

# FLORA

## High-Dose Probiotic for Fortifying Gut Flora and Immunity\*

Flora is an advanced probiotic supplement featuring a 50:50 blend of *Lactobacillus acidophilus* and *Bifidobacterium lactis*—two of the most thoroughly studied probiotic strains.

In fact, there are over 50 human clinical trials on these specific strains, confirming their position as two of the leading probiotic strains in the world. The findings of these studies continue to demonstrate the synergy of *Lactobacillus acidophilus* and *Bifidobacterium lactis* for supporting healthy gut flora balance, immune function, and proper digestion of vital nutrients.<sup>1</sup>

Flora contains two of the most embraced probiotic strains in above-clinical doses for balancing the gut microbiome and supporting healthy immune response.\* A bevy of clinical research suggests that *Lactobacillus acidophilus* and *Bifidobacterium lactis* may:

- Support healthy gut flora balance\*
- Support healthy immune function\*
- Support nutrient absorption\*
- Support digestive function\*



## How Flora Works

For fortifying gut and immune function, Flora provides 60 billion colony-forming units (CFU) per serving of these synergistic probiotic strains (in a 50:50 ratio), which is nearly 10 times the dose of the average probiotic supplement.\*

### *Lactobacillus acidophilus*

*L. acidophilus* is a beneficial lactic acid bacteria strain often used to support lactose intolerance by promoting the digestion of simple sugars and other tough-to-digest nutrients.<sup>2</sup>

This strain has been shown in numerous studies to help relieve gastrointestinal discomfort by supporting a healthy balance of “friendly” intestinal microbiota.<sup>3,4,5</sup> Further research suggests that *L. acidophilus* may activate endocannabinoid and  $\mu$ -opioid receptors in epithelial cells.<sup>6</sup> These receptors work to modulate pain signals in targeted tissues. *L. acidophilus* is also necessary for helping the body synthesize vitamin B9 (folate) and vitamin B12, which are key for healthy nervous system function.<sup>7</sup>

## How Flora Works Continued

### *Bifidobacterium lactis*

*B.lactis* is a bacterial strain that readily resists bile salts and acidic conditions (meaning it is able to withstand the harsh digestive environment of the human gut).<sup>78</sup> Like lactobacilli, bifidobacteria aid in the digestion of lactose and are critical for producing B vitamins, which serve a myriad of vital roles in the body.<sup>79</sup>

*B. lactis* is one of the most promising probiotic strains for supporting healthy immune responses.\* A 5-month, double-blind, randomized, placebo-controlled study including 465 healthy adults investigated the effect of a supplement containing *B. lactis* and *L. acidophilus* on respiratory health. Throughout the trial period, adults receiving the probiotic supplement had a significant reduction in nasal and respiratory symptoms compared to those taking a placebo.<sup>10</sup>

Another study of 37 elderly subjects showed similar results, with the researchers finding beneficial effects of *B. lactis* on the immune responses of the participants.<sup>11</sup>

Further research shows that *B. lactis* can help balance healthy gut flora by effectively “outcompeting” unwanted organisms for growth substrates.<sup>12</sup>

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
<i>Lactobacillus acidophilus</i> DDS-1 <sup>®††</sup>	30 Billion CFU <sup>†</sup>	*
<i>Bifidobacterium lactis</i> UABla-12 <sup>™††</sup>	30 Billion CFU <sup>†</sup>	*

**Other Ingredients:** Microcrystalline cellulose, digestive resistant capsule (hypromellose, gellan gum), vegetable magnesium stearate, silica.

† At time of manufacture.

†† DDS-1<sup>®</sup> and UABla-12<sup>™</sup> are trademarks of Chr. Hansen A/S, part of Novonesis Group.

**Directions:** Take one capsule daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

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12. Engelbrekton, AL, et al (2009) 'A randomized, double blind, controlled trial of probiotics to minimize the disruption of fecal microbiota in healthy subjects undergoing antibiotic therapy'. *Journal of Medical Microbiology*, 58:663-670.

\*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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