

HMF POWDER



HMF Powder contains two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*, along with fructooligosaccharides, formulated to discourage the colonization of hostile bacteria, and to promote the repopulation of friendly bacteria in the gastrointestinal tract. HMF Powder is a moderate-level maintenance probiotic formula indicated for the promotion and maintenance of intestinal health in adults and children alike; for dysbiosis and individuals who use antibiotics, oral contraceptives, steroids and hormone replacement therapy; and for assisting with cholesterol metabolism. Ideal for vegetarians.

RECOMMENDED DOSAGE

Adults and Children (1 year and older): In a glass, add water to one scoop (¼ teaspoon) of HMF Powder and mix. Take two times daily with meals, or as recommended by your health care practitioner.

Risk Information: If you are experiencing nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain; or if you have an immune-compromised condition, do not use. If symptoms of digestive upset occur, worsen or persist beyond three days, discontinue use and consult your health care practitioner.

EACH SCOOP (1 g) CONTAINS

Probiotic Consortium 11 billion CFU

Lactobacillus acidophilus (CUL-60)

Lactobacillus acidophilus (CUL-21)

Bifidobacterium bifidum (CUL-20)

Bifidobacterium animalis subsp. *lactis* (CUL-34)

(formerly *Bifidobacterium lactis*)

Fructooligosaccharides (FOS). 880 mg