

# Multi-Strain 50

Guaranteed 50 Billion CFUs per vegetable capsule for the healthy recolonization of the gastrointestinal microflora after antibiotics, infections or inflammatory processes. Enteric-coated and FOS-free for enhanced tolerability.

## Each capsule contains:

Bifidobacterium longum (HA-135)	11 billion CFU
Lactobacillus rhamnosus (HA-111)	9 billion CFU
Lactobacillus plantarum (HA-119)	7.5 billion CFU
Lactobacillus acidophilus (HA-122)	6.5 billion CFU
Lactobacillus casei (HA-108)	6.5 billion CFU
Lactobacillus salivarius (HA-118)	6.5 billion CFU
Bifidobacterium bifidum (HA-132)	1 billion CFU
Bifidobacterium breve (HA-129)	1 billion CFU
Bifidobacterium infantis (HA-116)	1 billion CFU

60 vegetable capsules

Gluten free.



The 21st century has seen a revolution in how we view bacteria. We now understand that gut microflora dictates many aspects of our health status from digestive regularity and metabolic function to even mental health. At the same time, we are realizing that our microbiome is affected by changes in the external environment such as diet, geography, stress response and many kinds of medication.

While new and exciting research on the subject is ongoing, one thing is certain - it is very important to support a healthy microbiome for optimal human health. A well-formulated probiotic is just one piece of the puzzle to restore and balance a disrupted microbiome.

What constitutes a healthy microbiome? While there are hundreds of bacterial species that populate the digestive tract, there are two dominant species of

## Key points

- Guaranteed 50 billion colony-forming units with a combination of 9 carefully selected lactobacilli and bifidobacteria strains per vegetable capsule
- Indicated for the rapid restoration and healthy recolonization of the gastrointestinal microflora during periods of acute stress such as antibiotics, infections or inflammatory bowel flares.
- Enteric-coated vegetable capsule ensures that each probiotic strain survives the harsh acidic environment of the stomach for delivery into the digestive tract
- Free from fructo-oligosaccharides (FOS) to prevent worsening gastrointestinal symptoms such as flatulence and bloating in sensitive individuals
- FODMAP friendly

bacteria in humans. The most abundant species found in humans are the lactobacilli and bifidobacteria families.

Bifidobacteria are known to be important for providing a protective barrier to infection. In addition, bifidobacteria produces an antimicrobial substance that works against pathogenic bacteria and may have immunomodulating properties by stimulating humoral immune cells.

Lactobacilli is another prominent indicator of healthy microflora in the human gastrointestinal and genitourinary tracts. For patients with disrupted microflora, Lactobacilli is therapeutically important for the rapid recolonizing of the gastrointestinal and genitourinary tracts, thereby preventing harmful colonization by pathogenic bacteria. They are also therapeutically important for decreasing intestinal permeability and aiding nutrient assimilation.

Specific lactobacilli and bifidobacteria strains have been studied for their ability to improve the health of the digestive tract during acute times of stress. For example, Lactobacillus rhamnosus has been studied extensively for the improvement of acute diarrhea in children and traveler's diarrhea while numerous studies have supported the use of probiotics for reducing the

frequency of antibiotic associated diarrhea. In addition, an important clinical application of probiotics exists for inflammatory bowel disease. Clinical trials have utilized a combination of lactobacilli and bifidobacteria to prevent relapse and the colonization of harmful bacteria in ulcerative colitis patients.

**Multi-Strain 50** is Cyto-Matrix's high-potency probiotic containing 9 different strains and a guaranteed 50 billion colony forming units (CFUs) per vegetable capsule. The high dose and carefully selected lactobacilli and bifidobacteria strains in **Multi-Strain 50** allow for the rapid restoration and healthy recolonization of the gastrointestinal microflora during periods of acute stress such as antibiotics, infections or inflammatory bowel flares.

**Multi-Strain 50** has been formulated with an enteric-coated vegetable capsule to ensure that each probiotic strain survives the harsh acidic environment of the stomach. **Multi-Strain 50** is also entirely free from fructo-oligosaccharides (FOS). FOS is typically added to probiotic supplements as a prebiotic, yet many patients report worsening gastrointestinal symptoms such as flatulence and bloating. Given that **Multi-Strain 50** is FOS-free, this product is also safe for use in individuals following a low FODMAP diet.

## Related products

Berber  
Cyto-Zyme  
Cyto-Glutamine  
Multi-Strain 11  
Saccharo-B

**Non-Medicinal Ingredients:** Ascorbic acid, powdered cellulose, stearic acid. Capsule: hypromellose.

**Indications:** Provides live microorganisms that temporarily modify gut flora.

**Directions:** Adults - Take 1 capsule per day for 30 days or as directed by a healthcare professional. Take at least 2-3 hours before or after antibiotics. **Keep refrigerated.**

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use and consult a healthcare professional if symptoms of digestive upset, such as diarrhea, occur, worsen or persist beyond 3 days.

**Contraindications:** Do not use if you have an immune compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).



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