



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
- FOS and GOS support mucosal immunity*



GENESTRA BRANDS 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.* HMF Baby F contains galactooligosaccharides (GOS), a type of prebiotic fiber similar to oligosaccharides occurring naturally within breast milk that may help to support a healthy gastrointestinal microflora in infants.^{6*} Fructooligosaccharides (FOS) are also included for additional prebiotic fiber content.^{6*} Dissolves easily into milk or water, and is free of gluten and soy. Ideal for vegetarian infants.

Scientific Rationale:

Daily supplementation with HMF Baby F's formulation in infants was found to safely and effectively reduce incidence of skin sensitivity and promote skin health. In a randomized, double-blind, placebo-controlled, parallel group trial, 454 pregnant women at 36 weeks gestation were randomized to either a probiotic capsule group (*Lactobacillus salivarius* CUL61 6.25×10^9 colony forming units (CFUs), *Lactobacillus paracasei* CUL08 1.25×10^9 CFU, *Bifidobacterium animalis* subsp. *lactis* CUL34 1.25×10^9 CFU and *Bifidobacterium bifidum* CUL20 1.25×10^9 CFU) or a placebo capsule group. Participants began daily supplementation with either treatment until giving birth;

Continued on reverse

Supplement Facts

Serving Size 1 Scoop (1.1 g) / Servings per Container 60

Each Serving Contains

Probiotic Consortium		1 g	*
<i>Bifidobacterium bifidum</i> (CUL-20)	10 billion CFU		*
<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

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

GLUTEN FREE

VEGETARIAN

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

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participants' infants then began daily supplementation until 6 months of age. Infant skin sensitivity testing was performed at 6 months and again at 2 years of age. In comparison with the infant participants in the placebo group, participants in the probiotic group experienced a statistically significant 44% decrease in skin sensitivity.¹ Usage of HMF Baby F's formulation did not impact adverse event incidence, number of visits to the doctor, or mothers' assessment of infant health.² Based on these findings, the authors concluded that usage of the probiotic formulation was safe during pregnancy and early infancy.

These results expand upon the findings of several other clinical trials that have demonstrated the skin health promoting effects of probiotic supplementation in infants. In a similar clinical study, daily supplementation with a probiotic mixture from 4-8 weeks prior to delivery and for the first 6 months of age significantly reduced the incidence of skin sensitivity in infants.³ In infants aged 1-3 with sensitive skin, daily supplementation with a probiotic mixture for 8 weeks was found to help support normal skin health.⁴

HMF Baby F contains a "synbiotic" mixture of both probiotics and prebiotic fiber.⁵ The addition of prebiotic fibers such as galacto-oligosaccharides (GOS) and fructo-oligosaccharides (FOS) has been demonstrated to selectively enhance the proliferation of certain probiotic bacteria within the colon, in particular the Bifidobacteria species.⁵ Human breast milk contains approximately 14 g/L of oligosaccharides, which are thought to modulate the intestinal microfloral composition of infants. While the World Health Organization considers human breast milk as the nutritional gold standard for term infants,⁵ not all infant formulas contain added prebiotic fiber and prebiotic oligosaccharides are only present in trace amounts in cow's

milk. In addition to their bifidogenic effects, prebiotic fibers may help to inhibit the adhesion of pathogens to the epithelial surface of the digestive tract, and could have immunomodulatory effects. Human milk oligosaccharides include a complex mixture of over 200 different structures. Both FOS and GOS have prebiotic effects similar to the oligosaccharides found in breast milk.⁵

In a randomised, placebo-controlled trial of 60 children aged 2-14, daily supplementation with a synbiotic significantly improved skin comfort. The children were randomised to either a synbiotic capsule group (2×10^9 CFU of *Lactobacillus salivarius* plus 475 mg FOS) or a prebiotic capsule control group (475 mg FOS plus 25 mg corn starch) for 8 weeks. Skin comfort questionnaires were completed at baseline prior to supplementation, on weeks 4 and 8 of supplementation and again at week 10 (2 weeks post-supplementation). Serum eosinophil cationic protein (ECP) were measured at baseline, and again at weeks 4 and 8 of supplementation. ECP is a ribonuclease produced by eosinophil white blood cells: elevated ECP levels are associated with increased skin sensitivity.⁷ Compared with baseline measurements, by week 8 of supplementation participants in the synbiotic control group had significantly improved skin comfort and reduced ECP levels. Skin comfort remained significantly improved at week 10, 2 weeks prior to cessation of supplementation. While skin comfort was also significantly improved in the prebiotic supplement group at week 8, the degree of improvement was significantly less than in the synbiotic treatment group.⁸

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