



GENESTRA  
BRANDS®

# CHOOSE HMF® PROBIOTICS!



## We Have the Right Probiotic for You



BACKED  
BY CLINICAL  
EVIDENCE



PROPRIETARY  
HUMAN  
STRAINS



CONDITION-  
SPECIFIC  
FORMULAS

# Get to know Genestra Brands® HMF® Probiotics



## Your patients' health needs are as uniquely individual as they are.

With a specialized range of professionally endorsed probiotics and a longstanding reputation for setting quality and purity standards, Genestra Brands® HMF® Probiotics is the brand of choice for those looking for just the right digestive health solution.†

Whether it's age, condition or personal preference, Genestra Brands' tailored formulas are designed to meet each person's unique health needs.

- Clinically studied, proprietary strains
- Doctor-recommended for over 20 years
- Research-driven, condition-specific formulas
- Potency guaranteed through expiration
- Tailored for all ages and life stages
- Variety of formats available

See page 28 for our HMF Probiotic Comparison Chart to choose the right HMF Probiotic for you

Please visit [GenestraBrands.com](https://www.GenestraBrands.com) to access the most up-to-date pricing, product information and availability.



No Genetically Modified Organisms



Gluten Free



Soy Free



Dairy Free



No Fructooligosaccharides



Vegan



Vegetarian

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# What are Probiotics?

There are billions of bacteria, often referred to as “microflora,” living in the intestinal tract. Probiotics are live, “friendly” bacteria in the microflora that work to keep a healthy intestinal balance, replenishing and maintaining the amount of beneficial strains compared to other bacteria. Maintaining this balance is critical for overall good health.‡

## Why supplement with probiotics?

Beneficial bacteria may be reduced due to a variety of factors:

- Age
- Dietary changes or poor diet
- Certain medication use
- Stress
- Alcohol consumption
- Digestive changes
- Lifestyle
- Traveling

Replenishing and maintaining the amount of beneficial strains may positively affect gastrointestinal function.‡

## Who should take probiotics?

Daily probiotic supplementation is considered a necessary component of any healthy diet. It supports health in:

- Pre- and post-pregnancy
- Infants (1 month+), children and adolescents
- Adults
- Seniors

While probiotics may be added in foods such as yogurt and smoothies, direct probiotic supplementation provides the highest amount of beneficial live and active cultures. Probiotics should be a routine part of a daily lifestyle to help maintain optimal health conditions.‡

## What does the “CFU” listed on Probiotic supplements mean?

Colony forming units, or CFU, refers to the dose of live, viable probiotic bacteria that a supplement contains.

Genestra Brands HMF Probiotics are available in a wide range of potencies for moderate or intensive use.

# Research & Innovation

## Driving probiotic science and innovation for over 20 years

Genestra Brands Human MicroFlora (HMF) probiotics incorporate safe and effective strains reflecting the latest evidence-based research from human trials and provide physicians and healthcare professionals with a comprehensive range of individualized or condition-specific formulas.

## Proprietary research-based strains

### Natural pH and bile acid resistance: No enteric coatings required<sup>1</sup>

HMF bacterial strains have high survival rates through various stomach pH (1.8- 4.2), thus maximizing intestinal tract exposure and eliminating the need for enteric coatings (capsule/tablet barriers that control digestive absorption).<sup>1</sup>

### Naturally strong adherence: High ratio of intestinal tract carriage<sup>2</sup>

CFU levels are important, but effectiveness is best determined through intestinal tract carriage.<sup>1,2</sup> HMF bacterial strains have a naturally strong adherence to epithelial cells that ensures high ratios of intestinal tract carriage.<sup>2</sup>

## Research-Driven: Human trials demonstrate safety and efficacy

### Research-driven in randomized, double-blind, placebo-controlled human trials

#### 25 billion CFU/day of:

- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

#### 12.5 billion CFU/day of:

- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

#### Research demonstrated to:<sup>3</sup>

- Improve symptoms within six weeks, including:
  - Reduced bloating, increased satisfaction with bowel habits and decreased abdominal pressure<sup>†</sup>

#### Research demonstrated to:<sup>4</sup>

- Help to support the immune system<sup>†</sup>

#### REFERENCES

1. Reynes, CM. (2006). The Science of Probiotics. Retrieved from: <<http://americannutritionassociation.org/newsletter/science-probiotics>>.
2. Fung, WY, Lye, HS, Lim, TJ, Kuan, CY, Liang, MT. (2011). Roles of Probiotic on Gut Health. In M.T. Liang (Ed.), Probiotics: biology, genetics, and health aspects (pp. 140-165). Heidelberg: Springer.
3. Williams, EA, Stimpson, J, Wang, D, et al. Aliment Pharmacol Ther. 2009; 29(1): 97-103.
4. Garaiova, I, Muchová, J, Nagypová, Z, et al. Eur J Clin Nutr. 2015; 69(3): 373-9.

# Probiotic Expertise

Genestra Brands HMF Probiotics are endorsed and supported by Dr. Nigel Plummer, a global probiotic authority and an educational leader associated with global research institutions. A collaborative think-tank lead by Dr. Nigel Plummer has produced peer-reviewed and PubMed-listed publications.

## Nigel Plummer, PhD<sup>+</sup>



A key probiotic contributor, Dr. Plummer, earned his doctorate in microbial physiology from the University of Surrey in the U.K. and began his career at Pfizer working on developing and manufacturing antibiotics. This commitment to research and development has continued in the academic sphere, as his research group has published more than 100 original scientific papers on the human microbiome, probiotics and omega-3 fatty acids. In addition, they have published 25 full human randomized, controlled trials on the impact probiotics have on many aspects of human physiology and pathology. This committed investment in research and development continues to break new ground in the field of probiotic science.

## Probiotics You Can Count On

- Over two decades of industry leadership
- Backed by high standards in manufacturing, quality assurance, purity and potency
- Optimized freeze-drying technology preserves bacterial activity and ensures survival during storage
- Professional-grade products suitable for those with dietary sensitivities
- Innovative probiotic and nutrient combinations
- Research-based formulas reflecting the latest advancements in the field of probiotics

## Proprietary Technologies for Moisture Control and Probiotic Stability

Exposure to any amount of moisture will have a detrimental impact on the stability and viability of probiotic organisms. To address this issue, Genestra Brands HMF Probiotics are made using two proprietary manufacturing processes: **TriPhase technology**, a unique multi-stage dehydration process conducted throughout manufacturing and **Stability Max technology**, which is employed through advanced packaging materials and processes to control moisture and ensure probiotic stability throughout the entire shelf life.



The technical innovation of our unique TriPhase and Stability Max technologies provides:

- Moisture control
- Shelf stability in ambient or refrigerated conditions
- Product consistency and stability that ensure maximum efficacy
- 18-24 month stability on high-potency probiotic formulas and products combining probiotics with other nutrients

### Phase 1

Micro-encapsulating and freeze-drying the probiotics

### Phase 2

Pre-conditioning and tempering the product during manufacturing

### Phase 3

Final treatment prior to packaging

Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.

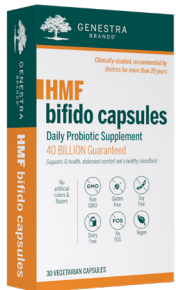
\*Dr. Plummer is a retained advisor to Genestra Brands.

# HMF<sup>®</sup> Daily Probiotics

Daily probiotics are an effective way to maintain a healthy gut and microbiome, playing a pivotal role in our overall well-being.<sup>‡</sup>



<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## HMF® Bifido Capsules

### Supports probiotic colonization of the large intestine<sup>1</sup>

- Provides 40 billion CFU per dose
- Includes proprietary, research-driven strains
- Supports gastrointestinal health<sup>1</sup>
- Convenient once-daily capsule format

HMF Bifido Capsules offer six proprietary human *Bifidobacteria* strains to support probiotic colonization in the large intestine.<sup>1</sup> *Bifidobacteria* help to mediate carbohydrate fermentation in the large intestine and contribute to the production of important short-chain fatty acids (SCFAs), including acetate and lactate.<sup>2</sup>

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 40 billion CFU

- Bifidobacterium animalis subsp. lactis* (CUL-34)  
& *Bifidobacterium bifidum* (CUL-20)
- Bifidobacterium breve* (Bb-18)
- Bifidobacterium animalis subsp. lactis* (BI-04)
- Bifidobacterium longum subsp. longum* (CUL-75)
- Bifidobacterium longum subsp. infantis* (Bi-26)

Other ingredients: Cellulose, hypromellose, stearic acid

**Recommended Dose**

Take 1 capsule daily or as recommended by your healthcare professional.

**Size**

30 Vegetarian Capsules

**Product Code**

10425-30U



**REFERENCES**

1. Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
2. Bottacini, F, van Sinderen, D, Ventura, M. Biochem J. 2017; 474(24): 4137-4152.



## HMF® Capsules

### Supports a natural healthy gut flora<sup>1</sup>

- Provides 10 billion CFU per daily dose
- Combines four proprietary, research-driven *Lactobacilli* and *Bifidobacteria* strains
- No fructooligosaccharides (FOS)

HMF Capsules provide four strains of proprietary probiotics to support a natural healthy gut flora. The microflora composition in the gut is relatively steady, although it can be altered by diet, stress, age and medication.<sup>1</sup> Probiotics promote the presence of beneficial bacteria to maintain healthy intestines.<sup>1</sup> These probiotics also strengthen the epithelial barrier.<sup>2</sup> They support the integrity of tight junctions, which control permeability, and increase the release of mucin.<sup>2</sup> HMF Capsules contain research-driven *Lactobacilli* and *Bifidobacteria* strains to promote colonization in both the small and large intestines.<sup>3</sup>

**TWO CAPSULES CONTAIN:**

Total Carbohydrate ..... <1 g

**Probiotic Consortium** ..... 5 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis subsp. lactis* (CUL-34)  
& *Bifidobacterium bifidum* (CUL-20)

Other ingredients: Cellulose, hypromellose, silica, sunflower lecithin

**Recommended Dose**

Adults, Adolescents and Children (6 years and older): Take 2 capsules 2 times daily with meals or as recommended by your healthcare professional.

**Size**

60 Vegetarian Capsules

**Product Code**

10409-60U



**REFERENCES**

1. Nagpal R, Yadav H, Kumar M, Jain S, Yamashiro Y, et al. (2013). Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
2. Saulnier N, Zocco MA, Di Caro S, Gasbarrini G, Gasbarrini A. Genes & Nutrition. 2006; 1(2): 107-116.
3. Govender M, Choonara YE, Kumar P, du Toit LC, van Vuuren S, et al. AAPS PharmSciTech. 2014; 15(1): 29-43.

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## HMF® Forte

### Supports intestinal health in adults and children\*

- Provides 20 billion CFU per daily dose
- Proprietary, research-driven strains contribute to a natural healthy gut flora†
- Contains fructooligosaccharides (FOS)

HMF Forte is a combination of proprietary probiotics that help promote gastrointestinal health in adults and children. Supplementation with large numbers of a combination of microorganisms helps maximize intestinal colonization, promoting the growth of beneficial bacteria.<sup>1</sup> In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing *Lactobacillus acidophilus* (CUL-60 and CUL-21) stimulated the restoration of microflora.<sup>2</sup> Likewise, research also demonstrates that a probiotic supplement containing CUL-21 can significantly colonize the gut of healthy adults.<sup>3</sup> *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and are safe for both adults and children.<sup>4</sup>

#### EACH CAPSULE CONTAINS:

<b>Probiotic Consortium</b> .....	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
Fructooligosaccharides (FOS) .....	100 mg
Other ingredients: Hypromellose, cellulose, silica, sunflower lecithin	

#### Recommended Dose

Take 1 capsule 2 times daily with meals or as recommended by your healthcare professional.

#### Size

Refrigerated: 60 Vegetarian Capsules  
 Refrigerated: 120 Vegetarian Capsules

#### Product Code

10418-60U  
 10418-120U



#### REFERENCES

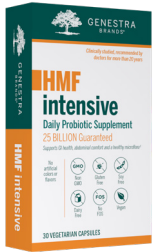
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2. Madden JAJ, Plummer SF, Tang J, Garaiova I, Plummer NT, et al. International Immunopharmacology. 2005; 5: 1091-1097.
3. Mahenthiralingam E, Marchbank A, Drevinek P, Garaiova I, Plummer S. BMC Microbiology. 2009; 9: 251.
4. Saulnier N, Zocco MA, Di Caro S, Gasbarrini G, Gasbarrini A. Genes & Nutrition. 2006; 1(2): 107-116.



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# HMF® Intensive Formulas

HMF Intensive, Intensive Powder, Intensive 50 and Intensive 500 provide a combination of probiotics clinically demonstrated to supplement the normal intestinal microbiota, help alleviate bloating and abdominal pressure and improve satisfaction with bowel habits in adults and children over 11 years old. In one clinical trial, daily supplementation with this probiotic formula for eight weeks significantly improved such measures.<sup>1†</sup>



## HMF® Intensive

**Clinically researched probiotic formula**

- Provides 25 billion CFU per dose from a combination of four proprietary human strains
- Supports intestinal health in adults and children<sup>†</sup>
- Supplements the normal intestinal microbiota<sup>†</sup>
- Helps alleviate bloating and abdominal pressure and increase satisfaction with bowel habits<sup>†</sup>
- Convenient once-daily capsule format

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 25 billion CFU  
*Lactobacillus acidophilus* (CUL-60 & CUL-21)  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34)  
 & *Bifidobacterium bifidum* (CUL-20)

Refrigerated: Other ingredients: Cellulose, hypromellose  
 Shelf-stable: Other ingredients: Hypromellose, microcrystalline cellulose

**Recommended Dose**

Adults and Children (6 years and older): Take 1 capsule daily with a meal or as recommended by your healthcare professional.

<b>Size</b>	<b>Product Code</b>
Refrigerated: 30 Vegetarian Capsules	10431-30U
Shelf-stable: 25 Vegetarian Capsules	10660-25U



## HMF® Intensive Powder

**Clinically researched probiotic powder**

- Offers 25 billion CFU per dose from a combination of four proprietary human strains
- Supports intestinal health in adults and children<sup>†</sup>
- Supplements the normal intestinal microbiota<sup>†</sup>
- Helps alleviate bloating and abdominal pressure and increase satisfaction with bowel habits<sup>†</sup>
- Convenient once-daily powder format

**EACH SCOOP (1 g) CONTAINS:**

Total Carbohydrate ..... <1 g  
**Probiotic Consortium** ..... 25 billion CFU  
*Lactobacillus acidophilus* (CUL-60 & CUL-21)  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34)  
 & *Bifidobacterium bifidum* (CUL-20)

Other ingredients: Potato maltodextrin

**Recommended Dose**

Adults, Adolescents and Children (3 years and older): In a glass, add water or milk to 1 scoop of HMF® Intensive Powder and mix. Take once daily or as recommended by your healthcare professional.

<b>Size</b>	<b>Product Code</b>
30 g Powder	10486-30U



REFERENCE

1. Williams EA, Stimpson J, Wang D, Plummer S, Garaiova I, et al. *Aliment Pharmacol Ther.* 2009 Jan;29(1): 97-103.

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# HMF® Intensive 50

## Delayed-release, shelf-stable probiotic formula

- Provides 50 billion CFU per dose from a combination of four proprietary human strains
- Supplements the normal intestinal microbiota<sup>†</sup>
- Helps alleviate bloating and abdominal pressure and increase satisfaction with bowel habits<sup>†</sup>
- Convenient, once-daily capsule format

HMF Intensive 50 is a shelf-stable probiotic designed to maximize probiotic survivability through the stomach. This formula is produced with delayed-release capsules that resist stomach acid and delay the release of probiotics after swallowing, allowing for complete, targeted release in the intestines and optimal probiotic activity.

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 50 billion CFU  
*Lactobacillus acidophilus* (CUL-60 & CUL-21)  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34)  
 & *Bifidobacterium bifidum* (CUL-20)

Other ingredients: Delayed-release capsule (hypromellose, gellan gum), cellulose, silica, magnesium stearate

**Recommended Dose**

Take 1 capsule daily with a meal or as recommended by your healthcare professional.

**Size** 30 Vegetarian Capsules      **Product Code** 10354-1-30U



# HMF® Intensive 500

## Convenient, once-daily powder format

- Provides 500 billion CFU per dose from a combination of five proprietary human strains
- Supplements the normal intestinal microbiota<sup>†</sup>
- Helps alleviate bloating and abdominal pressure and increase satisfaction with bowel habits<sup>†</sup>

HMF Intensive 500 is our most concentrated probiotic formula yet, it provides 500 billion CFU daily from a combination of five research-driven human strains. This formula includes 100 billion CFU of *Lactobacillus salivarius* (CUL-61) in addition to the proprietary strains found in our other HMF Intensive formulas.

**EACH SACHET (5 g) CONTAINS:**

**Probiotic Consortium** ..... 500 billion CFU  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34)  
 & *Bifidobacterium bifidum* (CUL-20)  
*Lactobacillus acidophilus* (CUL-60 & CUL-21)  
*Lactobacillus salivarius* (CUL-61)

Other ingredients: Potato maltodextrin

**Recommended Dose**

In a glass, add water or milk to 1 sachet of HMF Intensive 500 and mix. Take once daily or as recommended by your healthcare professional.

**Size** 30 - 5g Sachets of Powder (150 g)      **Product Code** 10199-30U



<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# HMF® Multi Strain Formulas

Our HMF Multi Strain formulas provide a comprehensive combination of research-driven human strain probiotics to support overall gastrointestinal health. Included in these blends is HN019, a strain clinically demonstrated to significantly increase *Bifidobacteria* and *Lactobacilli* counts, and support gastrointestinal health, as measured by improved whole gut transit time and abdominal comfort scores.<sup>1,2†</sup>



## HMF® Multi Strain

### Comprehensive 16-strain probiotic combination

- Provides 15 billion CFU per dose
- Broad spectrum support for intestinal health<sup>†</sup>
- Long-term maintenance probiotic for the temporary modification of gut flora<sup>†</sup>



## HMF® Multi Strain 50

### Broad spectrum 15-strain probiotic combination

- Provides 50 billion CFU per dose
- Comprehensive support for gastrointestinal health<sup>†</sup>
- Long-term maintenance probiotic for the temporary modification of gut flora<sup>†</sup>

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 15 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34) & *Bifidobacterium bifidum* (CUL-20)
- Lactobacillus salivarius* (CUL-61)
- Lactobacillus fermentum* (CUL-67)
- Lactobacillus gasseri* (CUL-09)
- Lactobacillus acidophilus* (NCFM®)
- Lactobacillus casei* (CUL-06)
- Lactobacillus paracasei* (CUL-08)
- Bifidobacterium animalis* subsp. *lactis* (CUL-62)
- Bifidobacterium breve* (Bb-18)
- Bifidobacterium animalis* subsp. *lactis* (HN019)
- Lactobacillus plantarum* (CUL-66)
- Streptococcus salivarius* subsp. *thermophilus* (CUL-68)
- Lactobacillus rhamnosus* (HN001)

Refrigerated: Other ingredients: Cellulose, hypromellose, sunflower lecithin, silica  
Shelf-stable: Other ingredients: Microcrystalline cellulose, hypromellose, sunflower lecithin, silica

NCFM® is used with permission under licence.

**Recommended Dose**

Adults, Adolescents and Children (6 years and older): Take 1 capsule daily or as recommended by your healthcare professional.

Size	Product Code
Refrigerated: 60 Vegetarian Capsules	10487-60U
Shelf-stable: 50 Vegetarian Capsules	10662-50U



**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 50 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis* subsp. *lactis* (HN019)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34) & *Bifidobacterium bifidum* (CUL-20)
- Bifidobacterium animalis* subsp. *lactis* (BL-04)
- Lactobacillus salivarius* (CUL-61)
- Lactobacillus gasseri* (CUL-09)
- Bifidobacterium breve* (Bb-18)
- Lactobacillus casei* (CUL-06)
- Lactobacillus paracasei* (CUL-08)
- Lactobacillus plantarum* (CUL-66)
- Bifidobacterium animalis* subsp. *lactis* (CUL-62)
- Lactobacillus acidophilus* (NCFM®)
- Saccharomyces cerevisiae* subsp. *boulardii* (CNCM-I-1079)

Other ingredients: Hypromellose, cellulose, sunflower lecithin, silica

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**Recommended Dose**

Take 1 capsule daily or as recommended by your healthcare professional.

Size	Product Code
30 Vegetarian Capsules	10498-30U



**REFERENCES**

- Ahmed M, Prasad J, Gill H, Stevenson L, Gopal P. J Nutr Health Aging. 2007; 11(1): 26-31.
- Waller PA, Gopal PK, Leyer GJ, Ouwehand AC, Reifer C, et al. Scand J Gastroenterol. 2011; 46(9): 1057-64.

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## HMF® Multi Strain 100

### Concentrated 14-strain probiotic combination

- Provides 100 billion CFU per dose
- Broad spectrum support for gastrointestinal health<sup>†</sup>
- Promotes a healthy gut flora<sup>†</sup>
- Convenient once-daily capsule format



## HMF® Multistrain Powder

### 16-strain probiotic combination to support gastrointestinal health<sup>†</sup>

- Provides 16 billion CFU per dose
- Broad spectrum support for intestinal health<sup>†</sup>
- Once-daily powder format
- Free of artificial colors and flavors

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 100 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34) & *Bifidobacterium bifidum* (CUL-20)
- Bifidobacterium animalis* subsp. *lactis* (BI-04)
- Bifidobacterium animalis* subsp. *lactis* (HN019)
- Lactobacillus salivarius* (CUL-61)
- Lactobacillus gasseri* (CUL-09)
- Lactobacillus paracasei* (CUL-08)
- Lactobacillus acidophilus* (NCFM®)
- Lactobacillus plantarum* (CUL-66)
- Bifidobacterium breve* (Bb-18)
- Lactobacillus casei* (CUL-06)
- Bifidobacterium animalis* subsp. *lactis* (CUL-62)

Other ingredients: Hypromellose, cellulose, sunflower lecithin, silica

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**Recommended Dose**

Take 1 capsule daily or as recommended by your healthcare professional.

**Size**

30 Vegetarian Capsules

**Product Code**

10197-30U



**TWO SCOOP (1 g) CONTAINS**

**Probiotic Consortium** ..... 16 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34) & *Bifidobacterium bifidum* (CUL-20)
- Lactobacillus acidophilus* (NCFM®)
- Bifidobacterium animalis* subsp. *lactis* (HN019)
- Lactobacillus salivarius* (CUL-61)
- Lactobacillus rhamnosus* (CUL-63)
- Lactobacillus gasseri* (CUL-09)
- Bifidobacterium breve* (Bb-18)
- Lactobacillus paracasei* (CUL-08)
- Lactobacillus casei* (CUL-06)
- Bifidobacterium animalis* subsp. *lactis* (CUL-62)
- Lactobacillus plantarum* (CUL-66)
- Lactobacillus fermentum* (CUL-67)
- Bifidobacterium longum* (CUL-75)
- Bifidobacterium longum* subsp. *infantis* (Bi-26)

Other ingredients: Potato maltodextrin

**Recommended Dose**

In a glass, add water to 2 level scoops and mix. Take once daily or as recommended by your healthcare professional.

**Size**

60 g Powder

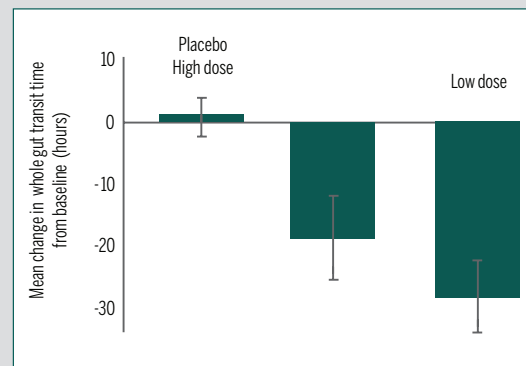
**Product Code**

10387-60U



## *Bifidobacterium lactis* HN019 Supports Healthy Gut Motility After 14 Days of Supplementation<sup>†</sup>

When taken daily for two weeks, *B. lactis* HN019 provided significant support for gut motility in a randomized placebo-controlled clinical trial of 100 adults. Time required for an orally ingested marker to pass through the entire gastrointestinal tract decreased in both the low (1.8 billion CFU/day) and high (and 17.2 billion CFU/day) dose groups, with no significant change in the placebo group ( $p < 0.01$  across groups). This proprietary strain is provided in HMF® Multi Strain 50 and HMF® Multi Strain 100 within the clinically studied dose range. (Waller et al, Scand J Gastroenterol, 2011; 46: 1057-1064.)



<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# HMF® Neuro Capsules & Powder

HMF Neuro Capsules & Powder contain a combination of five proprietary human-strain probiotics, including *L. rhamnosus*. This strain has been shown under intestinally simulated conditions in vitro to degrade exorphins, which are peptides produced during the digestion of certain foods, including wheat and dairy products.<sup>1†</sup>



## HMF® Neuro Capsules

**Probiotic and L-glutamine formulation to support gastrointestinal health<sup>†</sup>**

- Provides 24 billion CFU per recommended dose from a combination of five proprietary human strains
- Offers probiotics that temporarily modify gut flora<sup>†</sup>
- Includes 500 mg L-glutamine daily
- Free of fructooligosaccharides (FOS)

**EACH CAPSULE CONTAINS:**

<b>Probiotic Consortium</b> .....	12 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Lactobacillus rhamnosus</i> (CUL-63)	
<i>Bifidobacterium animalis subsp. lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
L-Glutamine .....	250 mg
Other ingredients: Hypromellose, sunflower lecithin, silica, cellulose	

**Recommended Dose**

Adults, Adolescents and Children (6 years and older): Take 1 capsule 2 times daily with meals or as recommended by your healthcare professional.

<b>Size</b>	<b>Product Code</b>
60 Vegetarian Capsules	10442-60U



## HMF® Neuro Powder

**Probiotic formula with L-glutamine for gastrointestinal health<sup>†</sup>**

- Provides 24 billion CFU per recommended dose from a combination of five proprietary human strains
- Offers probiotics that temporarily modify gut flora<sup>†</sup>
- Includes 1,000 mg L-glutamine and 500 mg of fructooligosaccharides (FOS) daily
- Great-tasting apricot-flavored powder format

**EACH SCOOP (1 g) CONTAINS:**

<b>Probiotic Consortium</b> .....	12 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Lactobacillus rhamnosus</i> (CUL-63)	
<i>Bifidobacterium animalis subsp. lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
L-Glutamine .....	500 mg
Fructooligosaccharides (FOS) .....	250 mg
Other ingredients: Apricot powder	

**Recommended Dose**

In a glass, add water to 1 scoop (¼ teaspoon) of HMF Neuro Powder and mix. Take 2 times daily with meals, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare professional.

<b>Size</b>	<b>Product Code</b>
60 g Powder	10443-60U



REFERENCE  
1. Seroyal. Data on File.

Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.



# HMF<sup>®</sup> Neuro Cognition<sup>‡</sup>

**Probiotic formula with bacopa and carotenoids for brain and memory support<sup>†</sup>**

- Provides a combination of clinically researched probiotics, BACOGNIZE<sup>®</sup> Bacopa extract, lutein and zeaxanthin
- Formulated to support cognitive health, memory and brain function<sup>†</sup>
- Helps maintain eyesight and support healthy macular pigment optical density<sup>†</sup>

HMF Neuro Cognition was specifically developed to support cognitive health, memory and brain function. It offers BACOGNIZE<sup>®</sup> Bacopa, clinically shown to support cognitive health and brain function, enhancing performance in a test measuring attention, freedom from distractibility and working memory.<sup>1</sup> This formula includes a blend of four proprietary probiotics that have been shown in clinical research to support aspects of cognitive health.<sup>2-4</sup> HMF Neuro Cognition also offers the important carotenoid antioxidants lutein and zeaxanthin. Research demonstrates that these carotenoids help maintain eyesight, support healthy macular pigment optical density, and may be associated with improved cognitive function.<sup>4,5,6</sup>

**TWO CAPSULES CONTAIN:**

BACOGNIZE <sup>®</sup> Bacopat ( <i>Bacopa monnieri</i> ) Aerial Parts Std. Extract (10-20:1).....	300 mg
(12% Bacosides/3-6 g Dried Equivalent)	
Lutein (from Aztec marigold oleoresin).....	10mg
Zeaxanthin (from Aztec marigold oleoresin).....	2 mg
<b>Probiotic Consortium</b> .....	25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	

Other ingredients: Hypromellose, cellulose, sunflower lecithin, silica

BACOGNIZE<sup>®</sup> is a registered trademark of Verdure Sciences, Inc.

**Recommended Dose**

Take 2 capsules daily with a meal containing oil, or as recommended by your healthcare professional.

<b>Size</b>	<b>Product Code</b>
60 Vegetarian Capsules	10389-60U



**References**

1. Kumar N, Abichandani LG, Thawani V, Gharpure KJ, Naidu MU, et al. Evid Based Complement Alternat Med. 2016; 2016: 4103423.
2. Kim N, Yun M, Oh YJ, Choi HJ. J Microbiol. 2018; 56(3): 172-182.
3. Owen L, Reinders M, Narramore R, Marsh AMR, Gar Lui F, et al. Proceedings of the Nutrition Society. 2014; 73 (OCE1): E29.
4. Noorwali EA, Beaumont JD, Corfe BM, Owen L. Proc Nutr Soc. 2017; 76(OCE1): E6.
5. Feeney J, O'Leary N, Moran R, O'Halloran AM, Nolan JM, et al. J Gerontol A Biol Sci Med Sci. 2017; 72(10): 1431-1436.
6. Renzi-Hammond LM, Bovier ER, Fletcher LM, Miller LS, Mewborn CM, et al. Nutrients. 2017; 9(11): E1246.



<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## HMF® Powder

Live microorganisms to benefit intestinal health in adults, adolescents and children<sup>†</sup>

- Provides 22 billion CFU per daily dose from four proprietary human strain probiotics
- Contributes to a healthy gut flora<sup>†</sup>
- Helps support gastrointestinal health<sup>†</sup>
- Includes 1,760 mg of fructooligosaccharides (FOS) per daily dose

HMF Powder is a combination of four human strain proprietary probiotics, along with 1,760 mg of fructooligosaccharides (FOS) per dose, to assist in re-establishing and maintaining normal intestinal microflora in adults, adolescents and children. This convenient powder format is a great alternative for those who dislike or have difficulty swallowing capsules.<sup>†</sup>

**EACH SCOOP (1.25 g) CONTAINS:**

Total Carbohydrate .....	<1 g
<b>Probiotic Consortium</b> .....	11 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
Fructooligosaccharides (FOS) .....	880 mg

**Recommended Dose**

Adults, Adolescents and Children (1 year and older): In a glass, add water or milk to 1 heaped scoop (1.25 g) of HMF® Powder and mix. Take 2 times daily with meals or as recommended by your healthcare professional.

**Size**  
75 g Powder

**Product Code**  
10408-75U



## HMF® Super Powder

Probiotic formula to help support gastrointestinal health in adults, adolescents and children<sup>†</sup>

- Provides 20 billion CFU per daily dose from a combination of four proprietary strains
- Contributes to a healthy gut flora<sup>†</sup>
- Includes fructooligosaccharides (FOS)
- Vegan-friendly formula in a convenient powder format

HMF Super Powder is a probiotic maintenance formula that provides four strains of proprietary human-sourced probiotics (*Lactobacillus acidophilus* CUL-60 & CUL-21, *Bifidobacterium bifidum* CUL-20 and *Bifidobacterium animalis* subsp. *lactis* CUL-34), along with fructooligosaccharides (FOS), to assist in re-establishing and maintaining normal intestinal microflora. HMF Super Powder is indicated for the promotion and maintenance of intestinal health in adults, adolescents and children and is a great alternative for those who dislike or have difficulty swallowing capsules.<sup>†</sup>

**EACH SCOOP (1.15 g) CONTAINS:**

Total Carbohydrate .....	<1 g
<b>Probiotic Consortium</b> .....	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
Fructooligosaccharides (FOS) .....	880 mg

**Recommended Dose**

Adults, Adolescents and Children (1 year and older): In a glass, add water to 1 heaped scoop (1.15 g) of HMF Super Powder and mix. Take 2 times daily with meals or as recommended by your healthcare professional.

**Size**  
138 g Powder

**Product Code**  
10427-138U



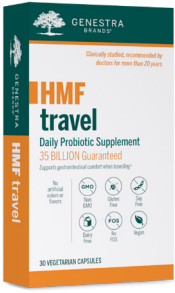
Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.



# HMF<sup>®</sup> Condition Specific / Specialty Probiotics

**Strain-specific** characteristics carefully chosen with specific needs in mind for **targeted support** and effective results.





## HMF® Travel

Probiotics to support gastrointestinal health when traveling

- Provides 35 billion CFU per daily dose
- Supports maintenance of a healthy gastrointestinal microflora<sup>†</sup>
- Includes *Saccharomyces boulardii* plus four proprietary strains

HMF Travel combines five probiotic strains from *Lactobacillus*, *Bifidobacterium* and *Saccharomyces* genera to promote a favourable gut flora. A number of travel-related factors, including unfamiliar food or water, stress and jet-lag, can all affect the normal composition of gut bacteria. Our shelf-stable formula is offered in a convenient capsule format that can easily be taken anywhere to support gastrointestinal health.<sup>‡</sup>

**TWO CAPSULES CONTAIN:**

**Probiotic Consortium** ..... 35 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Saccharomyces boulardii* (CNCM-I-1079)
- Bifidobacterium bifidum* (CUL-20) &
- Bifidobacterium animalis* subsp. *lactis* (CUL-34)

Other ingredients: Hypromellose, sunflower lecithin, silica, cellulose

**Recommended Dose**

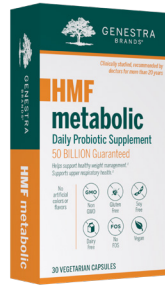
Take 2 capsules daily or as recommended by your healthcare professional.

**Size**

30 Vegetarian Capsules

**Product Code**

10198-30U



## HMF® Metabolic

Probiotic to support healthy weight management and gastrointestinal health<sup>††</sup>

- Provides 50 billion CFU per capsule from a combination of five proprietary human strains
- Convenient, once-daily capsule format

HMF Metabolic probiotic strains were studied in one of the largest human trials to investigate the effects of probiotics on weight management. In this randomized, double-blind, placebo-controlled study, 220 participants consumed HMF Metabolic probiotic strains daily for six months, without changing their normal diet and exercise regimes. After three months, HMF Metabolic probiotic strains significantly improved QOL (quality of life) scores, including general wellness.<sup>‡‡</sup>

**EACH CAPSULE CONTAINS:**

**Probiotic Consortium** ..... 50 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Lactobacillus plantarum* (CUL-66)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34)
- & *Bifidobacterium bifidum* (CUL-20)

Other ingredients: Cellulose, hypromellose, sunflower lecithin, silica

**Recommended Dose**

Adults: Take 1 capsule daily or as recommended by your healthcare professional.

**Size**

30 Vegetarian Capsules

**Product Code**

10341-30U



**REFERENCES**

1. Michael, DR, Jack, AA, Masetti, G, Davies, TS, Loxley, KE, et al. *Sci. Rep.* 2020; 10: 4183.

Please visit [GenestraBrands.com](https://www.genestrabrands.com) to access the most up-to-date pricing, product information and availability.



<sup>1</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>2</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BLOATING & PRESSURE†



## HMF® Replete

Promotes healthy gut flora in adults†

- Provides 150 billion CFU per day, plus fructooligosaccharides (FOS)
- Supports gastrointestinal health†
- Great-tasting apricot-flavored powder

HMF Replete is a unique combination of proprietary human-sourced probiotics that supports a healthy intestinal microflora. The intestines contain more than 400 bacterial species, and bacterial balance is necessary for a healthy intestinal tract. Probiotics, including *Lactobacillus* and *Bifidobacterium*, promote healthy microflora, support normal intestinal microbiota and promote digestive health.<sup>12,3†</sup>

**EACH SACHET (20 g) CONTAINS:**

Calories.....	50
Total Carbohydrate.....	18 g
Dietary Fiber.....	10 g
Total Sugars.....	8 g
<b>Probiotic Consortium</b> .....	150 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
Fructooligosaccharides (FOS).....	10 g
Other ingredient: Apricot powder	

**Recommended Dose**

In a glass, add 250 mL of water to 1 sachet of HMF Replete and mix. Take once daily or as recommended by your healthcare professional.

**Size**

7 - 20 g Sachets of Powder (140 g)

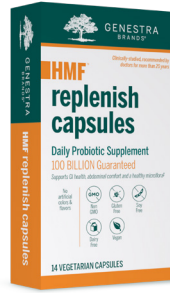
**Product Code**

10419-7U



REFERENCES

1. Sarowska J, Choroszy-Król I, Regulska-Ilow B, Frej-Madrzak M, Jama-Kmieciak A. *Adv Clin Exp Med*. 2013; 22(5): 759-766.
2. Nagpal R, Yadav H, Kumar M, Jain S, Yamashiro Y, et al. (2013). In Otle, S. (Ed.), *Probiotics and Prebiotics in Food, Nutrition and Health* (pp. 1-24). Boca Raton, FL: CRC Press.
3. Saulnier N, Zocco MA, Di Caro S, Gasbarrini G, Gasbarrini A. *Genes & Nutrition*. 2006; 1(2): 107-116.



## HMF® Replenish Capsules

Promotes healthy gut flora in adults, adolescents and children†

- Provides 100 billion CFU per dose, plus fructooligosaccharides (FOS)
- Promotes healthy digestive function†
- Convenient capsule format

HMF Replenish Capsules contain five proprietary human strain probiotics that support gastrointestinal health in adults, adolescents and children and promote normal intestinal microbiota. In a randomized, placebo-controlled trial involving 52 adults, daily supplementation with CUL-60, CUL-21, CUL-20 and CUL-34 significantly improved quality of life and bowel habit satisfaction scores and decreased the number of days with abdominal pressure within 10 weeks.<sup>1†</sup>

**EACH CAPSULE CONTAINS:**

<b>Probiotic Consortium</b> .....	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus salivarius</i> (CUL-61)	

Other ingredients: Hypromellose, fructooligosaccharides (FOS), sunflower lecithin, silica

**Recommended Dose**

Adults, Adolescents and Children (6 years and older): Take 1 capsule daily with a meal or as recommended by your healthcare professional.

**Size**

14 Vegetarian Capsules

**Product Code**

10457-14U



REFERENCES

1. Williams EA, Stimpson J, Wang D, Plummer S, Garaiova I, et al. *Aliment Pharmacol Ther*. 2009; 29(1): 97-103.

Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.

IMMUNE FUNCTION†



# HMF® Immune

## Great-tasting upper respiratory support formula†

- Helps support immune function and upper respiratory tract health†
- Offers 30 billion CFU per dose from a combination of five proprietary human strains, plus vitamins C and D
- Delicious natural blackcurrant-flavored chewable tablet

HMF Immune combines proprietary human strain probiotics with vitamins C and D to provide targeted support for the immune system. In addition to supporting gastrointestinal health, HMF Immune provides BI-04, a strain that has been shown in a clinical trial to support upper respiratory tract health in physically active adults.<sup>1</sup> To further help maintain immune health, this formula contains vitamins C and D, which research demonstrates may be especially effective in maintaining immune function in the respiratory tract.<sup>2,3†</sup>

**EACH TABLET CONTAINS:**

Total Carbohydrate .....	1 g
Sugar Alcohols .....	1 g
Vitamin C (ascorbic acid) .....	100 mg
Vitamin D <sub>3</sub> (cholecalciferol) .....	25 mcg (1000 IU)
<b>Probiotic Consortium</b> .....	30 billion CFU

- Lactobacillus acidophilus* (CUL-60 & CUL-21)
- Bifidobacterium animalis* subsp. *lactis* (CUL-34)
- & *Bifidobacterium bifidum* (CUL-20)
- Bifidobacterium animalis* subsp. *lactis* (BI-04)

Other ingredients: Xylitol, black currant fruit powder, sorbitol, natural black currant flavor, silica, magnesium stearate

**Recommended Dose**

Adults: Chew 1 tablet daily with a meal or as recommended by your healthcare professional.

**Size**  
30 Chewable Tablets

**Product Code**  
10365-30U



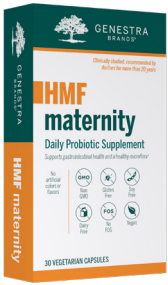
**REFERENCES**

1. West, NP, Horn, PL, Pyne, DB, GebSKI, VJ, Lahtinen, SJ, Fricker, PA, Cripps, AW. Clin Nutr. 2014; 33(4): 581-7.
2. Hemilä, H, Chalker, E. Cochrane Database Syst Rev. 2013; (1): CD000980.
3. de Sa Del Fiol, F, Barberato-Filho, S, Lopes, LC, de Cassia Bergamaschi, C. J Infect Dev Ctries. 2015; 9(4): 355-61.



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

WOMEN'S HEALTH



## HMF® Maternity

**Probiotic supplement for pregnant women<sup>†</sup>**

- Provides 10 billion CFU per dose
- Combines four proprietary, research-driven human *Lactobacilli* and *Bifidobacteria* strains
- Suitable for use during pregnancy<sup>1</sup>

Expectant mothers may have safety concerns about using probiotics during pregnancy. Rest assured, HMF Maternity's probiotic formulation is based on clinical safety evidence. In a double-blind, placebo-controlled clinical trial conducted on 454 pregnant women, supplementation with probiotic strains included in HMF Maternity's formula did not increase adverse event risk when compared to placebo treatment.<sup>1</sup>

**EACH CAPSULE CONTAINS:**

<b>Probiotic Consortium</b> .....	10 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) &	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus paracasei</i> (CUL-08)	

Other ingredients: Potato maltodextrin, hypromellose

**Recommended Dose**

Adult Women: Take 1 capsule daily with a meal or as recommended by your healthcare professional.

**Size**  
30 Vegetarian Capsules

**Product Code**  
10492-30U



REFERENCE

1. Allen SJ, Jordan S, Storey M, Thornton CA, Gravenor M, et al. J Nutr. 2010 Mar;140(3): 483-8.



## HMF® Women's Daily

**Probiotics and cranberry to support vaginal and urinary tract health<sup>†</sup>**

- Provides 17.6 billion CFU per capsule, plus 300 mg of cranberry fruit extract
- Helps promote and maintain healthy vaginal flora<sup>†</sup>
- Helps support urinary tract health in women<sup>†</sup>
- Supports gastrointestinal health<sup>†</sup>

**EACH CAPSULE CONTAINS:**

<b>Probiotic Consortium</b> .....	17.6 billion CFU
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Lactocaseibacillus rhamnosus</i> (HN001)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (36:1) .....	300 mg
10.8 g Dried Equivalent	

Other ingredients: Hypromellose, silica, cellulose

**Recommended Dose**

Adult Women: Take 1 capsule daily or as recommended by your healthcare professional.

**Size**  
30 Vegetarian Capsules

**Product Code**  
10385-30U



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## HMF® CranPro

### Probiotic formula with PACRAN® cranberry extract

- Promotes urinary tract health and comfort<sup>1</sup>
- Provides 30 billion CFU per daily dose from a combination of five proprietary human strains
- Includes 500 mg of PACRAN® cranberry fruit extract daily, equivalent to 25 g of fresh fruit

HMF CranPro is a combination of research-driven probiotics and PACRAN®, a clinically studied cranberry fruit extract that helps support urinary tract health and comfort.<sup>1,2</sup> This formula includes *L. gasseri* in its probiotic blend, one of the predominant vaginal *Lactobacillus* species.<sup>3†</sup>

#### TWO CAPSULES CONTAIN:

<b>Probiotic Consortium</b> .....	30 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60, CUL-21)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) &	
<i>Bifidobacterium bifidum</i> (CUL-20)	
PACRAN® Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (50:1).....	500 mg
25 g Fresh Fruit Equivalent	

Other ingredients: Hypromellose, cellulose, sunflower lecithin, silica

PACRAN® is a trademark of Naturex

#### Recommended Dose

Take 2 capsules daily or as recommended by your healthcare professional.

**Size**  
60 Vegetarian Capsules

**Product Code**  
10357-60U



#### REFERENCES

1. Sengupta K, V Alluri K, Golakoti T, V Gottumukkala G, Raavi J, et al. *Current Bioactive Compounds*. 2011 Mar;7(1):39-46.
2. Fromentin E, Vostalova J, Vidlar A, Galandakova A, Vrbkova J, et al. *FASEB J*. 2014 April; 28(1, Suppl 639.4).
3. Pavlova SI, Kilic AO, Kilic SS, So JS, Nader-Macias ME, et al. *J Appl Microbiol*. 2002;92(3): 451-9.



<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



PEDIATRIC HEALTH

**HMF® Baby B**

**Probiotic supplement for breast-fed babies\***

- Provides 10 billion CFU per dose
- Helps support gastrointestinal health and promote a favorable gut flora†
- Contains transgalactooligosaccharides (GOS)



HMF Baby B provides a clinically researched probiotic combination of four proprietary human strains and transgalactooligosaccharides (GOS), a fiber similar to oligosaccharides naturally occurring in breast milk.<sup>1,3</sup> Powder format dissolves easily into milk, breast milk or water.

**EACH SCOOP (200 mg) CONTAINS:**

<b>Probiotic Consortium</b> .....	10 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus paracasei</i> (CUL-08)	

Other ingredients: Transgalactooligosaccharides (GOS)  
Contains: Milk

**Recommended Dose**

Infants and Toddlers (0 to 36 months old): Take 1 scoop daily or as recommended by your health professional.

Preparation instructions for adults:

1. Wash your hands thoroughly.
2. Measure 30 mL (2 tablespoons) of water and pour into sterilized bottle.
3. Using the enclosed scoop, add one level scoop of powder to water or breast-milk. Shake well until powder is dissolved.
4. Feed to infant immediately. After feeding, any solution not consumed within 1 hour should be discarded.

**Size**  
6 g Powder

**Product Code**  
10491-6U



**REFERENCES**

1. Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, M, et al. J Nutr. 2010; 140(3): 483-8.
2. Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, MB, et al. Arch Dis Child. 2014; 99(11): 1014-9.
3. Jeurink P, van Esch B, Rijnierse A, Garssen J, and Knippels L. American Journal of Clinical Nutrition. 2013; 98(suppl.): 572S-7S.

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## HMF® Baby F

### Probiotic supplement for formula-fed babies†

- Provides 10 billion CFU per dose
- Helps support gastrointestinal health and promote a favorable gut flora<sup>†</sup>
- Contains fructooligosaccharides (FOS) & transgalactooligosaccharides (GOS)

HMF Baby F provides a clinically researched probiotic combination of four proprietary human strains, fructooligosaccharides (FOS), and transgalactooligosaccharides (GOS), a fiber similar to oligosaccharides naturally occurring in breast milk.<sup>1-3</sup> Powder format dissolves easily into milk, formula or water.

#### EACH SCOOP (1.1 g) CONTAINS:

Total Carbohydrate .....	1 g
<b>Probiotic Consortium</b> .....	10 billion CFU
<i>Ligilactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactocaseibacillus paracasei</i> (CUL-08)	

Other ingredients: Transgalactooligosaccharides (GOS), fructooligosaccharides (FOS)  
Contains: Milk

#### Recommended Dose

Infants and Toddlers (0 to 36 months old): Take 1 scoop daily or as recommended by your health professional.

Preparation instructions for adults:

1. Wash your hands thoroughly.
2. Measure 30 mL (2 tablespoons) of water and pour into sterilized bottle.
3. Using the enclosed scoop, add one level scoop of powder to water or breast-milk. Shake well until powder is dissolved.
4. Feed to infant immediately. After feeding, any solution not consumed within 1 hour should be discarded.

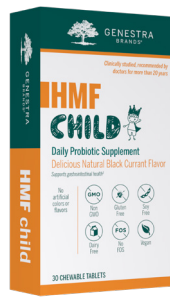
**Size**  
66 g Powder

**Product Code**  
10493-66U



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## HMF® Child

### 6-strain probiotic combination ideal for children

- Provides 12.5 billion CFU per daily dose
- Delicious natural blackcurrant-flavored chewable tablet
- Free from fructooligosaccharides (FOS)

HMF Child combines six strains of proprietary human probiotics to contribute to a healthy gut flora in children. Included in this blend are four *Lactobacilli* and two *Bifidobacteria* strains to promote probiotic colonization in both the small and large intestines.<sup>1†</sup>

#### EACH TABLET CONTAINS:

<b>Probiotic Consortium</b> .....	12.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Lactobacillus paracasei</i> (CUL-08)	

Other ingredients: Xylitol, sorbitol, natural black currant flavor, silica, magnesium stearate

#### Recommended Dose

Children (4 years and older): Chew 1 tablet daily with a meal or as recommended by your healthcare professional.

**Size**  
30 Chewable Tablets

**Product Code**  
10451-30U



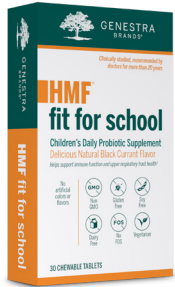
#### REFERENCE

1. Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. *AAPS PharmSciTech.* 2014; 15(1): 29-43.

PEDIATRIC HEALTH

# HMF® Fit For School Formulas

HMF Fit for School formulas include a combination of research-driven probiotic strains and vitamin C that help support upper respiratory tract health in children, as demonstrated in a recent clinical trial among 57 school children.<sup>1</sup> HMF Fit for School also includes 25 mcg (1,000 IU) of vitamin D per chewable tablet or scoop for additional immune support and to promote adequate vitamin D status for healthy bone development.<sup>‡</sup>



## HMF® Fit For School

### Children's chewable immune support formula<sup>‡</sup>

- Helps support upper respiratory tract health<sup>†</sup>
- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora<sup>†</sup>
- Includes 50 mg of vitamin C and 1,000 IU of vitamin D per tablet
- Supports immune health, gastrointestinal health and healthy bone development<sup>†</sup>
- Chewable tablets with a delicious natural black currant flavor

**EACH TABLET CONTAINS:**

Total Carbohydrate .....	<1 g
Vitamin C (ascorbic acid) .....	50 mg
Vitamin D <sub>3</sub> (cholecalciferol) .....	25 mcg (1000 IU)
<b>Probiotic Consortium</b> .....	12.5 billion CFU

*Lactobacillus acidophilus* (CUL-60 & CUL-21).  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34)  
 & *Bifidobacterium bifidum* (CUL-20)

Other ingredients: Xylitol, black currant fruit powder, sorbitol, natural flavor, silica, magnesium stearate

**Recommended Dose**

Adolescents and Children (4 years and older): Chew 1 tablet daily or as recommended by your healthcare professional.

**Size**  
 30 Chewable Tablets (no FOS)

**Product Code**  
 10497-30U



## HMF® Fit For School Powder

### Children's immune support formula<sup>‡</sup>

- Helps support upper respiratory tract health<sup>†</sup>
- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora<sup>†</sup>
- Includes 50 mg of vitamin C and 1,000 IU of vitamin D per dose
- Supports immune health, gastrointestinal health and healthy bone development<sup>†</sup>
- Convenient powder format free of artificial colors or flavors

**EACH HEAPED SCOOP (1 g) CONTAINS:**

Vitamin C (ascorbic acid).....	50 mg
Vitamin D (cholecalciferol) .....	25 mcg (1000 IU)
<b>Probiotic Consortium</b> .....	12.5 billion CFU

*Lactobacillus acidophilus* (CUL-60 & CUL-21)  
*Bifidobacterium animalis* subsp. *lactis* (CUL-34) &  
*Bifidobacterium bifidum* (CUL-20)

Other ingredients: Potato maltodextrin

**Recommended Dose**

Children (1 year and older): In a glass, add 1 heaped scoop to water or juice and dissolve completely before administration to children. Take once daily or as recommended by your healthcare professional.

**Size**  
 30 g Powder

**Product Code**  
 10388-30U



**REFERENCE**

1. Garaiova I, Muchová J, Nagyová Z, Wang D, Li JV, Országhová Z et al. European Journal of Clinical Nutrition. 2015; 174: 1-7.

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1. Garaiova I, Muchová J, Nagyová Z, Wang D, Li JV, et al. Eur J Clin Nutr. 2015 Mar;69(3):373-9.

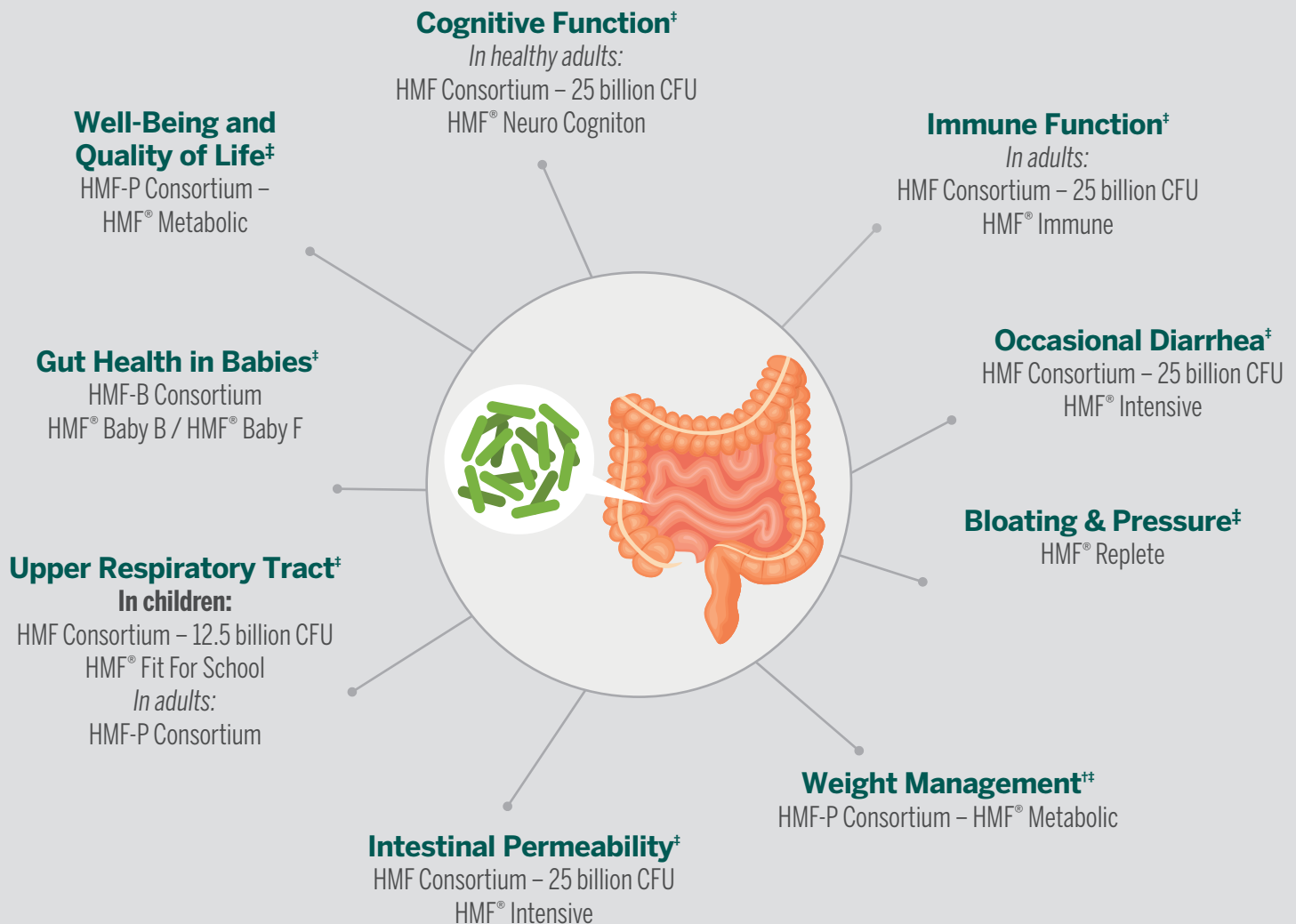
Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.





# Probiotic Clinical Trials

## Clinical Applications of HMF Probiotic Strains



### KEY

#### HMF-P Consortium – 50 billion CFU

*L. acidophilus* (CUL-60 & CUL-21),  
*B. bifidum* (CUL-20), *B. animalis*  
 subsp. *lactis* (CUL-34), and  
*L. plantarum* (CUL-66)

#### HMF Consortium – 25 billion CFU

*L. acidophilus* (CUL-60 & CUL-21),  
*B. bifidum* (CUL-20), and *B. animalis*  
 subsp. *lactis* (CUL-34)

#### HMF Consortium – 12.5 billion CFU

*L. acidophilus* (CUL-60 & CUL-21),  
*B. bifidum* (CUL-20), and *B. animalis*  
 subsp. *lactis* (CUL-34)

#### HMF-B Consortium – 10 billion CFU

*L. salivarius* (CUL-61), *L. paracasei*  
 (CUL-08), *B. bifidum* (CUL-20), and  
*B. animalis* subsp. *lactis* (CUL-34)

All clinical trials have been conducted using both shelf stable and refrigerated probiotic organisms.

Please visit [GenestraBrands.com](http://GenestraBrands.com) to access the most up-to-date pricing, product information and availability.

# The Swansea ‘Safety in Newborns’ Study

Dietary supplementation with *Lactobacilli* and *Bifidobacteria* is well tolerated and not associated with adverse events during late pregnancy and early infancy

(Allen *et al.*, 2010)

**Probiotic supplementation did not impact adverse event incidence, number of visits to the doctor, or mothers’ assessment of infant health.** Based on these findings, the authors concluded that usage of the probiotic formula was safe during pregnancy and infancy.

- No increase in adverse event incidence in pregnant mothers
- No increase in adverse event incidence in infants

## Additional Supporting References

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<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# HMF® Probiotics Comparison Chart

PRODUCT	CFU PER DOSAGE	PRIMARY INDICATIONS†	STRAINS	FOS	DAILY DOSE
<b>HMF DAILY PROBIOTICS</b>					
<b>HMF® Capsules</b>	10 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults, Adolescents & Children (6 years +): 2 capsules 2 times/day
<b>HMF® Multi Strain</b> (refrigerated & shelf-stable formats)	15 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Broad-range support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60, CUL-21 & NCFM®), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34, CUL-62 & HNO19), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. plantarum</i> (CUL-66), <i>L. casei</i> (CUL-06), <i>L. fermentum</i> (CUL-67), <i>L. gasseri</i> (CUL-09), <i>B. breve</i> (Bb-18), <i>S. salivarius</i> subsp. <i>thermophilus</i> (CUL-68), <i>L. rhamnosus</i> (HNO01)	No	Adults, Adolescents & Children (6 years +): 1 capsule/day
<b>HMF® Multi Strain Powder</b>	16 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Broad-range support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60, CUL-21 & NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34, HNO19 & CUL-62), <i>B. bifidum</i> (CUL-20), <i>L. salivarius</i> (CUL-61), <i>L. rhamnosus</i> (CUL-63), <i>L. gasseri</i> (CUL-09), <i>B. breve</i> (Bb-18), <i>L. paracasei</i> (CUL-08), <i>L. casei</i> (CUL-06), <i>L. plantarum</i> (CUL-66), <i>L. fermentum</i> (CUL-67), <i>B. longum</i> (CUL-75), <i>B. longum</i> subsp. <i>infantis</i> (Bi-26)	No	Adults: 2 scoops/day
<b>HMF® Super Powder</b>	20 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	Yes	Adults & Children (1 year+): 1 scoop 2 times/day
<b>HMF® Powder</b>	22 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	Yes	Adults & Children (1 year+): 1 scoop 2 times/day
<b>HMF® Neuro Capsules</b> <i>With L-Glutamine</i>	24 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>L. rhamnosus</i> (CUL-63)	No	Adults, Adolescents & Children (6 years +): 1 capsule 2 times/day
<b>HMF® Neuro Powder</b> <i>With L-Glutamine</i>	24 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>L. rhamnosus</i> (CUL-63)	Yes	Adults: 1 scoop 2 times/day
<b>HMF® Intensive</b> (refrigerated & shelf-stable formats)	25 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Alleviates bloating and pressure</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults & Children (6 years+): 1 capsule/day
<b>HMF® Intensive Powder</b>	25 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Alleviates bloating and pressure</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults, Adolescents & Children (3 years+): 1 scoop/day
<b>HMF® NEURO COGNITION</b> <i>With BACOGNIZE™</i>	25 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Memory support</li> <li>Cognitive health &amp; brain function</li> <li>Maintain healthy eyesight</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults: 2 capsules/day
<b>HMF® Bifido Capsules</b>	40 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Targeted support for the large intestine</li> <li>Daily maintenance</li> </ul>	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34 & BI-04), <i>B. bifidum</i> (CUL-20), <i>B. breve</i> (CUL-74), <i>B. longum</i> subsp. <i>longum</i> (CUL-75), <i>B. longum</i> subsp. <i>infantis</i> (Bi-26)	No	Adults: 1 capsule/day
<b>HMF® Intensive 50</b>	50 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Alleviates bloating and pressure</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults: 1 capsule/day
<b>HMF® Multi Strain 50</b>	50 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Broad-range support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60, CUL-21 & NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34, HNO19, BL-04 & CUL-62), <i>B. bifidum</i> (CUL-20), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. casei</i> (CUL-06), <i>L. gasseri</i> (CUL-09), <i>B. breve</i> (Bb-18), <i>L. plantarum</i> (CUL-66), <i>S. cerevisiae</i> subsp. <i>boulaardii</i> (CNCM-I-1079)	No	Adults: 1 capsule/day

Please visit [GenestraBrands.com](https://www.GenestraBrands.com) to access the most up-to-date pricing, product information and availability.

PRODUCT	CFU PER DOSAGE	PRIMARY INDICATIONS <sup>‡</sup>	STRAINS	FOS	DAILY DOSE
<b>HMF DAILY PROBIOTICS (CONTINUED)</b>					
<b>HMF® Multi Strain 100</b>	100 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Broad-range support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60, CUL-21 & NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34, BL-04, HN019 & CUL-62), <i>B. bifidum</i> (CUL-20), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. gasseri</i> (CUL-09), <i>L. casei</i> (CUL-06), <i>L. plantarum</i> (CUL-66), <i>B. breve</i> (Bb-18)	No	Adults: 1 capsule/day
<b>HMF® Intensive 500</b>	500 billion	<ul style="list-style-type: none"> <li>Intestinal support – highest concentration</li> <li>Alleviates bloating and pressure</li> <li>Daily maintenance</li> </ul>	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. salivarius</i> (CUL-61), <i>L. acidophilus</i> (CUL-60 & CUL-21)	No	Adults: 1 sachet/day
<b>HMF CONDITION SPECIFIC / SPECIALTY PROBIOTICS</b>					
<b>HMF® Travel</b>	35 billion	<ul style="list-style-type: none"> <li>Intestinal support during travel</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>S. boulardii</i> (CNCM-I-1079), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	No	Adults: 2 capsules/day
<b>HMF® Metabolic</b>	50 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Weight management*</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>L. plantarum</i> (CUL-66), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	No	Adults: 1 capsule/day
<b>BLOATING &amp; PRESSURE<sup>‡</sup></b>					
<b>HMF® Replenish Capsules</b>	100 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Alleviates bloating and pressure</li> <li>Broad-spectrum support</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>L. salivarius</i> (CUL-61)	Yes	Adults, Adolescents & Children (6 years+): 1 capsule/day
<b>HMF® Replete</b>	150 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Alleviates bloating and pressure</li> <li>Broad-spectrum support</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>L. salivarius</i> (CUL-61), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	Yes	Adults : 1 sachet/day
<b>IMMUNE FUNCTION<sup>‡</sup></b>					
<b>HMF® Immune With vitamins C &amp; D</b>	30 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Immune support</li> </ul>	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34 & BI-04), <i>B. bifidum</i> (CUL-20)	No	Adults: 1 tablet/day
<b>WOMEN'S HEALTH</b>					
<b>HMF® Maternity</b>	10 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Supports pregnant women</li> </ul>	<i>L. salivarius</i> (CUL-61), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. paracasei</i> (CUL-08)	No	Adult Women: 1 capsule/day
<b>HMF® CranPro With PACRAN® cranberry fruit extract</b>	30 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Supports urinary tract health</li> </ul>	<i>L. acidophilus</i> (CUL-60 & 21), <i>L. gasseri</i> (CUL-09), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	No	Adults: 2 capsules/day
<b>HMF® Women's Daily With cranberry extract</b> (refrigerated & shelf-stable formats)	17.6 - 35.2 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Supports urinary tract health</li> </ul>	<i>L. acidophilus</i> (La-14, CUL-60 & CUL-21), <i>L. rhamnosus</i> (HN001), <i>L. gasseri</i> (CUL-09), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	No	Adult Women: 1 capsule/day  For recurrent UTIs: 2 capsules/day

<sup>‡</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT	CFU PER DOSAGE	PRIMARY INDICATIONS*	STRAINS	FOS	DAILY DOSE
<b>HMF CONDITION SPECIFIC / SPECIALTY PROBIOTICS (CONTINUED)</b>					
<b>PEDIATRIC HEALTH†</b>					
<b>HMF® Natogen</b>	3 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> </ul>	<i>L. acidophilus</i> (CUL-60 & 21), <i>L. paracasei</i> (CUL-08), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62)	No	Children (1-4 years): 1 scoop/day
<b>HMF® Baby B</b> With GOS	10 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Formulated for breast-fed babies</li> </ul>	<i>L. salivarius</i> (CUL-61), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. paracasei</i> (CUL-08)	No	Infants & Toddlers (0-36 months): 1 scoop/day
<b>HMF® Baby F</b> With GOS	10 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Formulated for formula-fed babies</li> </ul>	<i>L. salivarius</i> (CUL-61), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. paracasei</i> (CUL-08)	Yes	Infants & Toddlers (0-36 months): 1 scoop/day
<b>HMF® Child</b>	12.5 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Daily maintenance</li> </ul>	<i>L. acidophilus</i> (CUL-60 & 21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08)	No	Children (4 years+): 1 tablet/day
<b>HMF® Fit For School</b> With vitamins C & D	12.5 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Immune support</li> <li>Bone development</li> </ul>	<i>L. acidophilus</i> (CUL-60 & 21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	No	Adolescents & Children (4 years+): 1 tablet/day
<b>HMF® Fit For School Powder</b> With vitamins C & D	12.5 billion	<ul style="list-style-type: none"> <li>Intestinal support</li> <li>Immune support</li> <li>Bone development</li> </ul>	<i>L. acidophilus</i> (CUL-60 & 21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)	No	Adolescents & Children (4 years+): 1 scoop/day

Please visit [GenestraBrands.com](https://www.GenestraBrands.com) to access the most up-to-date pricing, product information and availability.



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Shipments over \$300	FREE Shipping

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Genestra Brands is required to collect and remit sales tax for orders shipped to the following states:

AL, AZ, AR, CA, CO, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MA, MI, MN, MS, MO, NE, NV, NM, NC, ND, OH, OK, RI, SC, SD, TN, UT, VA, WA, WI.

If you are tax exempt, please contact Customer Service at 888-737-6925 to discuss the documentation needed to make your account tax-exempt. If your order is placed before these documents are sent in, we unfortunately will not be able to refund you the applicable sales tax.

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\*\*Valid in the USA for online orders only. Cannot be combined with other promotions. Free standard shipping will apply to entire order and become available at checkout.

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



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