



GENESTRA
BRANDS®

HMF Powder

Live microorganisms to benefit adult and children's intestinal health

- Contributes to a natural healthy gut flora
- Helps support gastrointestinal health
- Provides 22 billion CFU per daily dose from *Lactobacillus acidophilus* (CUL-60 & CUL-21), *Bifidobacterium bifidum* (CUL-20), and *Bifidobacterium animalis* subsp. *lactis* (CUL-34)
- Includes 1,760 mg of fructooligosaccharides (FOS) per daily dose
- Guaranteed potency through expiry
- New increased serving size

HMF Powder is a combination of four human strains of proprietary probiotics that promotes intestinal health in adults and children. The intestinal microbiota, which contains more than 400 bacterial species, can be altered by antibiotic use, aging, and premature or caesarean births.¹⁻³ The intestines are critical barriers that selectively allow absorption or promote the excretion of dangerous compounds, and their function depends on a healthy bacterial balance.^{1,4} The most commonly used probiotics are *Lactobacillus* and *Bifidobacteria*, which are safe for both adults and children.⁴ They effectively colonize the intestines; however, once their ingestion ends, their counts decrease or disappear.^{1,4,5} Probiotics promote the presence of beneficial bacteria by competing with pathogens for colonization of the gastrointestinal tract.⁴ In addition to decreasing the survival of pathogenic bacteria by reducing the pH, probiotics reinforce the epithelial barrier.⁴ They control permeability by supporting tight junction integrity, and prevent pathogenic adherence to epithelial cells by increasing mucin release on intestinal surfaces.⁴ Prebiotics support the growth of bacteria already living in the colon, and enhance the growth and survival of supplemented probiotic strains.¹



EACH SCOOP (1.25 g) CONTAINS:

Probiotic Consortium	11 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	6.5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	4.5 billion CFU
Fructooligosaccharides (FOS)	880 mg

Non-Medicinal Ingredients: Ingredients used to maintain viability of probiotics (dipotassium phosphate, monopotassium phosphate, trehalose, sucrose).

Recommended Dose

Adults, Adolescents and Children (1 year and older): In a glass, add water or milk to 1 heaped scoop (1.25 g) of HMF Powder and mix. Take 2 times daily with meals, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
75 g Powder

Product Code
10408-75C

NPN 80041897



Non
GMO



Gluten
Free



Soy
Free



Dairy
Free



Vegan

REFERENCES

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Tried, tested and true.

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This product may not be right for everyone. Always read and follow the label.