



GENESTRA BRANDS®

Probiotic Research Review

The Sheffield Trial

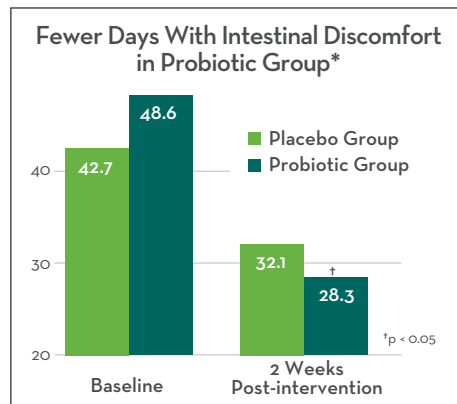
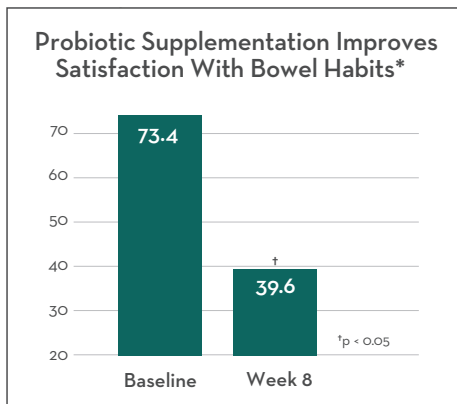
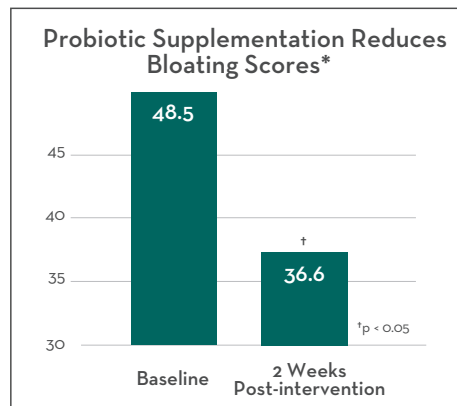
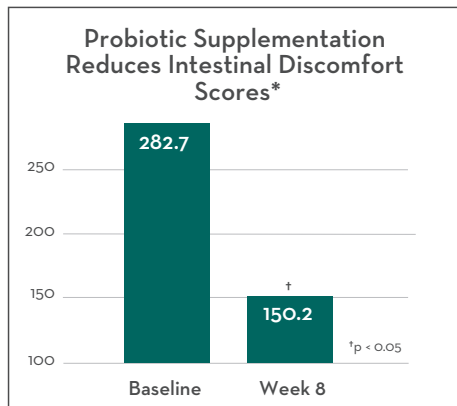
Clinical Trial: A Multistrain Probiotic Preparation Significantly Reduces Intestinal Discomfort in a Double-Blind Placebo-Controlled Study

(Williams *et al.*, 2008)

Probiotic supplementation was found to decrease the number of days with intestinal discomfort, while improving satisfaction with bowel habits and overall quality of life. This 8-week long, double-blind, randomized, placebo-controlled study was conducted in 52 participants. Participants were randomized to either the placebo capsule group or the probiotic capsule group (25 billion CFU from *Lactobacillus acidophilus* CUL-60 and CUL-21, *Bifidobacterium animalis* subsp. *lactis* CUL-34,

and *Bifidobacterium bifidum* CUL-20). Participants scored their intestinal discomfort (including bloating, satisfaction with bowel habits, and quality of life) at baseline and every 2 weeks during supplementation. In the probiotic group, satisfaction with bowel habits was significantly improved in just 6 weeks, and quality of life scores were improved after 8 weeks of supplementation.

- 22% decrease in days with intestinal discomfort*
- 32% improvement in satisfaction with bowel habits*



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