



FLORASTATE

MECHANISM OF ACTION

Probiotics are defined as live micro-organisms that may beneficially effect the host upon digestion by improving the balance of intestinal microflora. FloraState contains 9 probiotic strains including Lactobacilli which are normal inhabitants of the human intestine and vagina, and Bifidobacteria which are found in the colon. The strains are combined for their synergistic effect on combating intestinal disorders, to stimulate the body's immune system and to aid digestion and nutrient absorption.

Bifidobacteria - are anaerobic, rod-shaped, Gram-positive bacteria that normally colonize in the human colon. (1,2) Bifidobacteria appear to be the most important organisms in the intestine for providing a microbial barrier to infection. Bifidobacteria produce antimicrobial substances that have activity against many gram-positive and gram-negative organisms. These probiotics help increase the level of the immune cells. (3,4,5,6) The FloraState includes the following strains: Bifidobacterium breve, B. bifidum and B. longum.

Lactobacillus - refers to a group of lactic acid producing, gram-positive rods that are obligate and facultative anaerobes. The FloraState contains Lactobacillus acidophilus, L. lactis, L.rhamnosus, L.casei and L.plantarum. The name lactobacillus refers to the bacterium's ability to produce lactic acid. Lactobacilli are symbiotic and make up some of the 400 normal flora in the human gastrointestinal and genitourinary tracts. Lactobacilli are considered "friendly" bacteria and are taken for the purpose of re-colonizing areas of the body where they normally would occur. The human body relies on the normal flora for several functions including metabolizing foods and certain drugs, absorbing nutrients, and preventing colonization by pathogenic bacteria. Lactobacilli seem to provide nutritional benefits including inducing growth factors and increasing the bioavailability of minerals. Lactobacilli also stabilize the mucosal barrier and decrease intestinal permeability. (7,8,9,10,11)

Streptococcus thermophilus - is a gram-positive facultative anaerobe. It is also classified as a lactic acid bacterium (LAB). It is found in milk and milk products. It is not a probiotic as it does not survive the stomach. Streptococcus thermophilus helps reduce lactose intolerance in people who have a lactase deficiency. (12,13)

Fructo-oligosaccharide - is a non-digestible food ingredient that stimulates the growth and/or activity of the probiotics in the colon and is therefore known as a prebiotic. (14)

INDICATIONS

FloraState is a synbiotic supplement as it contains both probiotics and a prebiotic. It can be taken by children and adults to support the following:

- Susceptibility to intestinal upsets including diarrhoea and constipation
- Immune system
- The inhibition of the growth of pathogenic bacteria
- Lactose intolerance
- With or after antibiotic use
- People susceptible to allergies

DOSAGE AND DIRECTIONS FOR USE

One to two capsules daily. FloraState should be taken on an empty stomach, at least 15 minutes before a meal.

OTHER COMPLIMENTARY THERAPIES

- Multivitamin & Mineral Formula
- Immune Formula
- Calcium & Magnesium Formula



NUTRITION INFORMATION

Each capsule contains:

Probiotic cultures: 3.5 x 10⁹ cfu
 Bifidobacterium breve
 Bifidobacterium bifidum
 Bifidobacterium longum

Streptococcus thermophilus
 Lactobacillus acidophilus
 Lactococcus lactis
 Lactobacillus rhamnosus
 Lactobacillus casei

Lactobacillus plantarum
 Fructo-oligosaccharides (FOS) 35mg

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