

# Bifidophilus Flora Force®

## Friendly Microbes to the Rescue!

The normal, healthy human intestinal tract contains billions of flora that live in a delicate balance with each other and in symbiosis with us. We provide them with a home and in turn they break down our food into easily absorbable nutrients and help maintain our overall health.

But, factors such as stress, environmental conditions or use of certain substances can affect the natural balance of friendly microbes. Bifidophilus Flora Force provides billions of beneficial intestinal microorganisms, which offer a whole range of health benefits.



### BENEFITS

- Improves immune system function.
- Helps maintain female vaginal and urinary tract health.
- Helps promote intestinal health in children.
- May support respiratory health in children.
- Helps synthesize B vitamins.

### HOW IT WORKS

The beneficial microorganisms help to maintain the natural, delicate balance of flora that inhabit the human intestinal tract.<sup>1</sup> The microorganisms in this blend also help to decompose fecal matter, improving nutrient absorption and producing certain vitamins as metabolic byproducts.

### NSP ADVANTAGE

NSP Bifidophilus Flora Force now contains two additional strains, *Lactobacillus casei* and *Lactobacillus rhamnosus*, to add to the beneficial effects of *Lactobacillus acidophilus* and *Bifidobacterium longum*. To ensure product potency, short- and long-chain fructo-oligosaccharides (FOS), were blended into this formula. Over 200 clinical and animal studies support the use of short-chain FOS for health benefits. These include enhanced mineral absorption, improved bone health and immune function, and relief of minor symptoms associated with occasional sour stomach and gas.

### SCIENTIFIC SUPPORT

The activities of these microorganisms result in many health benefits, including the synthesis of B vitamins,<sup>2,3</sup> production of immune bodies for a strong immune system,<sup>4</sup> helping to maintain cholesterol levels that are already in the normal range, and the maintenance of urinary and intestinal tract health.<sup>5</sup>

### INGREDIENTS

*L. rhamnosus*, *L. acidophilus*, *L. casei*, *Bifidobacterium longum* and FOS (short- and long-chain). Each capsule provides 4 billion live microorganisms. Keep refrigerated or frozen.

### RECOMMENDED USE


Take 1 or 2 capsules with meals daily. Children: Take 1 capsule daily with a meal.

### COMPLEMENTARY PRODUCTS

- **Nutritional:** L. Reuteri, Yeast/Fungal Detox, Everybody's Fiber, ALJ®.
- **Homeopathics:** Allergy, Asthma, Candida, Inflammation.
- **Essential Oils:** Roman Chamomile, Peppermint, Tea Tree, Geranium.

### REFERENCES

1. Mitsuoka, T. "Bifidobacteria and their role in human health." *J of Ind Micro.* 1990; 6: 263-268.
2. Bezborovainy, A. and Catchpole, R. *Biochemistry and Physiology of Bifidobacteria.* Boca Raton, FL: CRC Press, Inc. 1989.
3. Rao, D.; Shahani, K. "Vitamin content of cultured dairy products." *Cultured Dairy Prod J.* 1987; 22(1): 6-10.
4. DeSimone, C. et al. "The adjuvant effect of yogurt on gamma interferon by Con-A stimulated human lymphocytes." *Nutr Repts Interl* 1986; 33: 319-333.
5. Chan, R.; Reid, G.; Irwin, R.; Bruce, A.; Costerton, I. "Competitive exclusion of uropathogens from human uroepithelial cells by Lactobacillus." *Infect Immun.* 1985; 47: 84-89.

*Bifidophilus Flora Force, Improved (90 capsules)*  
Stock No. 4080-4 



Contact your local NSP Herb Specialist:

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

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