

Fortéfy™

**Probiotic and Prebiotic combination with elite, dairy-free probiotic strains
Formulated to support the restoration of a healthy gut microbiome***

Probiotics are a great way to support a healthy gastrointestinal tract.*

Fortéfy may be taken on a regular, daily basis to support a healthy gut microbiome, or as needed to encourage the restoration of beneficial colonies after intestinal flora has been compromised.*

**Fortéfy includes three Elite Strains of probiotics
with added prebiotics:**

- *Lactobacillus acidophilus* La-14
- *Lactobacillus salivarius* Ls-33
- *Bifidobacterium longum* BI-05
- FOS (Fructooligosaccharides)

Supplementation with Probiotics:

- Supports optimal immune and gastrointestinal health*
- Supports normal bowel movements*
- Restores healthy intestinal flora after antibiotic use*
- Contributes to the prevention of various infections*
- Supports the immune response and clearance of acute infections*
- Helps to prevent atopic diseases, such as asthma and eczema, in children*



Dairy Free



Soy Free



Egg Free



Gluten Free



Vegan

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

The World Health Organization (WHO) defines probiotics as “live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host.”¹ The term “probiotic” means “life-giving” and describes a vast array of known and yet unknown species and strains of commensal bacteria that comprise our microbiome. According to medical research, imbalances in gastrointestinal flora are associated with many diseases both within the gastrointestinal system, and throughout the body. Evidence also shows a healthy gut microbiome supports optimal gastrointestinal and immune system function.

One mechanism by which probiotics contribute to gut health is by preventing potential pathogens from binding to the gut mucosa via competitive inhibition. Probiotics also enhance the gut’s innate, or nonspecific, immune system by improving the health and function of intestinal absorptive cells.² A review of 63 studies containing over 8000 participants found that probiotics are a beneficial and safe intervention to reduce the severity and duration of acute diarrhea.³ Chronic diarrhea in children is also improved with probiotics.⁴ Likewise, a published review of over 1000 participants found that functional constipation in adults is improved with probiotics.⁵

Probiotics also contribute to a healthy immune system. A review of randomized controlled trials showed that probiotics can prevent the incidence of acute viral upper respiratory infections by 47%.⁶ Research demonstrates that the gut microbiome in allergy-prone individuals differs from those with more typical immune function.⁷ This imbalance may affect immune system behavior and function. Studies also show that probiotic and commensal bacteria directly influence both the innate and adaptive components of the humoral immune system.^{8,9}

What the research shows:

Lactobacillus acidophilus (La-14)

La-14 displays documented anti-inflammatory activity and oxalate degradation effects which may decrease the risk of kidney stones.¹⁰ La-14 produces bacteriocin, an anti-bacterial compound, and other compounds such as lactic acid and hydrogen peroxide, that may reduce the proliferation of certain pathological bacteria.¹¹ In conjunction with other probiotics, La-14 reduces abdominal fat and increases antioxidant enzyme activity in a more effective way than an isolated dietary intervention.¹² La-14, when combined with fiber and other probiotics, lowers the incidence of bacterial infections and shortens the duration of antibiotic therapy following liver transplantation.¹³ La-14 increases the humoral immune system response.¹⁴ Oral administration of a probiotic mixture containing La-14 results in colonization of La-14 in the vagina of healthy women as well as attenuation of bacterial vaginosis in a mouse model.^{15,16} In conjunction with *Bifidobacterium longum* BI-05, La-14 reduces the magnitude of immune suppression present after stressful, exhaustive exercise in Wistar rats.¹⁷ Consumption of La-14, in conjunction with *Bifidobacterium longum* BI-05, decreases blood pressure, LDL cholesterol and triglycerides, and increases HDL cholesterol in Wistar rats.¹⁸

Lactobacillus salivarius (Ls-33)

Ls-33 increases the anti-inflammatory cytokine IL-10 in immune cells in-vitro.¹⁹ In a mouse model, Ls-33 significantly attenuates colitis.²⁰ In a mouse model, Ls-33 induces down-regulation of inflammation-related genes, lowers serum levels of certain cytokines and chemokines, and increases the effects of regulatory T cells.²¹

Bifidobacterium longum (BI-05)

Bifidobacterium bacteria are a common inhabitant of the human digestive tract. *Bifidobacterium* species modulate gastrointestinal immune responses and can improve the mucosal barrier.²² *Bifidobacterium* species help to prevent infection by enterohemorrhagic *Escherichia coli*.²³ In conjunction with *Lactobacillus acidophilus* La-14, BI-05 reduces the magnitude of immune suppression present after stressful, exhaustive exercise in Wistar rats.¹⁷ Consumption of BI-05, in conjunction with

Lactobacillus acidophilus La-14, decreases blood pressure, LDL cholesterol and triglycerides, and increases HDL cholesterol in Wistar rats.¹⁸

Fructooligosaccharides (FOS)

Prebiotics are included in the formula to maximize effectiveness and encourage the establishment of healthy gut flora. FOS (fructooligosaccharides), derived from inulin, have been shown to increase populations of probiotic organisms, particularly *Bifidobacteria*.²⁴

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 45

Amount Per Serving

% DV

Proprietary Blend of 3 Probiotic Strains

250 mg

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Lactobacillus acidophilus (La-14)

L. salivarius (Ls-33)

Bifidobacterium longum (BI-05)

Total Cultures

20 Billion CFU*

** Daily Value (DV) not established.

Other ingredients: Fructooligosaccharides (FOS), microcrystalline cellulose, vegetarian capsule (hypromellose, water), silicon dioxide, magnesium stearate, and stearic acid.

Dairy, Soy, Egg & Gluten Free. Vegan.

Suggested Use: Take 1 capsule daily or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product. Keep out of reach of children.

KEEP REFRIGERATED.

Manufactured in the USA from US and worldwide ingredients in a GMP compliant facility.

20 Billion colony forming units (CFU) per vegetarian capsule.*

*At time of manufacture.

References:

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