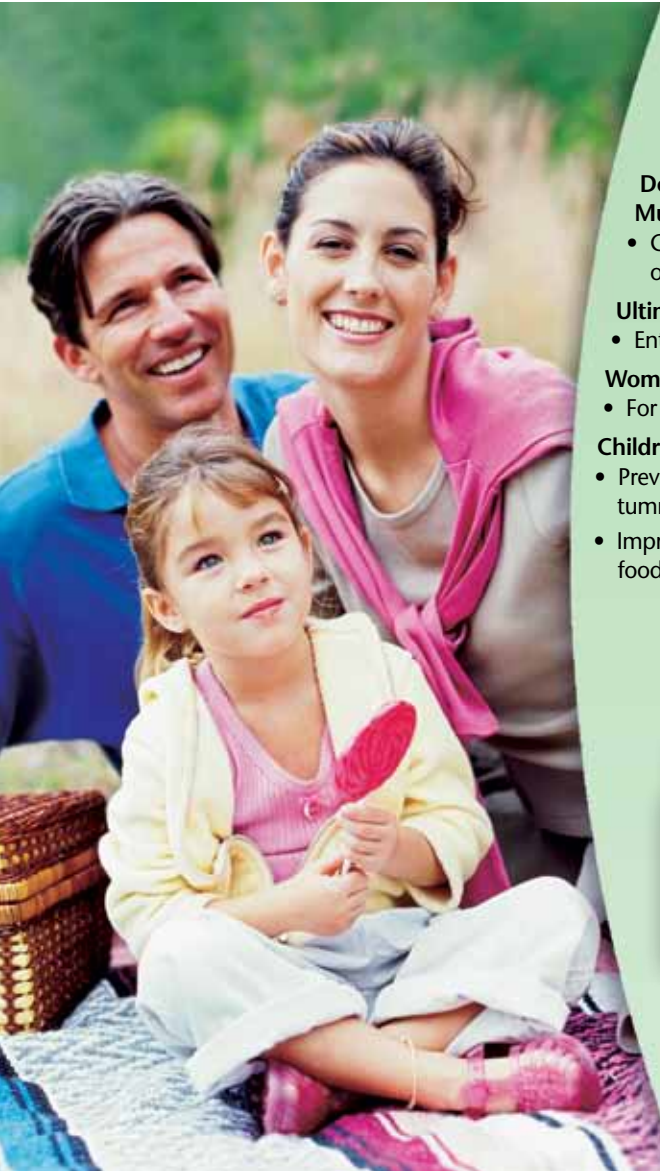


PROBIOTICS

Beneficial Bacteria for Better Health



Ultimate Multi Probiotic

- For adults with poor digestion, or high toxic load, or who are on antibiotics

Double Strength Ultimate Multi Probiotic

- Critical-care potency in a one-a-day capsule

Ultimate Protec Multi Probiotic

- Enteric-coated multi-purpose formula

Women's Multi Probiotic with CranRich®

- For healthy intestinal and vaginal flora

Children's Multi Probiotic

- Prevents diarrhea and eases tummy upsets
- Improves immune function, including food sensitivities



PROBIOTICS – MORE THAN INTESTINAL HEALTH SUPPORT

YOUR INTERNAL “GOOD GUYS” AND “BAD GUYS”

There’s a daily battle in your body. The “bad guys” are destructive micro-organisms – viruses, bacteria, parasites, and more – that attack cells and cause infections.



The “good guys” are various species of healthy bacteria called probiotics, from the root words *pro* meaning “for” and *bios* meaning life. There are billions of probiotics in your digestive tract, working to limit pathogens.

Probiotics play a very important role in health. Our ancestors used “lactofermentation” to preserve foods and obtain healthy bacteria in yogurt, aged cheeses, cider, kefir, pickled vegetables, sauerkraut, and in Asia, kimchi, kombucha, and miso.

Recent studies prove that ingesting probiotics strengthens the immune system, improves dental and oral health, reduces allergies and asthma, and may help reduce the risk of cancer.

THE INTESTINAL ECOSYSTEM

When our digestive system’s balance of good and bad bacteria is disrupted, it can create symptoms such as gas, bloating, poor bowel function, headaches, joint pain, fatigue, yeast infections, skin disorders, cravings, weight gain, diarrhea, and allergies.

Supplementing with probiotics increases our store of friendly bacteria, restoring balance to help prevent or control:

- Allergies
- Bacterial infections
- Inflammatory bowel conditions
- Ear infections
- Systemic and vaginal *Candida albicans* yeast overgrowth
- Urinary tract infections
- Dental cavities and bad breath
- Diarrhea and constipation
- Leaky gut (intestinal permeability)

PROBIOTIC STRAINS: HUMAN, DAIRY, AND VEGETABLE

Probiotics are of human, dairy, or vegetable origin. All strains help restore and maintain healthy intestinal flora. Human strains remain in the body longer than dairy and vegetable strains, which are expelled within 48 hours. People with dairy allergies can still take dairy-origin probiotics, as they do not contain lactose or dairy proteins. Natural Factors Ultimate Probiotic formulas contain human, dairy, and vegetable probiotic strains that:

- Survive stomach acidity and reach the intestines at full potency
- Are “antibiotic compatible”: they do not interfere with antibiotics

ANTIBIOTIC USE AND PROBIOTICS

Pharmaceutical antibiotics kill both good and bad bacteria. This upsets intestinal balance and may cause disorders like irritable bowel syndrome and Crohn’s disease. Probiotics help normalize digestion following or during antibiotic use. When taking antibiotics it is advisable to take probiotics two hours before or two hours after the antibiotics. Continue to use probiotics after the prescription is finished.



DETOXIFYING WITH PROBIOTICS

One way the body gets rid of excess estrogen, pesticides, and solvents is by binding them to a molecule called glucuronic acid and excreting them. Certain “bad” bacteria produce an enzyme, glucuronidase, which prevents this. Higher glucuronidase levels are associated with an increased risk of estrogen-dependent cancer. Probiotics help reduce excess estrogen by reducing glucuronidase.

VAGINAL AND URINARY TRACT INFECTIONS, AND PROBIOTICS

Oral or intravaginal use of probiotics is a simple solution to urinary and vaginal tract infections, and inflammatory bowel conditions afflicting an estimated one billion women. This ecosystem is easily thrown out of balance by birth control pills, spermicides, and antibiotics.





NATURAL FACTORS ULTIMATE PROBIOTIC SUPPLEMENTS

Everyone, at every stage of life, can boost immunity and support digestive health with probiotics. Natural Factors advanced probiotic supplements are designed based on the latest science and make it easy to choose the right formula for you.

REGULAR AND DOUBLE STRENGTH ULTIMATE MULTI PROBIOTIC

Natural Factors Ultimate Multi Probiotic contains a 12-strain blend representing the natural bacteria in human intestines. It contains eight lactobacilli and one lactococcus species for the small intestine, and three bifidobacteria species for the large intestine, in 100% vegetarian capsules. Regular Strength contains 12 billion active cells per capsule at expiry and is an excellent daily probiotic supplement for adults. Double Strength delivers maximum protection for chronic or acute health conditions. It contains a guaranteed minimum 24 billion active cells per capsule at expiry (40 billion active cells at the time of manufacture) in a convenient one-capsule-per-day dose.



WOMEN'S MULTIPROBIOTIC WITH CRANRICH®

Regular use of probiotics plays a special role in the urinary and vaginal health of women, helping prevent recurrent urinary tract and yeast infections. Women's Multi Probiotic with Cranrich provides seven human-, two dairy-, and one vege-

table-origin strains for maximum protection throughout every stage of a woman's life. This superior probiotic formulation has the added benefits of 250 mg of super strength CranRich 36:1 cranberry concentrate in each vegetarian capsule. Cranberries contain compounds that stop bad bacteria from sticking to the surfaces of the urinary tract.

CHILDREN'S MULTI PROBIOTIC

Probiotics enhance your child's immunity, helping to prevent infections before they start and reducing the need for antibiotics. They also improve digestion and nutrient absorption, promoting regular bowel movements and helping to control food allergies, diarrhea, constipation, and eczema. Children's Multi Probiotic contains seven strains, including *Bifidobacteria infantis*, the predominant strain found in an infant's large intestine. Colostrum, the same substance secreted from breasts prior to producing milk, has also been added for its antimicrobial and immune-enhancing qualities. Children's Multi Probiotic powder mixes easily into liquids or wet foods and has a natural strawberry flavour.

ULTIMATE PROTEC MULTI PROBIOTIC

Enteric-coated Ultimate Protec Multi Probiotic provides the added convenience of taking it with or without food. The most complete enteric-coated formula available, it contains a guaranteed minimum 12 billion active cells per capsule at expiry (16 billion at the time of manufacture) in 100% vegetarian capsules. Ultimate Protec Multi Probiotic contains 14 different probiotic strains from human, vegetable, and dairy origins, including nine lactobacilli species and one lactococcus species for the small intestine, plus four species of bifidobacterium for the large intestine.

MEGA PROBIOTIC POWDER





Mixed into beverages or sprinkled onto food, the Mega Probiotic Powder delivers four probiotic species, with a guaranteed minimum of eight billion active cells per gram at expiry (12 billion at the time of manufacture). Three species of lactobacillus bacteria support the small intestine, and one species of bifidobacterium supports the large intestine. Like all the Ultimate line of probiotics other than the Children's Multi Probiotic, the Mega Probiotic Powder also contains FOS (fructooligosaccharides), which act as "food" for friendly bacteria to help them thrive.



The Ultimate in PROBIOTICS



Product	Unique Features	Primary Benefits (according to studies on species)
Ultimate Multi Probiotic 1847 	<ul style="list-style-type: none"> • Each capsule provides a guaranteed minimum of 12 billion colony forming units (CFU or live cells) at time of expiry • Blend of 12 strains • Best all-purpose formula for adults • Ratio of bifidobacteria to lactobacilli reflects the natural composition of healthy adult microflora • Includes prebiotic FOS • Known to promote growth of bifidobacteria • Vegetarian capsule 	<ul style="list-style-type: none"> • Helps maintain a healthy colon and small intestine • Helps restore intestinal flora after antibiotic intake • Helps control lactose intolerance, diarrhea, and constipation • Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>) – great to prevent traveller's diarrhea • Helps maintain and stimulate immune function
Double Strength Ultimate Multi Probiotic 1852 	<ul style="list-style-type: none"> • Each capsule provides a guaranteed minimum of 24 billion CFU at time of expiry • Blend of 12 strains • Optimal ratio of bifidobacteria and lactobacilli • Reflects a healthy adult microflora • Includes prebiotic FOS • Known to promote growth of bifidobacteria • High bacterial concentration for a faster response • Vegetarian capsule 	<ul style="list-style-type: none"> • Helps restore intestinal flora after antibiotic intake • Higher concentration to quickly rebalance intestinal and vaginal flora • Helps control lactose intolerance, diarrhea, and constipation • Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>) • Helps maintain and stimulate the immune function • Critical care potency

<p>Women's Multi Probiotic with CranRich® 1849</p> 	<ul style="list-style-type: none"> • Each capsule provides a guaranteed minimum of 12 billion CFU at time of expiry • Blend of 10 strains • Includes 75% lactobacilli • Helps prevent vaginal infections caused by bacteria and yeast • Includes <i>L. fermentum</i> and <i>S. thermophilus</i>, two strains that help rebalance vaginal flora • Each capsule contains 250 mg of CranRich® Super Strength Cranberry Concentrate • Protects against urinary tract infections • Vegetarian capsule 	<ul style="list-style-type: none"> • CranRich® and probiotics work synergistically to prevent recurrent urinary tract infections • Helps maintain healthy intestinal and vaginal flora • Helps prevent intestinal flora disruption caused by <i>Candida albicans</i> • Helps control lactose intolerance, diarrhea, and constipation • Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>)
<p>Children's Multi Probiotic 1851</p> 	<ul style="list-style-type: none"> • Each ¼ tsp (1 g) serving provides a guaranteed minimum of 3 billion CFU at time of expiry • Blend of 7 strains • Includes 50% bifidobacteria • Reflects healthy intestinal flora of children and infants • Includes <i>Bifidobacteria infantis</i>, the predominant microorganism in the large intestines of babies and toddlers • Contains colostrum 	<ul style="list-style-type: none"> • Helps maintain and restore intestinal flora for infants and children • Helps control food allergies, lactose intolerance, diarrhea, and constipation • Helps maintain and stimulate immune function • Helps manage symptoms of asthma, eczema, and allergies
<p>Ultimate Protec Multi Probiotic Enteric Coated 1833</p> 	<ul style="list-style-type: none"> • Each capsule provides a guaranteed minimum of 12 billion CFU at time of expiry • Blend of 14 strains • Multi-strain formulation maximizes probiotic efficacy since the intestinal flora of each individual is unique • Includes prebiotic FOS • Known to promote growth of bifidobacteria • Vegetarian capsule • Enteric-coated capsule protects against stomach acidity 	<ul style="list-style-type: none"> • Helps maintain healthy intestinal flora • Helps restore intestinal flora after antibiotic intake • Helps control lactose intolerance, diarrhea, and constipation • Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>) • Helps maintain and stimulate the immune function • Enteric coating provides the added convenience of taking it with or without food
<p>Mega Probiotic Powder 1811</p> 	<ul style="list-style-type: none"> • Each ¼ tsp (1 g) serving provides a guaranteed minimum of 12 billion CFU at time of expiry • Blend of 4 strains • All-human strains promote colonization • Includes 95% lactobacilli • For small intestine maintenance • Source of calcium 	<ul style="list-style-type: none"> • Helps maintain healthy intestinal and vaginal flora • Helps control lactose intolerance, diarrhea, and constipation • Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>) • Convenient powder form can be added to food or drink



TAKE PROBIOTICS TO:

- Maintain healthy intestinal flora
- Strengthen immune function
- Help control diarrhea and constipation
- Support the digestive system



Where Great Health Begins

Available at natural health stores throughout North America.
For more information call toll free 1-800-663-8900 or visit our website at:
naturalfactors.com

Please note: The information in this pamphlet is for your interest only. It is in no way intended to diagnose, recommend or advise. Please consult your personal medical or natural health care practitioner on any matters concerning your well-being.