



➤ Probiotics

Meet the UltraFlora Family

Scientifically supported probiotic formulas backed by clinically researched strains

What can probiotics do for your patients?

A growing body of scientific studies points to the many ways probiotics may benefit overall health, and it goes beyond just supporting gut function.*

More than 70% of the immune system is located in the gastrointestinal (GI) tract.¹ Although it is commonly believed that probiotics exert their benefits by directly impacting gut composition, it is the interactions of the probiotics and compounds they produce with immune cells, food substances, and microorganisms in the gut that potentially has the most impact on overall health.²

Did you know?



Approximately the total mass of bacteria in the colon³



of the immune system is in the gut⁴



of surveyed Americans reported having more than one GI symptom (reflux, abdominal discomfort, bloating)⁵

*A total of 71,812 individuals completed the survey



The estimated number of bacteria in the body³

Debunking the myths about probiotics

Myths About Probiotics	Facts About Probiotics
All probiotic strains are created equal.	Only a handful of probiotic strains have been clinically shown to support human health.
Better quality probiotics don't require temperature-controlled environments.	Storage conditions for a quality probiotic are supported by stability studies and may differ by strain, formulation, and packaging.
The higher the dose of a probiotic, the better the results.	The dose should be based on published scientific and clinical data on specific strains.
Guaranteed potency at the time of manufacture and expiration is the same thing.	Only products that guarantee potency at expiration assure reliable dosing from start to finish.
Enteric coating is required for probiotic to remain active until it reaches the intestines.	Most studies on probiotics were done without enteric-coated capsules.

What is strain identification, and why is it important?

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

A 50:50 Blend of: 15 billion CFU
Lactobacillus acidophilus NCFM®
Bifidobacterium lactis Bi-07®

*Daily Value not established.

Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose), *Lactobacillus acidophilus* NCFM®, magnesium stearate (vegetable), *Bifidobacterium lactis* Bi-07®, and silica.

Not all probiotic strains are created equal. Many probiotic formulas are not strain-identified—meaning they only list the genus and species on the bottle. However, specific strains can support different areas of health. That's why the Metagenics® UltraFlora family offers a variety of targeted, strain-identified combinations—making it easy to recommend the right formulas to fit your patients' unique needs, including:

- Digestive and immune system support*
- Support for gastrointestinal and immune health in children*
- Support for healthy colonization of the gut in infants*
- Targeted relief for occasional GI discomfort*
- Targeted support to help control body weight*
- Support for feminine health*
- Nasal and respiratory health support*

What to look for in a product label

- **Microbe type:** What probiotic microbe is inside the bottle? The genus, species, and strain should be specified. (Example: *Bifidobacterium lactis* BB-12.)
- **Colony forming units (CFU):** How many live microorganisms are in each serving or dose through the expiration date (not only at the time of manufacture)?
- **Directions for use:** What is the frequency of dosing and how many CFU are in a serving size? This is important to determine whether your patient will consume the desired amount of a specific strain.
- **Health benefits:** What claims are made about the formula? It's important that the strain or strain blends have clinical evidence supporting their claims.
- **Proper storage conditions:** Where should you keep the bottle to ensure potency and survival of the microorganisms? Some probiotics come in shelf-stable packaging. Read the label for the recommended storage for a probiotic.

TruQuality™

We document our probiotics through TruQuality, an innovative transparency program that provides full access to data from third-party analytical tests performed on each lot. From heavy metal testing to active ingredient potency, we have laid it all on the table so that you know exactly what's inside each of our bottles.

Scan the QR code below to visit TruQuality:



Or visit [Metagenics.com/truquality](https://www.metagenics.com/truquality)

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Clinical applications at a glance

Category	Formula	CFU	Strains & CFU	Features & Application	Recommended Use	
 Daily immune health & digestive support for children*	MetaKids™ Baby Probiotic	1 billion	<i>B. lactis</i> BB-12® <i>L. rhamnosus</i> LGG®	proprietary blend	<ul style="list-style-type: none"> Probiotic support for babies and young children* Promotes a healthy intestinal environment* Convenient, easy-to-use dropper enables precision dosing† 	Six drops daily
	MetaKids Probiotic	10 billion	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	5 billion 5 billion	<ul style="list-style-type: none"> Daily probiotic support for gastrointestinal & immune health* Support for a healthy intestinal environment* Great for kids and those who prefer a chewable form Grape flavored tablets† 	For children over 3 years of age, 1-2 chewable tablets daily
 Daily immune health & digestive support*	UltraFlora Balance	15 billion	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	7.5 billion 7.5 billion	<ul style="list-style-type: none"> Daily probiotic support for gastrointestinal and immune health* Support for a healthy intestinal environment* Convenient capsule form† 	One capsule 1-2 times daily
	UltraFlora IB	60 billion	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	30 billion 30 billion	<ul style="list-style-type: none"> Targeted relief for occasional intestinal discomfort* Relief for abdominal discomfort, bloating, cramping, bowel irritation, and occasional urgency**† 	One capsule 1-2 times daily
	UltraFlora Synergy	15 billion	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07®	7.5 billion 7.5 billion	<ul style="list-style-type: none"> Features valuable prebiotics to promote the growth of beneficial bacteria* Great for seniors or those who prefer powder form† 	Mix about ¼ teaspoon with 4-6 oz. unchilled water one to two times daily between meals
 Broad spectrum support*	NEW UltraFlora BiomePro	105 billion	<i>L. acidophilus</i> NCFM® <i>B. lactis</i> Bi-07® <i>B. lactis</i> BI-04 <i>L. plantarum</i> Lp-115 <i>L. rhamnosus</i> GG <i>B. lactis</i> HN019 <i>L. rhamnosus</i> HN001 <i>L. paracasei</i> Lpc-37	12.5 billion 12.5 billion 20 billion 20 billion 20 billion 5 billion 5 billion 10 billion	<ul style="list-style-type: none"> Features clinically effective doses of eight probiotic strains to support gastrointestinal and immune health Offers multidimensional support for a healthy intestinal environment One convenient capsule† 	One capsule daily
	UltraFlora Spectrum	30 billion	<i>Saccharomyces boulardii</i> <i>B. lactis</i> Bi-07® <i>L. plantarum</i> Lp-115 <i>L. salivarius</i> Ls-33 <i>L. acidophilus</i> NCFM® <i>S. thermophilus</i> St-21 <i>B. lactis</i> BI-04	proprietary blend	<ul style="list-style-type: none"> Multidimensional intestinal and immune health support* Upper and lower GI health support*† 	One capsule daily
 Targeted GI relief*	UltraFlora Acute Care	5.5 billion	<i>B. lactis</i> HN019 <i>L. rhamnosus</i> HN001 <i>Saccharomyces boulardii</i>	3 billion 1 billion 1.5 billion	<ul style="list-style-type: none"> Targeted relief for acute bowel distress* Relief for occasional loose stools* Immune health support*† 	One capsule 1-2 times daily
	UltraFlora Intensive Care	20 billion	<i>L. plantarum</i> 299v	20 billion	<ul style="list-style-type: none"> Targeted relief for occasional GI discomfort* Support for immune health* 	Two capsules daily
	UltraFlora Restore	20 billion	<i>B. lactis</i> Bi-07® <i>L. acidophilus</i> NCFM® <i>B. lactis</i> BI-04 <i>L. paracasei</i> Lpc-37	proprietary blend	<ul style="list-style-type: none"> Supports healthy intestinal microbial stability* Targeted relief of occasional loose stools* 	One capsules daily
 Targeted respiratory health support*	UltraFlora Immune Booster	1 billion	<i>L. paracasei</i> 8700:2 <i>L. plantarum</i> HEAL9	0.5 billion 0.5 billion	<ul style="list-style-type: none"> Clinically shown to support healthy nasal, sinus, and respiratory function*† 	One capsule daily
 Targeted feminine support*	UltraFlora Women's	2 billion	<i>L. rhamnosus</i> GR-1® <i>L. reuteri</i> RC-14®	1 billion 1 billion	<ul style="list-style-type: none"> Helps maintain a healthy vaginal microbiota* Supports urogenital health**† 	One capsule daily
 Targeted weight management support*	UltraFlora Control	10 billion	<i>B. lactis</i> B420™	10 billion	<ul style="list-style-type: none"> Helps control body fat and body weight** Helps reduce waist circumference and controls abdominal fat**† 	One capsule daily
 Targeted intestinal immune health support*	UltraFlora Integrity	100 million	<i>L. salivarius</i> UCC118	100 million	<ul style="list-style-type: none"> May influence tight junctions between intestinal cells* May beneficially influence immune cell signaling processes* <i>L. salivarius</i> UCC118 is patented† 	One capsule daily

References:

- Vighi G et al. *Clin Exp Immunol.* 2008;153(s1):3-6.
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- Sender R et al. *PLoS Biol.* 2016;14(8):e1002533.
- Vighi G et al. *Clin Exp Immunol.* 2008;153(Suppl 1):3-6.
- Almario CV et al. *Am J Gastroenterol.* 2018;113(11):1701-1710.

CFU, colony forming units; *L.*, *Lactobacillus*; *B.*, *Bifidobacterium*; *S.*, *Streptococcus*

† Non-GMO, gluten-free, and vegetarian

‡ Non-GMO, gluten-free

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