

Other Master Supplements products

Theralac® contains both Lactobacillus and Bifidobacteria probiotic strains that support digestive and immune health with complete intestinal coverage.

Granular Theralac® is a powdered form of Theralac® that is great for children or adults who have difficulty swallowing capsules. It can be added to your favorite foods and beverages.

TruFlora® is formulated with three probiotics and two enzymes that function primarily in the small intestine to help purge non-pathogenic bacteria, yeast and waste.*

Enzalase® is a multi-enzyme supplement that helps breakdown all major food groups. It is formulated to emulsify fat and provide digestive support deep in the G.I. tract. It can be taken with food as a digestive aid or on an empty stomach for systemic benefits.*

TruFiber® is a tasteless soluble fiber that is easy to take and supports digestive regularity.* As a prebiotic fiber, it helps beneficial probiotics within the intestinal tract.



**ALL OF OUR PRODUCTS ARE
NON-GMO, VEGAN, & GLUTEN FREE**



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

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TruBifido®

Advanced probiotic for
colon and immune health.*



WORKS BEST FOR:

- ▶ Colon support
- ▶ Supporting the immune system
- ▶ Occasional constipation and diarrhea
- ▶ Gas and bloating
- ▶ Proper nutrient absorption



FORTIFY



Protect and
strengthen
your colon
with targeted
probiotic
support.*



TruBifido® contains a powerful dose of probiotics with five Bifidobacteria strains that support digestive health and the body's natural immune functions. With targeted deep release, TruBifido offers optimal colon support where Bifidobacteria help ferment dietary fiber allowing the body to maximize the health benefits from your diet.*

Bifidobacteria need to be protected through the acidic stomach. In addition to delayed release capsules, we utilize a natural carbohydrate derived from seaweed to safely deliver the bacteria deep into the colon. Upon arrival, **our patented prebiotic, Lactostim®** rehydrates and stimulates the probiotics improving their effectiveness.



Choosing the right strains, delivering them alive and stimulating their growth are the keys to an effective probiotic. We are so confident that you will feel a difference by using our products that we offer a **60 day, 100% money back guarantee** to anyone who is not satisfied with the results.



What's inside TruBifido?

FIVE PROBIOTIC STRAINS:

- *Bifidobacterium lactis* – **21 billion** CFU (Strain BL-04)
- *Bifidobacterium lactis* – **3 billion** CFU (Strain Bi-07)
- *Bifidobacterium lactis* – **2 billion** CFU (Strain HN019)
- *Bifidobacterium breve* – **2 billion** CFU (Strain BB-03)
- *Bifidobacterium bifidum* – **2 billion** CFU (Strain BB-06)

OTHER INGREDIENTS:

- **Sodium Alginate** – Provides protection from stomach acid and is a probiotic-preferred source of prebiotic fiber (Protected by 2 US patents).
- **LactoStim®** (Sunflower Lecithin and Oleic Acid) – Our patented prebiotic. LactoStim stimulates probiotic growth as soon as they arrive in your digestive tract. (Protected by 5 US patents).
- **Ascorbic Acid** (Vitamin C) – Antioxidant.
- **Microcrystalline Cellulose** – A food-grade plant fiber used to standardize the probiotic strength.
- **HPMC** (hydroxypropyl methylcellulose) – A derivative of plant cellulose which comprises the capsules.
- **Trisodium Phosphate** – Food grade buffer that assures proper pH control, supporting probiotic growth.
- **Magnesium Stearate** – Ensures a uniform mixture of all ingredients. A pharmaceutical grade, vegetable source is used in TruBifido.
- **Silicon Dioxide** – Reduces moisture and improves shelf life. Silicon dioxide, or silica for short, is a micronutrient in human nutrition.
- **Calcium Silicate** – Anti-caking agent.

ALLERGY STATEMENT

- TruBifido contains no: milk, eggs, gluten, wheat, soy, casein, nuts, seafood, or beef products.

Dosing

Master Supplements offers simple yet effective dosing options. Standard dosing is for mild symptoms or as an initial loading dose. Health Maintenance programs are economical and provide digestive support for healthy individuals. Intensive and Doctor Supervised programs are available for additional digestive support.

Standard Program:

- ✓ Take one capsule daily
- ✓ 30 capsules last 30 days

Health Maintenance Program:

- ✓ Take two capsules per week
- ✓ 30 capsules last 15 weeks

Intensive Program:

- ✓ Take two capsules daily
- ✓ 30 capsules last 15 days

Doctor Supervised Programs: For some instances, higher doses of probiotics may be beneficial. For these higher doses, we suggest consultation with a Healthcare Provider.

OTHER IMPORTANT DOSING NOTES

- When taking TruBifido with antibiotics, allow two hours of separation.
- TruBifido can be taken with or without food.
- What time of day you take TruBifido depends on your preference.
- For those who have difficulty swallowing capsules, a TruBifido capsule can be opened and mixed into soft food.

Probiotic Rotation



Certain probiotic strains colonize different regions of the G.I tract and affect the body in different ways. After using TruBifido, there may be instances where it is beneficial to rotate with Theralac® or TruFlora®. We recommend weekly rotation so it is easy to monitor how the body reacts to the varying probiotic actions. Please contact us for specific dosing recommendations and more details on probiotic rotation.

Scientific References



Master Supplements uses high quality probiotic strains that are backed with significant scientific research and a history of efficacy. Since not all strains are created equal, we list individual potencies for each strain and provide DNA verification upon request.

Quality Assurance



Master Supplements posts third-party test results online for every lot of TruBifido we produce. We show the purity, potency, activity and identity, because we want you to see for yourself how we continually raise the standard.

Totally Inert Packaging



During the manufacturing process we utilize Totally Inert Packaging which includes: amber glass bottles instead of plastic, rayon wadding over less effective cotton, a nitrogen flush to remove excess oxygen, and both moisture and oxygen absorption packets. We take these precautions so you don't have to worry about the viability of the product at any point throughout its shelf life. TruBifido's potency is guaranteed through expiration, when kept refrigerated.

Key Digestive Support



Diet and Nutrition: Certain people are able to digest fats, carbohydrates, proteins and fiber better than others. It is important to pay attention to your body and understand how you react to certain foods. In general, we suggest a whole food diet with a plant-based emphasis. This diet should be low on sugar, fat, and artificial ingredients. To get the best digestive results, your diet should complement your digestive supplementation.



Hydration: Water is vital for all the systems of the body to operate effectively and is especially important for proper digestive function. Often times deficient digestive motility and constipation can be helped with increased water consumption.



Lifestyle Factors: 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.



Other Supplementation: To support probiotic action we recommend the digestive enzyme Enzalase® and the soluble fiber TruFiber®. For a gentle colon cleanse, take Enzalase and TruFiber together at nighttime for 10 consecutive nights. This gently cleanses the G.I. tract and helps prepare it for optimal probiotic colonization.

