



## Product Guide



**Master Supplements**  
INCORPORATED

Raising the standard since 2003



## Raising the standard

Having a healthy balance of microbes throughout your digestive tract is vital to your overall health. Your ability to absorb nutrients from your diet as well as effectually eliminating waste plays a significant role throughout the other systems of the body. Probiotics, enzymes and fiber all help restore balance throughout your digestive tract but also impact your immune

and nervous systems. Therefore, fortifying the body with beneficial probiotic bacteria, digestive enzymes, and prebiotic fiber can help set off a positive chain reaction allowing the body to thrive. Master Supplements raises the standard of what to expect from a supplement by guaranteeing results that you can feel working.

## Core values

### HIGHER STANDARD

We strive to raise the standard in all areas of our business.

### HONESTY

We are committed to full transparency in all that we do.

### HARD WORK

We believe in rolling up our sleeves and doing the hard work.

### HELPING PEOPLE

Most importantly, we are dedicated to helping people.

## What sets us apart?

 Powerful Products

 Superior Science

 Quality Assurance

 Exceptional Value

 Guaranteed Results



# Powerful products



## ThERALAC®

Theralac is a powerful probiotic that supports digestive and immune health.\* It is formulated to effectively colonize both the small and large intestine. Theralac has seven U.S. patents that protect the technology to deliver the probiotic strains deep into the digestive tract and stimulate them with our special prebiotic Lactostim®.



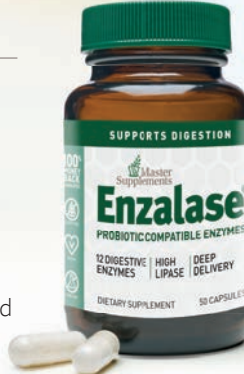
## TRUFLORA®

TruFlora contains 3 probiotics and 2 enzymes that work primarily in the small intestine to help purge excess yeast and waste.\* It is a perfect companion to Theralac and works great for probiotic rotation. TruFlora is protected by the same patented technology as the rest of our probiotics to ensure effective delivery and prebiotic stimulation.



## GRANULAR ThERALAC®

Granular Theralac is a powder form of Theralac that contains both Lactobacillus and Bifidobacteria probiotics for complete intestinal coverage. It helps support digestive and immune health and is easy to mix into your favorite foods and beverages.\*



## ENZALASE®

Enzalase contains twelve plant-based digestive enzymes formulated to emulsify fat and help break down all major food groups. This releases prebiotic nutrients from your food that support probiotic growth and activity.\* Enzalase can also be used systemically by taking on an empty stomach or as a gentle enzymatic colon cleanse when taken with TruFiber.



## TRUBIFIDO®

TruBifido contains 5 strains of Bifidobacteria with targeted deep release for optimal colon support. Bifidobacteria support the body's natural immune response differently than Lactobacillus bacteria and may be the perfect fit for some people. Bifidobacteria also ferment dietary fiber allowing the body to maximize the health benefits from your diet.\*



## TRUFIBER®

TruFiber is a tasteless soluble fiber that supports digestive regularity and comfort.\* It is a prebiotic fiber that helps beneficial probiotics within the intestinal tract. TruFiber may provide a healthy satiated feeling and help improve mineral absorption.\* It has a low-glycemic index and is 100% gluten free.



GLUTEN FREE



DAIRY FREE



SOY FREE



NON GMO



NUT FREE



VEGAN

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

# Dosing Programs

Our products can be used individually or as part of a larger program like the ones listed on the following pages. When using the products individually we suggest different applications depending on the severity of the digestive issues. Standard dosing is one capsule/dose per day and works well for most mild digestive issues. Health Maintenance dosing is only two capsules/doses per week, this low-cost option is great for sustaining ongoing digestive balance. Intensive dosing is two capsules/doses or more per day and is recommended for those looking for additional digestive support. Often people will start with the standard or intensive dosing plan and then move to the health maintenance option once digestive balance has improved. All of our products and programs are 100% guaranteed to provide results you can feel working.

## 45-DAY COMPLETE DIGESTIVE HEALTH PROGRAM

The use of a probiotic, in addition to a high quality enzyme and fiber supplement, is **recommended for complete digestive support.\***

### WHAT YOU NEED:

- 2 Bottles of **Theralac**, complete G.I. coverage probiotic, 30 capsules per bottle.
- 1 Bottle of **TruFiber**, prebiotic soluble fiber that dissolves into water, 50 scoops per bottle.
- 1 Bottle of **Enzalase**, 12 plant-based digestive enzyme supplement, 50 capsules per bottle.

### INSTRUCTIONS:

- 1st Theralac Bottle: Take 2 capsules a day for 15 days.
- 2nd Theralac Bottle: Take 1 capsule a day for 30 days.
- TruFiber Bottle: Mix 1 scoop into food or beverage of your choice each day for 45 days.
- Enzalase Bottle: Take 1 capsule before your largest meal of the day for 45 days.

### OTHER DOSING NOTES:

We recommend a whole food diet that is low in sugar and artificial ingredients to ensure maximum benefits from this program. The probiotics can be taken with or without food and at any time of day.



# 30-DAY PROBIOTIC GUT RESET

To create digestive balance, you need the right type and number of good bacteria. This program offers maximum probiotic diversity and colonization. Start with TruFlora for a **bio-cleansing action**. Next, use TruBifido to **fortify the colon** with large amounts of beneficial Bifidobacteria. Lastly, use Theralac to **restore both Lactobacilli and Bifidobacteria** throughout the entire G.I. tract.



- 1 Bottle of **TruFlora**, probiotic/enzyme supplement, 32 capsules per bottle.
- 1 Bottle of **TruBifido**, colon formula probiotic supplement, 30 capsules per bottle.
- 1 Bottle of **Theralac**, complete G.I. coverage probiotic, 30 capsules per bottle.

## INSTRUCTIONS:

- Step One: **CLEANSE** – Take 1 capsule of TruFlora a day for 10 days.
- Step Two: **FORTIFY** – Take 1 capsule of TruBifido a day for 10 days.
- Step Three: **RESTORE** – Take 1 capsule of Theralac a day for 10 days.

## OTHER DOSING NOTES:

We recommend a whole food diet that is low in sugar and artificial ingredients to ensure maximum benefits from this program. This is especially important during the bio-cleansing action of Step One, when you are trying to purge non-pathogenic bacteria that thrive on sugar and other carbohydrates.

The probiotics can be taken with or without food and at any time of day. The bottles contain extra capsules beyond the 30-Day Program and can be used for multiple people to try the program or for ongoing use after the program. For additional digestive support, increase the dose to TWO capsules a day for each product.

# 10-DAY ENZYMATIC COLON CLEANSE

To cleanse your G.I. tract and help prepare for optimal probiotic colonization use this easy and effective 10-day cleanse. It works gently on the digestive system and doesn't require fasting like many other cleanses. Enzalase breaks down impacted waste material and TruFiber ensures that the waste gets moved out of the G.I. tract so it cannot be reabsorbed. Both products **support digestive comfort, regularity, and nutrient absorption.**\*

## WHAT YOU NEED:

- 1 Bottle of **TruFiber**, prebiotic soluble fiber that dissolves into water, 50 scoops per bottle.
- 1 Bottle of **Enzalase**, 12 plant-based digestive enzyme supplement, 50 capsules per bottle.

## INSTRUCTIONS:

- Take 2 capsules of Enzalase before bed for 10 nights.
- Take 2 scoops of TruFiber before bed for 10 nights.

## OTHER DOSING NOTES:

To ensure maximum benefits from this program, we recommend a whole food diet that is low in sugar and artificial ingredients. During this 10-day cleanse it is best to eat light in the evenings. Drink plenty of water throughout the duration of

this program. The bottles contain extra capsules and powder beyond the 10-Day Program and can be used for multiple people to try the program or for ongoing use.





## PROBIOTIC ROTATION

Certain probiotic strains colonize different regions of the G.I. tract and affect the immune system in different ways.\* There are instances when it is beneficial to rotate various probiotic formulas to provide biodiversity. While Theralac can help with most instances of digestive imbalance, there are situations where we recommend the targeted probiotics TruBifido or TruFlora. TruBifido contains five Bifidobacteria strains and can be used by those with occasional issues related to the colon.\* TruFlora works primarily in the small intestine to help purge excess yeast and waste.\* It can also help with occasional constipation and short-term digestive problems that spring up quickly.\* These three probiotics can be used alone or in rotation with one another to provide multi-action support. Everyone's microbiome and G.I. tract is unique and may respond better to one of the varying actions. When rotating, we recommend alternating on a weekly basis to give each probiotic time to colonize and begin working. This allows the individual to monitor how their body reacts to each product.



### EMPHASIS ON SMALL INTESTINE: WHAT YOU NEED:

- 1 Bottle of **TruFlora**, bio-cleansing probiotic, 32 capsules per bottle
- 1 Bottle of **Theralac**, a complete G.I. coverage probiotic, 30 capsules per bottle.

### INSTRUCTIONS:

- Take 1 capsule of TruFlora per day for 7 days.
- Then rotate to 1 capsule of Theralac per day for 7 days. Repeat Cycle.
- Can increase to 2 capsules per day for intensive issues.



### EMPHASIS ON LARGE INTESTINE: WHAT YOU NEED:

- 1 Bottle of **TruBifido**, a colon formula probiotic, 30 capsules per bottle
- 1 Bottle of **Theralac**, a complete G.I. coverage probiotic, 30 capsules per bottle.

### INSTRUCTIONS:

- Take 1 capsule of TruBifido per day for 7 days.
- Then rotate to 1 capsule of Theralac per day for 7 days. Repeat Cycle.
- Can increase to 2 capsules per day for intensive issues.

## PROBIOTIC CLEANSING

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Master Supplements recommends a probiotic cleanse for instances where you are looking to rapidly purge undesirable, non-pathogenic bacteria and help stimulate the immune system.\*

### WHAT YOU NEED:

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- 1 Bottle of **TruFlora**, bio-cleansing probiotic, 32 capsules per bottle.

### INSTRUCTIONS:

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- Take 4 capsules of TruFlora per day for 5 days.
- Take 2 capsules per day for 5 days.

## ANTIBIOTIC USE PROGRAM

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Antibiotics should be accompanied by a powerful probiotic to help maintain an abundance of good bacteria which supports digestive comfort and regularity.\*

### WHAT YOU NEED:

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- 2 Bottles of **Theralac**, complete G.I. coverage probiotic, 30 capsules per bottle.

### INSTRUCTIONS:

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- Take 2 capsules of Theralac per day for the duration of antibiotic use and for a minimum of 2 weeks after antibiotic use. The Theralac maintenance dose of 2 capsules per week is recommended thereafter.
- Separate the probiotics from the antibiotics by two hours.

**Keep in mind:** To get the best digestive results, your diet should complement your digestive supplementation. We recommend a diet low in sugar, fat and artificial ingredients. Hydration is also very important for all systems of the body, especially proper digestive function.

Lastly, even if you are eating properly, staying hydrated and are physically active you may still be susceptible to digestive imbalance. Stress, anxiety, alcohol, antibiotics, medications, nicotine, and environmental pollutants are a few factors that can affect proper digestive and immune function.\*

## YEAST PROGRAM

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Many types of fungi and bacteria live in and on the human body, including yeast. Occasionally lifestyle factors such as diet, alcohol and stress may temporarily create an imbalance of the yeast levels. This program is designed to help rebalance your gut microbiome.

### WHAT YOU NEED:

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- 1 Bottle of **TruFlora**, bio-cleansing probiotic, 32 capsules per bottle.
- 1 Bottle of **Theralac**, complete G.I. coverage probiotic, 30 capsules per bottle.
- 1 Bottle of **TruFiber**, prebiotic soluble fiber that dissolves into water, 50 scoops per bottle.
- 1 Bottle of **Enzalase**, 12 plant-based digestive enzyme supplement, 50 capsules per bottle.

### INSTRUCTIONS:

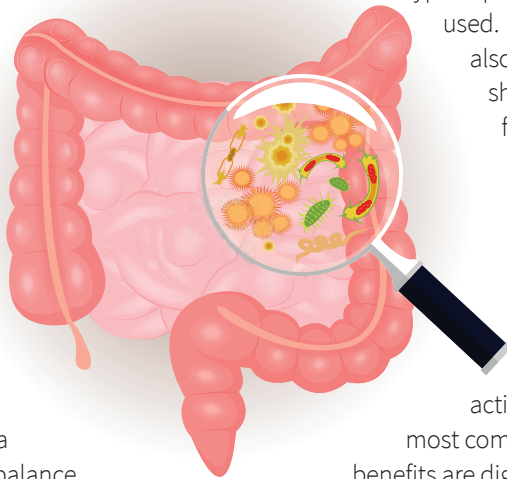
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- Take 2 capsules of TruFlora a day for 7 days.
- Take 2 capsules of Theralac a day for the next 7 days.
- Take 2 capsules of TruFlora a day for the next 7 days.
- Take 2 capsules of Theralac a day for the next 7 days.
- TruFiber Bottle: Mix 1 scoop into food or beverage of your choice each day.
- Enzalase Bottle: Take 1 capsule before your largest meal each day.

# Superior Health

## WHAT ARE PROBIOTICS?

Probiotics are beneficial bacteria, primarily Lactobacillus and Bifidobacteria genera, that colonize the lining and/or contents of the intestinal tract. The total number of viable microorganisms in the human gut can exceed 100 trillion which is ten times the number of body cells! Probiotics represent a very small number of the total gut microbiota but have the ability to counteract dysbiosis, an unhealthy microbial imbalance in the gut, and to promote eubiosis, a positive microbial balance throughout the G.I. tract.\*



## HOW DO THEY WORK?

Probiotics act as microbial police that keep the G.I. tract in check. They keep the soft lining of the intestinal tract healthy and strong, allowing for optimal nutrient absorption and waste elimination.\* Probiotics support immune health in different ways depending on the type of probiotic used. They also produce short chain fatty acids, reduce local pH at epithelial surfaces, and modulate peristaltic activity. The most common health benefits are digestive regularity and comfort.\*

## WHY DO I NEED THEM?

There are many factors in our everyday lives that negatively impact the microbial balance in our gut. Pain relievers, alcohol, processed sugars, lack of fiber, pollution, chlorinated water, antibacterial products, and even stress can disrupt optimal gut health.

It is important to support probiotics with fiber, enzymes and the foods that are best suited for your body. We always emphasize the importance of listening to your body because everyone's gut microbiota is like a fingerprint that is unique to them. One size does not fit all, you need to find the best fit for you!





# Superior Science

## Acid-Proof Delivery

### A patented process that provides acid proof protection.

Probiotic bacteria in commercial capsules are largely destroyed by gastric acidity when they enter the stomach. To achieve the best results, probiotics must be delivered alive through the stomach deep into the intestinal tract. Master

Supplements utilizes a natural carbohydrate derived from seaweed to safely deliver the bacteria. A protective bio-gel forms in the low pH of the stomach keeping the freeze-dried bacteria safe from hydrochloric acid, salt, and pepsin.



Once the capsule travels through the duodenum and into the small-intestine, the pH level rises and the alginic shell begins to dissolve. The sensitive probiotics are delivered safely and begin effectively colonizing the soft lining of the G.I. tract.

## LactoStim® Prebiotic

### A unique patented prebiotic that dramatically stimulates probiotics.

**Lactostim** is a unique prebiotic that is composed of sunflower lecithin and oleic acid, two food grade natural lipids, that “wake-up” the probiotics once they arrive in the G.I. tract. Lactostim helps rehydrate the fragile freeze-dried probiotic cells, allowing them to proliferate.

**Lactostim acts as a molecular switch that aids membrane permeability of probiotic strains** permitting enhanced bioavailability of critical nutrients.\* This helps the probiotics colonize and grow quickly in the intestinal tract. Fast growth is critical when going up against an extremely competitive

intestinal environment.

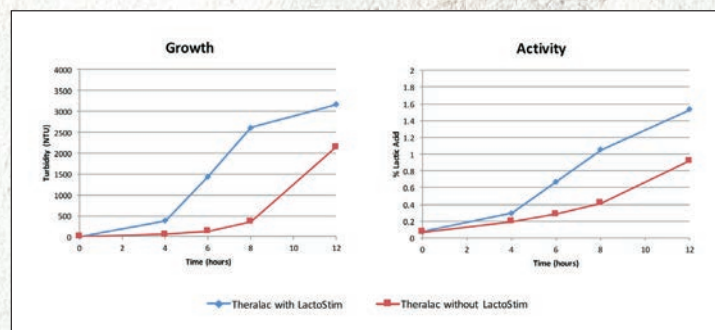
Lactostim works in milligram quantities so we can actually put an effective amount into a capsule unlike other soluble fiber prebiotics such as FOS (fructooligosaccharides) which need gram quantities to be effective. Many probiotics claim to contain these types of oligosaccharide prebiotics but they are unable to include the 4-7 grams needed for an effective dose in a small 450 mg capsule, so they are nothing more than window dressing. These **other prebiotics can also**

**cause gas and bloating** when taken in large doses.

Once the probiotic capsule makes it through the stomach (courtesy of our patented delivery formula) the Lactostim immediately begins to stimulate and increase the effectiveness of the probiotics. We have tested Lactostim with varying probiotic formulations and in every case have seen improvements to the growth measured as turbidity and activity measured as % of lactic acid produced. In every case, all of the **probiotics tested showed dramatic**

**improvements with Lactostim®.**

This graph shows our number one selling probiotic Theralac and how Lactostim increases both growth and lactic acid production.



# Quality Assurance

## Complete Transparency

We have been posting third party test results online for over 12 years

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Master Supplements knows you care about what's in the supplements you give your family so we provide complete transparency and education on why probiotic strain identity is so important. Not all probiotics are created equal; some work better than others, some are antagonistic with one another, and some might not be right for your specific microbiome. You need to know that what is on the label is actually inside the product. That is why we continue to post third party lab test results online to verify purity, potency and the activity of the probiotic strains. For further probiotic identification, we can provide DNA reports on each strain upon request. This should be the industry standard but unfortunately is not.

Listing the probiotic genus and species doesn't give you the whole picture. The well-known strain *Lactobacillus acidophilus* includes hundreds of different strains with varying effectiveness and supporting research. Strains can be identified with letters and/or numbers following the Latin name (i.e. *Lactobacillus acidophilus* LA-14). If you don't know the strain designation, then you don't really know what you are getting. Furthermore, some companies will just list probiotics on the label without the individual potencies, another thing to avoid when choosing a quality product.

## Totally Inert Packaging

The little things that ensure the highest quality products

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Master Supplements takes many extra measures to ensure that our products are fresh and up to our high standards. With high quality probiotics you want to make sure that they are manufactured, stored, and shipped with the utmost dedication to quality assurance. During the manufacturing process we utilize Totally Inert Packaging which includes: amber glass bottles versus cheaper plastic, rayon wadding over less effective cotton, nitrogen flush to remove excess oxygen and both moisture and oxygen absorption packets. We take these extra precautions so that you don't have to worry about the viability of the product.

Taking these steps allows for remarkable stability of our products at varying temperatures and during shipment. We suggest refrigeration for optimal shelf life, guaranteeing the potency of our products for their entire two year shelf life. One should avoid any product that reads "guaranteed at time of manufacturing", like many probiotics you find at large retail locations.

When ordering from us directly, the products go right from our freezers and are quickly expedited to you. We ship using high level services to ensure quick transit times and are always happy to provide customer support to meet your specific shipping needs.

## Professional Products

Probiotics for our valued network of Healthcare Professionals

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For our valued healthcare professionals, we offer a line of products that are for more enhanced dosing regimens. These products are made available in conjunction with consultation and recommendation by a qualified healthcare professional. To preserve the integrity of this line, we do not offer online sales and restrict sales through typical distribution channels.

**TheralacPRO**® contains both *Lactobacillus* bacteria and *Bifidobacteria* for broad spectrum colonization throughout the G.I. tract. This helps with a wide range of issues and supports digestive and immune health.\* **TruBifidoPRO**® contains five well-documented *Bifidobacteria* strains for colonization in the colon, helping those in need of digestive and immune support. Both products have patented prebiotic stimulation with **LactoStim** and patented delivery through harsh stomach acid.





## **Guaranteed Results** Products you can feel working

Master Supplements offers a **60-day money back guarantee** for anyone who is not satisfied with the results of our products. Unlike many supplements, digestive health products should provide noticeable results. You don't take vitamins and necessarily say, "I can feel them

working!" However, if you have temporary constipation or diarrhea, you should be able to tell if things are improving. Once you are in a place of digestive balance and comfort you can move to low cost maintenance dosing options for preventive and ongoing support.

We have a dedicated staff that is always willing and available

to discuss which product is best for you. Occasionally we'll adjust the dosing protocol or recommend switching to a different product but that's what we are here for. We love to help people on their path towards total wellness.

For more information please visit [master-supplements.com](https://www.master-supplements.com) or contact us at [info@mastersupplementsinc.com](mailto:info@mastersupplementsinc.com) or call **(800) 926-2961**.

**RAISING THE STANDARD.**

Probiotics | Prebiotics | Enzymes



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**Follow us on**  

\* These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.