



# Flora Synergy

## What?

Probiotic in spore form – friendly bacteria for the digestive tract. Similar to the type of probiotics or “good bacteria” found in yogurt or kefir but a higher quality.

## Why?

You may have heard that up to 80% of your immune system resides in your digestive tract. Many popular food manufacturers, such as dairy/yogurt companies are touting the benefits of the naturally-occurring probiotics in their products as support for your immune system. **Flora Synergy** contains similar beneficial bacteria as yogurt but in a much more potent, high quality form.

**Flora Synergy** contains the superior probiotic, Lactobacillus Sporogenes, which exists in a protective spore form and survives stomach acid, heat and antibiotics – no refrigeration required! Once this probiotic reaches the intestinal tract it multiplies and creates an environment for renewed digestive and immune health.

Also available in a naturally-sweet, chewable wafer for children.

## How?

Suggested Usage: 1 – 2 capsules three times daily before meals, or as directed.

## Tips:

If your practitioner recommends that you take several capsules at once and you have trouble swallowing, you can open the capsules directly onto your tongue. This product has a naturally sweet flavor and is pleasant to the taste.

### Key Ingredients:

Fructooligosaccharides 250 mg, Lactobacillus Sporogenes (15 billion per gram) 2.5 mg

*To learn more about nutritionals ask your healthcare professional for a copy of Energetix' patient brochure: "Nutritionals – What you Need to Know."*



*This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.*

### References:

- Berman, S. and D Spicer. 2003. Safety and Reliability of Lactobacillus Supplements in Seattle, Washington (A Pilot Study). *Internet Journal of Alternative Medicine*.
- Prescott, Lansing, John P. Harley, and Donald A Klein, eds. 1996. *Microbiology*, Third edition. Boston, MA: McGraw Hill, Inc.
- Mohan, J.C., R. Arora, M. Khalilullah. 1990, 1992. Preliminary Observations on Effect of Lactobacillus Sporogenes on Serum Lipid Levels in Hypercholesterolemic Patients. *Indian Journal of Medical Research*. 1990, 92:431-432.