



GENESTRA BRANDS®

# HMF Intensive 500

PROBIOTIC SUPPLEMENT

500 billion CFU per dose

- Supports gastrointestinal health and comfort\*
- Balances microflora composition\*
- Offers five proprietary strains from a combination of *Lactobacillus* and *Bifidobacterium* genera
- Convenient, once-daily powder format

Genestra HMF Intensive 500 is our most concentrated probiotic formula yet, providing 500 billion CFU daily from a combination of five human-sourced, research-driven strains. Included in this blend are three strains of *Lactobacilli* and two strains of *Bifidobacteria* to ensure colonization in both the small and large intestines. These proprietary strains were selected based on their high quality, viability, strong epithelial adherence and naturally high tolerance to stomach acid. HMF probiotics have been evaluated for their effectiveness in clinical trials over the past 15 years and are some of the most studied probiotic cultures in the world. Research has reported that strains present in HMF Intensive 500 contribute to a favorable gut flora balance, support gastrointestinal comfort and maintain immune health (when combined with vitamin C). Provided in a convenient, once-daily powder format, HMF Intensive 500 is an easy way to support daily gastrointestinal health.\*



## SUPPLEMENT FACTS

Serving Size 1 Sachet (5 g)  
Servings per Container 30

### Each Serving Contains

<b>Probiotic Consortium</b>	500 billion CFU †
<i>Bifidobacterium animalis subsp. lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Lactobacillus salivarius</i> (CUL-61)	

† Daily Value not established

Other Ingredient: Potato maltodextrin

## Recommended Dose

In a glass, add water or milk to one sachet of HMF Intensive 500 and mix. Take once daily with meals or as recommended by your healthcare practitioner.

**Size**  
30 - 0.18 oz (5 g)  
Sachets of Powder  
[Net Wt 5.3 oz (150 g)]

**Product Code**  
10199-U



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\*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.

# HMF Intensive 500

## Scientific Rationale:

HMF Intensive 500 is formulated using Genestra's proprietary *Lactobacillus* and *Bifidobacterium* probiotic consortium – microorganisms that have been used in a wide body of clinical research. Studies demonstrate that these strains effectively maximize intestinal colonization to promote the growth of beneficial bacteria, support gastrointestinal comfort, and maintain immune health (when combined with vitamin C).<sup>1-3\*</sup>

In one double-blind, placebo-controlled trial, HMF probiotics were found to modulate the intestinal microflora composition.<sup>1\*</sup> Participants were divided into two groups, receiving either a probiotic or placebo supplement for 21 days.<sup>1</sup> Fecal samples were collected at baseline (day one) and on days seven and 35 to determine the average bacterial composition.<sup>1</sup> Each probiotic capsule was taken once daily and contained  $2.5 \times 10^{10}$  CFU from a combination of two strains of *Lactobacillus acidophilus* (CUL-60 and CUL-21) and two strains of *Bifidobacterium* spp.<sup>1</sup> HMF probiotic supplementation helped to support the growth of beneficial strains and maintain a healthy bacterial balance.<sup>1\*</sup>

In an eight-week long, double-blind, randomized, placebo-controlled study involving 52 adults, supplementation with a combination of four HMF probiotic strains significantly reduced mild intestinal discomfort.<sup>2\*</sup> Participants were randomized to either the placebo or probiotic capsule group (25 billion CFU from CUL-60, CUL-21, CUL-34 and

CUL-20) and consumed one capsule daily for eight weeks.<sup>2</sup> Participants scored their intestinal discomfort (including bloating, satisfaction with bowel habits and quality of life) at baseline and every two weeks during the supplementation period.<sup>2</sup> In comparison with baseline values, probiotic supplementation significantly improved intestinal discomfort scores, including a 22% decrease in days with intestinal discomfort, 32% improvement in satisfaction with bowel habits and 30% improvement in quality of life scores.<sup>2\*</sup> These improvements were also significantly greater when compared to placebo values.<sup>2\*</sup>

A combination of HMF probiotics and vitamin C was also reported to support schoolchildren's respiratory immune health in a six-month, randomized, double-blind, placebo-controlled study.<sup>3\*</sup> Children were randomized to either a placebo or probiotic and vitamin C tablet group (12.5 billion CFU from CUL-60, CUL-21, CUL-34 and CUL-20, plus 50 mg of vitamin C).<sup>3</sup> Participants consumed one tablet daily for six months and their respiratory health was evaluated by a pediatrician every two months.<sup>3</sup> Compared with the placebo group, upper respiratory tract health and immune function was significantly better supported in children that received the probiotic and vitamin C supplement.<sup>3\*</sup>

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### REFERENCES

1. Plummer, SF, Garaiova, I, Sarvotham, T, Cottrell, SL, Le Scouiller, S, Weaver, MA, Tang, J, Dee, P, Hunter, J. Int J Antimicrob Agents. 2005; 26(1): 69-74.
2. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. Aliment Pharmacol Ther. 2009; 29(1): 97-103.
3. Garaiova, I, Muchová, J, Nagypová, Z, Wang, D, Li, JV, Országhová, Z, Michael, DR, Plummer, SF, Duracková, Z. Eur J Clin Nutr. 2015; 69(3): 373-379.

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