



# Flora Synergy and Flora Chewable

## What?

A probiotic in spore form – friendly bacteria for the digestive tract which encourages the growth of many other “good bacteria” in the system.

## Why?

A healthy immune system is made up of hundreds of different types of essential immune bacteria. In order for them to thrive, it is helpful to have a base of “good bacteria” which encourages their continued proliferation. **Flora Synergy** and **Flora Chewable** contain a unique probiotic that is designed to create an environment which may allow the body’s own good immune bacteria to multiply and thrive.

**Flora Synergy** and **Flora Chewable** contain the probiotic *Lactobacillus sporogenes* in a protective spore form that can survive stomach acid, heat and antibiotics – no refrigeration is required! Once this probiotic reaches the intestinal tract it multiplies and creates an environment for renewed digestive and immune system health.

## How?

**Flora Synergy** – 2 capsules three times daily 20 minutes before meals, or as directed

**Flora Chewable** – 1 wafer twice daily 20 minutes 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, Lactobacillus Sporogenes

*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.