



# HMF Travel

## PROBIOTIC FORMULA

### Probiotics to support gastrointestinal health when travelling

- Shelf-stable formula
- 35 billion CFU per day
- Helps to reduce the risk of occasional diarrhoea\*
- Includes *Saccharomyces boulardii* plus four proprietary probiotic strains
- Potency guaranteed through expiration

HMF Travel combines five probiotic strains from *Lactobacillus*, *Bifidobacterium* and *Saccharomyces* genera to promote a favourable gut flora and support gastrointestinal health. The intestinal microflora composition can be altered by a variety of factors, including diet, stress, travel and antibiotic use.<sup>1</sup> Specifically, unfamiliar food or liquids, jet-lag and altered body rhythms can all affect the gut flora during travel.<sup>1</sup> Clinical trials have found that the probiotic yeast *Saccharomyces boulardii* supports gastrointestinal health and helps reduce the risk of antibiotic-associated diarrhoea.<sup>1-2</sup> HMF Travel also contains proprietary, human-sourced, research-driven strains demonstrated to adhere better to the gut lining, more efficiently colonize the intestinal environment, and naturally resist pH and bile acid, without the need for enteric coating.<sup>3</sup> As some probiotic supplements require constant refrigeration to ensure the stability of the microorganisms, they may be unsuitable for travelers that do not have easy access to refrigeration.<sup>1</sup> HMF Travel is a shelf-stable probiotic supplement offered in a convenient capsule format that can easily be taken anywhere to support gastrointestinal health.



#### EACH CAPSULE CONTAINS:

<b>Probiotic Consortium</b> .....	17.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21) ...	9.375 billion CFU
<i>Saccharomyces boulardii</i> (CNCM-I-1079) .....	5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20) &	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) ..	3.125 billion CFU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, magnesium stearate

**Recommended Adult Dose:** Take two capsules daily or as recommended by your healthcare practitioner. If you are on antibiotics or antifungals, take at least two to three hours before or after.

**Product Size:** 30 vegetable capsules    **Product Code:** 10198

NPN 80067278



\*Antibiotic-associated diarrhoea

#### REFERENCES

1. McFarland, LV. *Travel Med Infect Dis.* 2007; 5(2): 97-105.
2. Kollaritsch, HH, Kremsner, P, Wiedermann, G, Scheiner, O. *Travel Med Int.* 1989; 9-17.
3. Seroyal. Data on file.

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