

# Multi-Strain 11

11 billion CFUs per vegetable capsule, 9 strains and FOS-free for enhanced tolerability in even your most sensitive patients.

Gluten Free

Fructooligosaccharides (FOS) Free

SKU	Size	Format
193123	60 v-caps	Vegetable Capsules
193138	120 v-caps	Vegetable Capsules



- Guaranteed 11 billion colony-forming units with a combination of 9 carefully selected probiotic strains per vegetable capsule
- Indicated for the healthy balance of the immune system, the prevention and treatment of atopic concerns such as allergies and eczema, as well as common digestive complaints such as flatulence and bloating
- Delayed-release vegetable capsule ensures that each probiotic strain survives the harsh acidic environment of the stomach for delivery into the digestive tract
- Free from fructo-oligosaccharides (FOS) to prevent worsening gastrointestinal symptoms such as flatulence and bloating in sensitive individuals
- FODMAP friendly

The 21st century has seen a revolution in how we view bacteria. We now understand that gut microflora dictates many aspects of our health status from digestive regularity and

metabolic function to even mental health. At the same time, we are realizing that our microbiome is affected by changes in the external environment such as diet, geography, stress response and many kinds of medication.

Human clinical trials are finding that targeted probiotic strains can have potent health effects. For instance, supplementation with specific probiotic blends can provide positive outcomes for individuals suffering from mood disorders and mania. Other trials have demonstrated benefits in those with metabolic dysfunction and weight gain.

One mechanism that may explain these widespread benefits is the ability for bacteria to modulate the immune system and inflammatory pathways. Many human trials have documented the effect of probiotic therapy for alleviating intestinal inflammation, normalizing gut mucosal dysfunction and down-regulating hypersensitivity reactions.

Multi-Strain 11 contains a broad range of strain-specific probiotics with well-researched effects on balancing the immune system, including *Ligilactobacillus salivarius* and *Lactacaseibacillus*

*rhamnosus*. *Ligilactobacillus salivarius* is known for its ability to effectively up-regulate the anti-inflammatory cytokine IL-10 and modulate the human intestinal epithelial cell response to enteric pathogens.

*Lactocaseibacillus rhamnosus*, on the other hand, is best known for the prevention of atopic conditions such as eczema, and allergic rhinitis. In fact, a reduced risk of eczema in high-risk children has been noted after *Lactocaseibacillus rhamnosus* supplementation in women during and after gestation. These preventative effects were found to extend beyond infancy when researchers followed up four years later. Other clinical trials have shown that *Lactocaseibacillus rhamnosus* can positively balance Th1 and Th2 immunity, and improve tolerance to cow's milk.

Multi-Strain 11 is Cyto-Matrix's multistrain probiotic containing 9 different strains and a guaranteed 11 billion colony forming units (CFUs) per vegetable capsule. Over 70% of the probiotics found in Multi-Strain 11 are *Lactocaseibacillus rhamnosus*, making the formula particularly indicated for the healthy balance of the immune system, the prevention and treatment of atopic concerns such as allergies and eczema, as well as common digestive complaints such as flatulence and bloating. Over a decade of clinical use by Canadian integrative healthcare practitioners has made Multi-Strain 11 one of the most trusted probiotic formulations in the country with strong anecdotal evidence to support its use.

Multi-Strain 11 has been formulated with a delayed-release vegetable capsule and is also entirely free from fructo-oligosaccharides (FOS). FOS is typically added to probiotic supplements as a prebiotic, yet many patients report worsening gastrointestinal symptoms such as flatulence and bloating. Given that Multi-Strain 11 is FOS-free, this product is also

safe for use in individuals following a low FODMAP diet.

#### Each capsule contains

<i>Bifidobacterium breve</i> (HA-129)	330 million CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (HA-116)	330 million CFU
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (HA-135)	330 million CFU
<i>Lactobacillus helveticus</i> (HA-122)	550 million CFU
<i>Lactocaseibacillus paracasei</i> (HA-108)	715 million CFU
<i>Lactiplantibacillus plantarum</i> (HA-119)	440 million CFU
<i>Lactocaseibacillus rhamnosus</i> A (HA-114)	4.40 billion CFU
<i>Lactocaseibacillus rhamnosus</i> B (HA-111)	3.85 billion CFU
<i>Ligilactobacillus salivarius</i> (HA-118)	55 million CFU

#### Non-Medicinal Ingredients

Potato starch, fatty acids, ascorbic acid, skim milk, soy peptone, sucrose, yeast extract. Capsule: hypromellose

#### Recommended Use Claim

Provides live microorganisms that contribute to a natural healthy gut flora.

#### Directions of Use

Adolescents and Adults (12 years and older) - Take 1 capsule per day or as directed by a healthcare professional. Take at least 2-3 hours before or after antibiotics. **Keep refrigerated.**

## Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Stop use and consult a healthcare professional if symptoms of digestive upset, such as diarrhea, occur, worsen or persist beyond 3 days.

## Contraindications

Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). This product has come into contact with milk and soy. Do not use this product if you have a milk or soy allergy.

## Storage Conditions

Keep refrigerated. Do not use if safety seal is broken.