

# Flora·Matrix Immune

An evidence-based blend of 3 probiotic strains to provide both digestive and immune support. Dairy-free and shelf-stable.

Gluten Free

Soy Free

Dairy Free



- 7 billion CFU's per capsule of the three evidence-based strains, *Lactobacillus acidophilus* NCFM, *Bifidobacterium animalis* subsp. *lactis* Bi-07 and *Bifidobacterium animalis* subsp. *lactis* BL-04
- Collectively, these strains have been demonstrated to reduce the duration and the risk of developing upper respiratory tract illnesses in physically active adults and may improve the immune response time after oral vaccinations
- 100mg of vitamin C in each capsule for additional immune support
- Each blister pack offers 60 shelf-stable servings without the need for refrigeration
- Gluten, soy and dairy-free

The relationship between bacteria, digestive function and general health is complex, to say the least. One connection that is more apparent than others is the importance of the gut microbiome for a healthy and balanced immune system. Not only does the digestive tract lining act as the first line of defense against pathogenic microbes, but it is also home to many different types of immune cells and is an important regulator of these cells. Perhaps this is why certain probiotic strains have been proven to positively impact duration and intensity of cold and

flu-like symptoms in adults. The key is that specific strains have unique properties and capabilities.

*Lactobacillus acidophilus* NCFM (La-NCFM), *Bifidobacterium animalis* subsp. *lactis* (Bi-07) and *Bifidobacterium animalis* subsp. *lactis* (BL-04) are three extremely well-studied probiotic strains with multiple human clinical trials individually, in combination together and with other unique probiotic strains. One noteworthy trial compared the combination of La-NCFM and Bi-07 to a placebo intervention in children aged 3-5 years old for a period of 6 months to determine its effectiveness in preventing cold and flu symptoms. At the end of the study, it was found that the probiotic group had 73% reduced fever incidence, 62% reduced coughing incidence, 84% less use of antibiotics and 28% reduction in days absent from childcare. Another trial showed that *Bifidobacterium lactis* Bi-07 on its own has significantly improved the phagocytic activity of monocytes and granulocytes when compared to placebo after just 3 weeks. Finally, Bifido BL-04 has been shown independently to reduce the risk of upper respiratory tract infections in physically active adults by 27%, while also delaying the average time until illness by almost 1 month. Clearly, these probiotic strains offer some level of synergistic benefits when it comes to immune function in both children and adults.

Although these findings are significant, these strains are also capable of much more beyond their immune benefits. For example, La-NCFM has also been shown to reduce oral candida counts, increase bifidobacterium and lactobacillus counts, and improve irritable bowel syndrome markers on its own, while Bi-07 has effectively been shown to improve constipation and white blood cell function as a stand alone therapy.

Flora·Matrix Immune provides 7 billion CFU's per capsule of the three evidence-based strains, *Lactobacillus acidophilus* NCFM, *Bifidobacterium animalis subsp. lactis* Bi-07 and *Bifidobacterium animalis subsp. lactis* BL-04 with 100mg of additional vitamin C per capsule. Flora·Matrix Immune is designed to reduce the duration and the risk of developing upper respiratory tract illnesses in physically active adults and may improve the immune response time following oral vaccinations. Available in blister pack boxes containing 60 vegetable capsules per box. Flora·Matrix Immune is shelf-stable and free of gluten, soy and dairy.

Flora·Matrix Immune belongs to the family of Flora·Matrix probiotics, each containing specialized strains for targeted results. Each Flora·Matrix probiotic contains unique strains with distinct activity and health benefits. These strains are individually selected and they are well-studied at validated dosages, ensuring focused clinical results without the need for excessive colony-forming units.

#### Each capsule contains

Bifidobacterium animalis subsp. lactis Bi-07	2.5 billion CFU
Bifidobacterium animalis subsp. lactis BL-04	2 billion CFU
Lactobacillus acidophilus NCFM	2.5 billion CFU
Vitamin C (ascorbic acid)	100mg

#### Non-Medicinal Ingredients

Acacia (Fibregum™), vegetable-grade magnesium stearate, monopotassium phosphate, dipotassium phosphate, trehalose, sucrose. Capsule: hypromellose.

#### Recommended Use Claim

Source of probiotics. Helps support gastrointestinal health and promote favourable gut flora. Reduces the duration and the risk of developing upper-respiratory tract illness in physically active adults. May increase immune response time following oral vaccination.

#### Directions of Use

Adults: Take one 1 capsule per day at least 2-3 hours before or after antibiotics or as directed by a healthcare professional. Children 4-9: Take 1 capsule, 2 times per day at least 2-3 hours before or after antibiotics or as directed by a healthcare professional. Adolescents 10-18: Take 1 capsule per day at least 2-3 hours before or after antibiotics or as directed by a healthcare professional.

#### Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you have a fever, vomiting, bloody diarrhoea or severe abdominal pain. Stop use and consult a healthcare professional if symptoms of digestive upset (e.g. diarrhea) occur, worsen and/or persists beyond 3 days.

#### Contraindications

Do not use this product if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

Do not use this product if you are taking Tetracycline.

#### Storage Conditions

Do not use if safety seal is broken.