GENESTRA BRANDS®

HMF Bifido Capsules

Probiotic Formula

Six-strain *Bifidobacteria* combination

- Provides 40 billion CFU per dose
- Convenient once-daily capsule format
- Supports gastrointestinal health
- Includes proprietary, research-driven strains

HMF Bifido Capsules offer six proprietary *Bifidobacteria* strains to support probiotic colonization in the large intestine.[1] *Bifidobacteria* are normally present in the gut from birth to old age, where they play an important role in gastrointestinal health.[2] *Bifidobacteria* help to mediate carbohydrate fermentation in the large intestine and contribute to the production of important short-chain fatty acids (SCFAs), including acetate and lactate.[3] Although they are the most abundant genus present in the guts of healthy infants, *Bifidobacteria* concentrations decrease as individuals age, with greatest declines observed in the elderly.[2] Clinical research suggests that *Bifidobacteria* supplementation can promote a healthy gut flora composition and support gastrointestinal health.[3] HMF Bifido Capsules provide highly researched probiotic strains such as BI-04, along with CUL-34 and CUL-20, which have been demonstrated in clinical trials to contribute to a favourable gut flora.[4-6]

EACH CAPSULE CONTAINS:

Probiotic Consortium	40 billion CFU
Bifidobacterium animalis subsp. *lactis* (CUL-34) & *Bifidobacterium bifidum (CUL-20)*	16 billion CFU
Bifidobacterium breve (CUL-74)	12 billion CFU
Bifidobacterium animalis subsp. *lactis* (BI-04)	8 billion CFU
Bifidobacterium longum subsp. *longum* (CUL-75)	2 billion CFU
Bifidobacterium longum subsp. *infantis* (Bi-26)	2 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose, stearic acid

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take 1 capsule daily or as recommended by your healthcare practitioner. Take at least 2 to 3 hours before or after taking antibotics.

Size
30 Vegetarian Capsules

Product Code
10425

NPN 80083003

Non GMO · Gluten Free · Soy Free · Dairy Free · No FOS · Vegan

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Tried, tested and true.

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HMF Bifido Capsules

Probiotic Formula

Scientific Rationale:

The human intestinal tract contains more than 400 bacterial species.[1] This microflora composition can be altered by a number of factors, including diet, stress, antibiotic use, digestive disorders, aging and travel.[1] These factors may cause an imbalance in the intestines, wiping out the beneficial bacteria and allowing pathogenic bacteria to multiply.[1] This can lead to common gastrointestinal complaints, including bloating and gas.[2] Research suggests that supplementation with *Bifidobacteria* can promote a healthy gut flora composition and help support gastrointestinal health.[3]

Bifidobacteria are normally present in the gut from birth to old age.[3] As they can be transmitted from the mother's vagina, gastrointestinal tract or breast milk, they are one of the first genera to colonize the infant gut.[4,5] In fact, *Bifidobacteria* are the most abundant genus present in the guts of healthy infants, and are present in higher amounts in vaginally-born and breast-fed infants when compared to those who are caesarean-delivered or formula-fed.[3] As infants consume solid foods, typically around 6 months of age, bacterial diversity in the gut expands; however, the level of *Bifidobacteria* falls to 30-40% and continues to decrease throughout childhood and adolescence.[4] *Bifidobacteria* populations decrease further in adulthood (2-14% relative abundance), but remain stable before dropping again in the elderly.[3] In addition to the natural reduction in microbial diversity associated with old age, the high prevalence of antibiotic use in the elderly significantly impacts the intestinal microbiota composition, further reducing *Bifidobacteria* levels and impacting overall health.[3]

Bifidobacteria typically colonize the large intestine, where they help to mediate carbohydrate fermentation.[5] As a result of their involvement in host metabolism, they contribute to the production of metabolites such as vitamins, antioxidants, polyphenols and short-chain fatty acids (SCFAs), which positively affect the gut.[5] Acetate and lactate are the primary fermentation end-products associated with *Bifidobacteria*-mediated carbohydrate metabolism.[5] Various colonic bacteria convert these metabolites into butyrate, the major source of energy for colonocytes.[5] Butyrate further contributes to gut health by promoting the production of mucin and upper gut motility, while regulating nuclear factor kappa B (NFκB) activity.[5] In addition, *Bifidobacteria* help to strengthen the epithelial barrier and may competitively exclude pathogens to further maintain gut health.[3,5]

HMF Bifido Capsules provide a combination of six proprietary *Bifidobacteria* strains from a blend of four different *Bifidobacteria* species. Included in this formula is BI-04, a highly researched probiotic strain. In addition, each capsule offers CUL-34 and CUL-20, which have been selected based on their superior adherence to the gut lining and natural resistance to pH and bile acid.[6]

In one double-blind, placebo-controlled trial, consumption of a probiotic supplement (containing CUL-34 and CUL-20) for 21 days significantly modulated the intestinal microflora composition, supporting a favourable gut flora.[7] An additional randomized, double-blind, placebo-controlled trial found that daily supplementation with the same probiotic strains also helped to support the growth of beneficial strains.[8]

Furthermore, these probiotic strains significantly promoted intestinal comfort in an eight-week long, double-blind, randomized, placebo-controlled study.[9] Participants consumed either a placebo or probiotic capsule (containing CUL-34 and CUL-20) once daily for eight weeks.[9] In comparison with baseline values, probiotic supplementation significantly improved intestinal discomfort scores, including a 22% decrease in days with intestinal discomfort, 32% improvement in satisfaction with bowel habits and 30% improvement in quality of life scores.[9] These improvements were also significantly greater when compared to placebo values.[9]

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