



HMF Multi Strain 100

PROBIOTIC FORMULA

Concentrated 14-strain probiotic combination

- Provides 100 billion CFU per convenient, once-daily capsule
- Supports gastrointestinal health
- Contains proprietary, human-sourced strains
- Potency guaranteed through expiration

HMF Multi Strain 100 capsules offer 100 billion CFU from a combination of 14 probiotic strains. Included in this blend of proprietary, human-sourced probiotics are eight strains of *Lactobacilli* and six strains of *Bifidobacteria* to promote colonization in both the small and large intestines.¹ These research-driven strains were selected based on their superior adherence to the gut lining, natural resistance to pH and bile acid, and ability to support gastrointestinal health and promote a favourable gut flora.² Research has also found that supplementation with large numbers of a combination of probiotic strains helps maximize intestinal colonization and promote the growth of beneficial bacteria.³



EACH CAPSULE CONTAINS:

Probiotic Consortium	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	10 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	19 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	15 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	10 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	6 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	5 billion CFU
<i>Lactobacillus gasserii</i> (CUL-09)	5 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	4 billion CFU
<i>Lactobacillus casei</i> (CUL-06)	4 billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	4 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	4 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	3 billion CFU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica
NCFM[®] is used with permission under licence

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.

Product Size: 30 Vegetable Capsules **Product Code:** 10197

NPN 80067574



REFERENCES

1. Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
2. Seroyal. Data on file.
3. Garaiova, I, Muchová, J, Nagyová, Z, Wang, D, Li, J, Országhová, Z, Michael, DR, Plummer, SF, Duračková, Z. Eur J Clin Nutr. 2015; 69(3): 373-379.

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