



GENESTRA
BRANDS®

HMF Intensive 50

Probiotic Formula

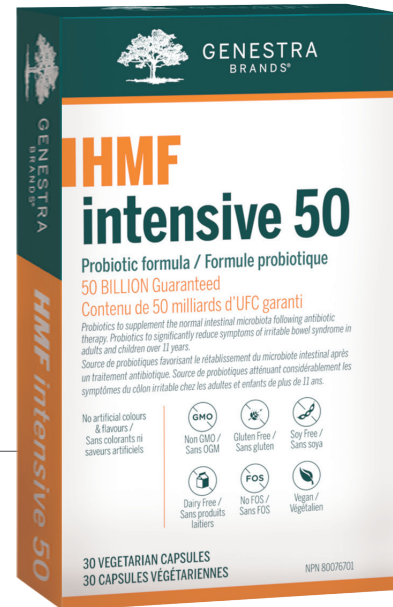
Delayed-release, shelf-stable probiotic formula

- Supports gastrointestinal health
- Provides 50 billion CFU per dose from a combination of four proprietary strains
- Formulated with acid-resistant and delayed-release capsules for targeted delivery to the intestines
- Convenient, once-daily capsule format

Genestra HMF Intensive 50 is a shelf-stable probiotic formula that offers 50 billion CFU from a combination of four proprietary strains. These microorganisms have been used in a wide body of clinical research and constitute one of the most studied probiotic combinations worldwide.¹⁻⁶ Research has demonstrated that these strains support a healthy gut flora and promote gastrointestinal health.¹⁻⁴ In addition, these human-sourced strains were selected based on their high quality and viability, strong epithelial adherence, and naturally high tolerance to stomach and bile acid.⁷ To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing, allowing for complete, targeted release in the intestines and optimal probiotic activity.⁸

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8. Amo, R. Capsugel® (2014). DRcaps® Capsules Achieve Delayed Release Properties for Nutritional Ingredients in Human Clinical Study. [White Paper].



EACH CAPSULE CONTAINS:

Probiotic Consortium	50 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	38 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	12 billion CFU

Non-Medicinal Ingredients: Delayed-release capsule (hypromellose, gellan gum), cellulose, stearic acid, silica

Suggested Usage

Adults, Adolescents and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
30 Vegetarian Capsules

Product Code
10354

NPN 80076701



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HMF Intensive 50

Probiotic Formula

Scientific Rationale:

The human intestinal tract contains more than 400 bacterial species.¹ The distribution of these microorganisms throughout the gut is not uniform, with the concentration and diversity of species increasing towards the distal end of the GI tract.² In addition, certain species preferentially colonize specific areas of the digestive system.³ Compared to other strains, *Lactobacilli* survive better in acidic environments, and are one of few species present in the stomach and duodenum.³ In contrast, *Bifidobacteria* are found in larger numbers in the colon, where they play a role in fermentation and complex carbohydrate digestion.³

The composition of the gut microflora 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.⁴

Probiotics are live microorganisms that support gastrointestinal health and contribute to a healthy microflora composition.¹ Studies have shown that they support the growth of beneficial bacteria in the intestines, while limiting the proliferation of pathogenic bacteria.¹ They prevent pathogenic bacteria from colonizing the gastrointestinal tract by reducing the pH and stimulating the production of antimicrobial peptides in the intestine.⁵ In addition to decreasing bacterial survival, probiotics strengthen the epithelial barrier.⁵ They mediate the integrity of tight junctions and increase mucin release, which in turn regulates permeability and prevents pathogens from adhering to cells.^{5,6} This course of action decreases the movement of bacteria from the intestines into circulation.⁷

HMF Intensive 50 is formulated using a proprietary *Lactobacillus* and *Bifidobacterium* probiotic consortium – microorganisms that have been used in a wide body of clinical research.⁸⁻¹³ Studies demonstrate that these human-sourced strains effectively contribute to a favourable gut flora and support gastrointestinal health.⁸⁻¹¹ In addition, these strains are selected based on their high quality, viability and strong epithelial adherence. They have also demonstrated naturally high tolerance to stomach and bile acid in preclinical research.¹⁴

To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. These revolutionary plant-based, vegetarian capsules were specifically designed to enhance the stability of moisture- and acid-sensitive ingredients, such as probiotics.¹⁵ Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing (without added film coatings), allowing for complete, targeted release in the intestines and optimal probiotic activity.¹⁵ Each capsule also has a low-moisture content, further providing stability to probiotics.¹⁵

The acid-resistant and delayed-release ability of these capsules was confirmed in a clinical trial.¹⁵ Specifically, it was found that radiolabeled release of the capsule contents began an average of 52 minutes after ingestion (just before the capsules had left the stomach), nearly 45 minutes later than most immediate release capsules.¹⁵ In addition, complete release took place approximately 20 minutes after release began and, for a majority of participants, occurred in the intestines – where probiotics are most effective.¹⁵ This study demonstrates the applicability of these capsules in stabilizing sensitive ingredients, such as probiotics.¹⁵

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