
<td>Probiotic Consortium</td>
<td>25 billion CFU †</td>
<td>†</td>
<td></td>
</tr>
<tr>
<td><em>Lactobacillus acidophilus</em> (CUL-60)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Lactobacillus acidophilus</em> (CUL-21)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Bifidobacterium bifidum</em> (CUL-28)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Bifidobacterium animalis subsp. lactis</em> (CUL-34)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>† Daily Value (DV) not established</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other ingredients: Maltodextrin</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

Net Weight 1 oz (30 g) | Product Code: 10487
HMF Replete
PROBIOTIC SUPPLEMENT

- High level probiotic
- 150 billion CFU per sachet
- Prebiotic included
- Prebiotic oligosaccharides stimulate growth of beneficial bacteria in the digestive system*
- Ideal for vegans
- Convenient powder sachet format

HMF Replete is a highly concentrated probiotic formula in sachets which provides two strains of proprietary human-sourced Lactobacillus acidophilus, Lactobacillus salivarius, Bifidobacterium bifidum and Bifidobacterium animals subsp. lactis along with fructooligosaccharides in high concentrations to ensure rapid establishment and dominance of probiotic cultures in the gastrointestinal tract.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Each Serving Contains</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Probiotic Consortium</td>
<td>75 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-60)</td>
<td>1</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-21)</td>
<td>1</td>
</tr>
<tr>
<td>Bifidobacterium bifidum (CUL-20)</td>
<td>1</td>
</tr>
<tr>
<td>Bifidobacterium animals subsp. lactis (CUL-34)</td>
<td>1</td>
</tr>
<tr>
<td>Lactobacillus salivarius (CUL-61)</td>
<td>1</td>
</tr>
<tr>
<td>Fructooligosaccharides (FOS)</td>
<td>5 g</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Recommended Adult Dose: Take a ½ 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.

6 x 0.3 oz (7.5 g) Sachets [Net Weight 1.8 oz (50 g)]
Product Code: 10566

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HMF Cystgen
PROBIOTIC SUPPLEMENT

- Moderate level probiotic
- 10 billion CFU per sachet
- Concentrated cranberry juice extract
- Promotes urinary tract health*
- Each sachet provides the equivalent to 30 g of fresh cranberry juice
- Ideal for vegans
- Convenient powder sachet format

HMF Cystgen provides two strains of Lactobacillus formulated for the support and maintenance of a healthy gut microflora.* Cranberry juice extracts are added to promote urinary tract health and to provide a source of antioxidants.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Each Serving Contains</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (ascorbic acid)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Potassium (potassium citrate/bicarbonate)</td>
<td>379 mg</td>
</tr>
<tr>
<td>Probiotic Consortium</td>
<td>2.5 billion CFU</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-60)</td>
<td>1</td>
</tr>
<tr>
<td>Lactobacillus acidophilus (CUL-21)</td>
<td>1</td>
</tr>
<tr>
<td>Cranberry (Vaccinium macrocarpon) Fruit Juice Concentrate (36:1)</td>
<td>208 mg</td>
</tr>
</tbody>
</table>

† Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other ingredients: Cellulose, citric acid

Recommended Adult Dose: 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.

6 x 0.3 oz (7.5 g) Sachets [Net Weight 1.6 oz (45 g)]
Product Code: 10413

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HMF Candigen Cream
PROBIOTIC CREAM

- Female probiotic cream
- 100 million CFU per gram
- Includes garlic powder and Rosa damascena flower oil

HMF Candigen Cream provides two strains of Lactobacillus. One gram (1 g) of cream contains 80 million CFU of Lactobacillus acidophilus and 20 million CFU of Lactobacillus gasseri, in combination with 2.47 mg of garlic (Allium sativum) clove powder.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Each Serving Contains</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEG-8, PEG-32, Lactobacillus Ferments [Lactobacillus acidophilus (CUL-60), Lactobacillus gasseri (CUL-09)], Allium Sativum (Garlic) Bulb Powder, Rosa Damascena Flower Oil</td>
<td></td>
</tr>
</tbody>
</table>

Recommended Application: Apply a thin layer of cream to the external vaginal area two to three times daily, or as recommended by your healthcare practitioner. For external use only.

1.8 oz (50 g)
Product Code: 10566

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## Human MicroFlora (HMF) Probiotics Comparison Chart

<table>
<thead>
<tr>
<th>PRODUCT PRIMARY INDICATIONS</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAINTENANCE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HMF Pre + Probiotic (powder)</td>
<td>Probiotic and prebiotic to promote a natural healthy gut flora</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>Psyllium husk</td>
</tr>
<tr>
<td>HMF Capsules</td>
<td>Low level maintenance</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>No</td>
</tr>
<tr>
<td>HMF Forte (capsules)</td>
<td>Moderate level maintenance</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>Yes</td>
</tr>
<tr>
<td>HMF Super Powder</td>
<td>Moderate level maintenance</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>Yes</td>
</tr>
<tr>
<td>HMF Powder</td>
<td>Moderate level maintenance</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>Yes</td>
</tr>
<tr>
<td>HMF Multi Strain (capsules)</td>
<td>Moderate level maintenance</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>No</td>
</tr>
<tr>
<td>HMF Intensive (capsules)</td>
<td>Intensive use</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>No</td>
</tr>
<tr>
<td>HMF Intensive Powder</td>
<td>Intensive use</td>
<td>L. acidophilus (CUL-60) L. acidophilus (CUL-21) B. bifidum (CUL-20) B. animalis subsp. lactis (CUL-34)</td>
<td>No</td>
</tr>
</tbody>
</table>
### DURING & POST ANTIBIOTIC CARE

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRIMARY INDICATIONS</th>
<th>PER DOSAGE UNIT</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>FOS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
</table>
| HMF Replenish Capsules | Highest potency probiotic capsule for intensive use                                  | 100 billion     | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61)                                    | Yes | Adults and Children (6 years and older): 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 Replete (powder)    | Highest potency probiotic powder for intensive use                                   | 150 billion per sachet | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61)                                    | Yes | 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. |

### URINARY SUPPORT

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRIMARY INDICATIONS</th>
<th>PER DOSAGE UNIT</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>FOS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
</table>
| HMF Cystegen (powder) | Helps promote and maintain healthy urinary flow. Probiotic to contribute to a natural healthy gut flora | 10 billion per sachet | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 |                                                                       | Vitamin C, potassium, cranberry fruit juice concentrate | No  | 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 ½ glass of cold water or juice. Allow fizzing to stop before drinking. Take at least two to three hours before or after taking antibiotics. |

### TOPICAL SUPPORT

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRIMARY INDICATIONS</th>
<th>PER DOSAGE UNIT</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>FOS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
</table>
| HMF Candigen Cream | Female probiotic cream                                                                 | 100 million per gram | *L. acidophilus* (CUL-60) *L. gasseri* (CUL-09)
                       |                                                                     |                 |                                                                       | Garlic powder | No | Application: Apply a thin layer of cream to the external genital area two to three times daily, or as recommended by your healthcare practitioner. For external use only. |

### EXORPHIN DEGRADING (in vitro)

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRIMARY INDICATIONS</th>
<th>PER DOSAGE UNIT</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>FOS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
</table>
| HMF Neuro Capsules | Exorphin degrading capacity in intestinally-simulated conditions                    | 12 billion      | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. rhamnosus* (CUL-63)                                    | L-Glutamine | No | Adults: 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      | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. rhamnosus* (CUL-63)                                    | L-Glutamine | Yes | Adults: In a glass, add water to one scoop (¼ teaspoon) 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. |

### PREGNANCY AND CHILD SUPPORT

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRIMARY INDICATIONS</th>
<th>PER DOSAGE UNIT</th>
<th>STRAINS</th>
<th>OTHER ACTIVE INGREDIENTS</th>
<th>FOS</th>
<th>RECOMMENDED DOSE</th>
</tr>
</thead>
</table>
| HMF Natogen (powder) | Probiotic specifically formulated for breast-fed children                           | 3 billion       | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *L. paracasei* (CUL-08) *B. animalis subsp. lactis* (CUL-62)
                       |                                                                     |                 |                                                                       | No  | 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. |
| HMF Natogen Formula (powder) | Probiotic specifically formulated for formula-fed children                         | 3 billion       | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61) *L. paracasei* (CUL-08)                      | Galacto-oligosaccharides (GOS) | Yes | Children (1-4 years): In a glass, add water or milk to one scoop (1 g) of HMF Natogen Formula 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 | Probiotic supplement for breast fed babies                                       | 10 billion      | *L. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61) *L. paracasei* (CUL-08)                      | Galacto-oligosaccharides (GOS) | Yes | 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. |
| HMF Baby F | Probiotic supplement for formula fed babies                                     | 10 billion      | *L. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61) *L. paracasei* (CUL-08)                      | Transgalacto oligosaccharides (GOS) (from milk) | Yes | 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. |
| HMF Maternity | Supports pregnant women                                                           | 10 billion      | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61) *L. paracasei* (CUL-08)                      | No  | Women: Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. |
| HMF Child (chewable tablet) | Child-specific high potency chewable probiotic                                    | 12.5 billion    | *L. acidophilus* (CUL-60) *L. acidophilus* (CUL-21)
                       |                                                                     |                 | *B. bifidum* (CUL-20) *B. animalis subsp. lactis* (CUL-34)
                       |                                                                     |                 | *L. salivarius* (CUL-61) *L. paracasei* (CUL-08)                      | No  | Children (4 years and older): 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. |

*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 Neuro Capsules
PROBIOTIC SUPPLEMENT

Moderate level probiotic
- 12 billion CFU per dose
- Includes L-glutamine
Ideal for vegans
- Convenient vegetable capsule format

HMF Neuro Capsules is a unique preparation containing various strains and species of proprietary human-sourced Lactobacillus and Bifidobacteria to help maintain the integrity and health of the intestinal tract.*

Supplement Facts
Serving Size 1 Capsule/ Servings per Container 60
Each Capsule Contains % DV
Probiotic Consortium 12 billion CFU †
Lactobacillus acidophilus (CUL-60)
Lactobacillus acidophilus (CUL-21)
Bifidobacterium bifidum (CUL-20)
Bifidobacterium animalis subsp. lactis (CUL-34)
Lactobacillus rhamnosus (CUL-63)
L-Glutamine 250 mg †
† Daily Value (DV) not established
Other ingredients: Hypromellose, silica, magnesium stearate

Recommended Adult Dose: 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.

60 Vegetable Capsules  Product Code: 10442

HMF Neuro Powder
PROBIOTIC SUPPLEMENT

Moderate level probiotic
- 12 billion CFU per dose
- Includes L-glutamine and fructooligosaccharides
Ideal for vegans
- Convenient powder format

HMF Neuro Powder is a unique preparation containing various strains and species of proprietary human-sourced Lactobacillus and Bifidobacteria to help maintain the integrity and health of the intestinal tract.*

Supplement Facts
Serving Size 1 Scoop (1 g)/ Servings per Container 60
Each Serving Contains % DV
Probiotic Consortium 12 billion CFU †
Lactobacillus acidophilus (CUL-60)
Lactobacillus acidophilus (CUL-21)
Bifidobacterium bifidum (CUL-20)
Bifidobacterium animalis subsp. lactis (CUL-34)
Lactobacillus rhamnosus (CUL-63)
L-Glutamine 500 mg †
Fructooligosaccharides (FOS) 250 mg †
† Daily Value (DV) not established
Other ingredients: Apricot powder

Recommended Adult Dose: In a glass, add water to one scoop (¼ teaspoon) 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.

2.1 oz (60 g)  Product Code: 10443

HMF Maternity
PROBIOTIC SUPPLEMENT

Probiotic support for pregnant women
- 10 billion CFU per capsule
- Suitable for use during pregnancy
- Temporarily modifies gut flora*

Healthy intestinal bacteria are just as important to infants as to adults. Modern living may inhibit gut flora balance post birth. 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 Capsule Contains
Probiotic Consortium 10 billion CFU †
Bifidobacterium bifidum (CUL-20)
Bifidobacterium animalis subsp. lactis (CUL-34)
Lactobacillus salivarius (CUL-61)
Lactobacillus plantarum (CUL-08)
L-Glutamine 500 mg †
† Daily Value (DV) 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.

30 Vegetable Capsules  Product Code: 10492

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HMF Natogen
PROBIOTIC SUPPLEMENT

Low level probiotic
- 3 billion CFU probiotic per dose

Easy-to-use
- Add 1 scoop (100 mg) to milk or water

Ideal for vegetarians
- Convenient powder format

HMF Natogen child probiotic formula provides *Lactobacillus acidophilus, Lactobacillus paracasei* and *Bifidobacterium animalis subsp. lactis*, which contribute to a healthy intestinal microflora in children. *

Supplement Facts
Serving size 1 Scoop (100 mg)/ Servings per container 60
Each Serving Contains
Probiotic Consortium 3 billion CFU †
* Lactobacillus acidophilus (CUL-60)
* Lactobacillus acidophilus (CUL-21)
* Lactobacillus paracasei (CUL-08)
* Bifidobacterium animalis subsp. lactis (CUL-62)
† Daily Value not established

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.

0.2 oz (6 g) Product Code: 10424

NEW
HMF Baby B
PROBIOTIC SUPPLEMENT

Probiotic supplement for breast fed babies
- Safe for use during infancy
- May help to reduce incidence of skin sensitivity*
- 10 billion CFU per serving

HMF Baby B probiotic formula for infants provides *Lactobacillus salivarius, Lactobacillus paracasei, Bifidobacterium bifidum* and *Bifidobacterium animalis subsp. lactis*, which may help to promote normal immune function and skin health in infants. *

Supplement Facts
Serving Size 1 Scoop (200 mg)/ Servings per Container 30
Each Serving Contains
Probiotic Consortium 10 billion CFU* (10 billion CFU)
* Bifidobacterium bifidum (CUL-20)
* Bifidobacterium animalis subsp. lactis (CUL-34)
* Lactobacillus salivarius (CUL-61)
* Lactobacillus paracasei (CUL-08)
* Daily Value not established

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

Infants: 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.

Product Size: 0.2 oz (6 g) Powder Product Code: 10491

NEW
HMF Baby F
PROBIOTIC SUPPLEMENT

Probiotic supplement for formula fed babies
- Safe for use during infancy
- May help to reduce incidence of skin sensitivity*
- 10 billion CFU per serving
- With added prebiotic fibers
- Contains FOS and GOS, a prebiotic fiber similar to oligosaccharides naturally within breast milk

HMF Baby F is a probiotic supplement for infants that provides *Lactobacillus salivarius, Lactobacillus paracasei, Bifidobacterium bifidum* and *Bifidobacterium animalis subsp. lactis*, which may help to promote normal immune function and skin health in infants. *

Fructooligosaccharides (FOS) are also included for additional prebiotic fiber content. * Dissolves easily into milk or water, and is free of gluten and soy. Ideal for vegetarian infants.

Supplement Facts
Serving Size 1 Scoop (1.1 g)/ Servings per Container 60
Each Serving Contains
Probiotic Consortium 1 g * (10 billion CFU)
* Bifidobacterium bifidum (CUL-20)
* 10 billion CFU
* Bifidobacterium animalis subsp. lactis (CUL-34)
* Lactobacillus salivarius (CUL-61)
* Lactobacillus paracasei (CUL-08)
* Daily Value not established

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

Infants: 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.

Product Size: 2.3 oz (66 g) Powder Product Code: 10493

*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 Child
PROBIOTIC SUPPLEMENT

Moderate level probiotic
• Provides 12.5 billion CFU per serving

Great taste
• Natural blackcurrant-flavored chewable tablet

Ideal for children
• Convenient chewable tablet format

HMF Child probiotic formula is a moderate level probiotic combination providing *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus paracasei*, *Lactobacillus salivarius* and *Bifidobacterium animalis subsp. lactis*, and it is essential to the maintenance of the child’s healthy gut flora.*

Supplement Facts
Serving 1 Tablet/ Servings per Container 30

<table>
<thead>
<tr>
<th>Each Tablet Contains</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
</tbody>
</table>

Probiotic Consortium 12.5 billion CFU †
- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis subsp. lactis* (CUL-34)
- *Lactobacillus salivarius* (CUL-51)
- *Lactobacillus paracasei* (CUL-08)

† Percent Daily Values (DV) are based on a 2000 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, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

30 Chewable Tablets  
Product Code: 10451

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HMF Probiotic Clinical Trials

The Swansea Baby Trial
Probiotics in the Prevention of Skin Sensitivity: A Randomised Controlled Trial
(Allen at 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 CUL61, Lactobacillus paracasei CUL08, Bifidobacterium animalis subsp. lactis CUL34 and Bifidobacterium bifidum CUL20) 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
- No increase in adverse event incidence in infants

<table>
<thead>
<tr>
<th>Skin Sensitivity at 2 Years</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placebo Group</td>
<td>12.10%</td>
</tr>
<tr>
<td>Probiotic Group</td>
<td>5.30%</td>
</tr>
</tbody>
</table>

Reduced Skin Sensitivity at 2 Years in Probiotic Group

* p < 0.05
Probiotic supplementation was found to decrease the number of days with intestinal discomfort, while improving satisfaction with bowel habits and overall quality of life. This 8-week long, double-blind, randomized, placebo-controlled study was conducted in 52 participants. Participants were randomized to either the placebo capsule group or the probiotic capsule group (25 billion CFU from *Lactobacillus acidophilus* CUL60 and CUL 21, *Bifidobacterium animalis* subsp. *lactis* CUL34, and *Bifidobacterium bifidum* CUL20). Participants scored their intestinal discomfort (including bloating, satisfaction with bowel habits, and quality of life) at baseline and every 2 weeks during supplementation. In the probiotic group, satisfaction with bowel habits was significantly improved in just 6 weeks, and quality of life scores were improved after 8 weeks of supplementation.

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

### Intestinal Discomfort Scores

<table>
<thead>
<tr>
<th></th>
<th>Probiotic Group</th>
<th>Placebo Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Supplementation</td>
<td>73.39</td>
<td>252.08</td>
</tr>
<tr>
<td>At 8 Weeks of Probiotic Supplementation</td>
<td>39.65</td>
<td>172</td>
</tr>
<tr>
<td>% Change at Week 8</td>
<td>133.39</td>
<td>80.66</td>
</tr>
</tbody>
</table>

* p < 0.05
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### Bloating Symptom Severity Scores

<table>
<thead>
<tr>
<th></th>
<th>Probiotic Group</th>
<th>Placebo Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Supplementation</td>
<td>48.54</td>
<td>46.71</td>
</tr>
<tr>
<td>2 Weeks After End of Probiotic Supplementation</td>
<td>36.65</td>
<td>39.27</td>
</tr>
<tr>
<td>% Change at Week 10</td>
<td>12.04</td>
<td>7.52</td>
</tr>
</tbody>
</table>

**Probiotic Supplementation Reduces Bloating Symptom Severity Scores**

\* p < 0.05

### Satisfaction With Bowel Habits

<table>
<thead>
<tr>
<th></th>
<th>Probiotic Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Supplementation</td>
<td>73.39</td>
</tr>
<tr>
<td>At 8 Weeks of Probiotic Supplementation</td>
<td>39.65</td>
</tr>
</tbody>
</table>

**Probiotic Supplementation Improves Satisfaction With Bowel Habits**

\* p < 0.05
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<table>
<thead>
<tr>
<th>Days with Intestinal Discomfort</th>
<th>Before Supplementation</th>
<th>2 Weeks After End of Probiotic Supplementation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placebo Group</td>
<td>42.67</td>
<td>32.14</td>
</tr>
<tr>
<td>Probiotic Group</td>
<td>48.64</td>
<td>28.27</td>
</tr>
<tr>
<td>% Change at Week 10</td>
<td>12.04</td>
<td>7.52</td>
</tr>
</tbody>
</table>

Fewer Days With Intestinal Discomfort in Probiotic Group

* p < 0.05
To order, call:
1-888-737-6925
sales@seroyal.com

For more information, visit:
www.seroyal.com