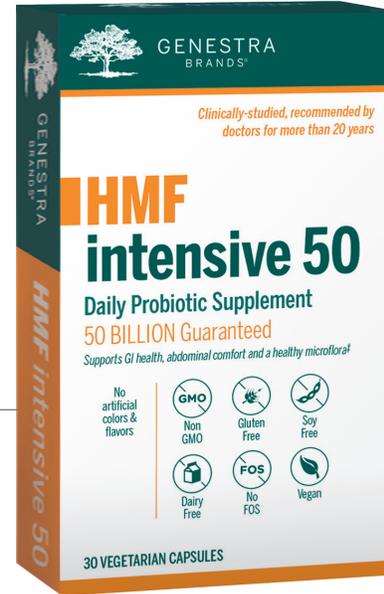




GENESTRA
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HMF Intensive 50

Daily Probiotic Supplement

Delayed-release, shelf-stable probiotic formula

- Supports gastrointestinal and immune health[†]
- Provides 50 billion CFU per day from a combination of four proprietary strains
- Formulated with acid-resistant and delayed-release capsules for targeted delivery to the intestines
- Convenient, once-daily capsule format

Genestra HMF Intensive 50 is a shelf-stable probiotic formula that offers 50 billion CFU from a combination of four proprietary strains. These microorganisms have been used in a wide body of clinical research and constitute one of the most studied probiotic combinations worldwide. Research has demonstrated that these strains contribute to a favorable gut flora balance, support gastrointestinal comfort and maintain immune health. In addition, these human-sourced strains were selected based on their high quality and viability, strong epithelial adherence, and naturally high tolerance to stomach and bile acid. To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing, allowing for complete, targeted release in the intestines and optimal probiotic activity.[†]

Supplement Facts

Serving Size 1 Capsule
Servings per Container 30

	Amount Per Serving	DV%
Probiotic Consortium	50 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: Delayed-release capsule (hypromellose, gellan gum), cellulose, stearic acid, silica

Suggested Usage

Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10354



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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

[†]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 Intensive 50

Daily Probiotic Supplement

Scientific Rationale:

The human intestinal tract contains more than 400 bacterial species.¹ The distribution of these microorganisms throughout the gut is not uniform, with the concentration and diversity of species increasing towards the distal end of the GI tract.² In addition, certain species preferentially colonize specific areas of the digestive system.³ Compared to other strains, *Lactobacilli* survive better in acidic environments, and are one of few species present in the stomach and duodenum.³ In contrast, *Bifidobacteria* are found in larger numbers in the colon, where they play a role in fermentation and complex carbohydrate digestion.³

The composition of the gut microflora can be altered by a number of factors, including diet, occasional stress, certain medications, aging and travel.¹ When the microflora balance is affected in the intestines, common gastrointestinal complaints can occur, including mild bloating and gas.⁴ In some individuals, an altered intestinal microflora composition can also affect the absorption of bile acids in the colon and secretion of fluid and mucous through the mucosa; in turn, this can result in occasional discomfort and bowel habit changes.⁵

Probiotics are live microorganisms that support gastrointestinal health and contribute to a healthy microflora composition.^{1,4} Studies have shown that they mediate microbial colonization and support the growth of beneficial bacteria in the intestines.^{1,4} Probiotics accomplish this by mediating intestinal pH and strengthening the epithelial barrier.⁶ They mediate the integrity of tight junctions and increase mucin release, which in turn regulates permeability and reduces microbial adherence to cells.^{6,7,†} Probiotics may also support gastrointestinal comfort by decreasing gas formation in the colon, mediating colonic transit and conjugating bile acids, which helps control both the secretion of water in the colon and changes in mucosal permeability.^{8,†}

Additionally, approximately 80% of the body's immunologically active cells are located in gut-associated lymphoid tissue, demonstrating an important interaction between the intestines and the immune system.⁹

Research suggests that probiotics may directly mediate the release of cytokines and chemokines from epithelial cells, the activation of immune cells, and IgA antibody-mediated responses in the mucosa.^{10,†}

HMF Intensive 50 is formulated using a proprietary *Lactobacillus* and *Bifidobacterium* probiotic consortium – microorganisms that have been used in a wide body of clinical research.¹¹⁻¹⁷ Studies demonstrate that these human-sourced strains effectively maximize intestinal colonization to promote the growth of beneficial bacteria, support gastrointestinal comfort, and maintain immune health.^{11-17,†} In addition, these strains are selected based on their high quality, viability and strong epithelial adherence. They have also demonstrated naturally high tolerance to stomach and bile acid in preclinical research.¹⁸

To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. These revolutionary plant-based, vegetarian capsules were specifically designed to enhance the stability of moisture- and acid-sensitive ingredients, such as probiotics.¹⁹ Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing (without added film coatings), allowing for complete, targeted release in the intestines and optimal probiotic activity.^{19,†} Each capsule also has a low-moisture content, further providing stability to probiotics.¹⁹

The acid-resistant and delayed-release ability of these capsules was confirmed in a clinical trial.¹⁹ Specifically, it was found that radiolabeled release of the capsule contents began an average of 52 minutes after ingestion (just before the capsules had left the stomach), nearly 45 minutes later than most immediate release capsules.¹⁹ In addition, complete release took place approximately 20 minutes after release began and, for a majority of participants, occurred in the intestines.¹⁹ This study demonstrates the applicability of these capsules in stabilizing sensitive ingredients, such as probiotics.¹⁹

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