



Where Great Health Begins

# PROBIOTICS

Beneficial bacteria for better health



DIGESTION & IMMUNITY



## Probiotics – more than intestinal health support

### Your internal “Good Guys” and “Bad Guys”

There’s a daily battle in your body. The “bad guys” are destructive microorganisms – viruses, bacteria, parasites, and more – that attack cells and cause infections.

The “good guys” are various species of healthy bacteria called probiotics, from the root words *pro* meaning “for” and *bios* meaning “life”. There are billions of probiotics in your digestive tract, working to limit pathogens.

Probiotics play a very important role in health. Our ancestors used “lacto-fermentation” to preserve foods and obtain healthy bacteria in yogurt, aged cheeses, cider, kefir, pickled vegetables, sauerkraut, and in Asia, kimchi, kombucha, and miso.

Recent studies prove that ingesting probiotics strengthens the immune system, improves dental and oral health, reduces allergies and asthma, and may help reduce the risk of cancer.

### The intestinal ecosystem

When our digestive system’s balance of good and bad bacteria is disrupted, it can create symptoms such as gas, bloating, poor bowel function, headaches, joint pain, fatigue, yeast infections, skin disorders, cravings, weight gain, diarrhea, and allergies.

Supplementing with probiotics increases our store of friendly bacteria, restoring balance to help prevent or control:

- Allergies
- Bacterial infections
- Inflammatory bowel conditions
- Ear infections
- Systemic and vaginal *Candida albicans* yeast overgrowth
- Urinary tract infections
- Dental cavities and bad breath
- Diarrhea and constipation
- Leaky gut (intestinal permeability)

### Probiotic strains: human, dairy, and vegetable

Probiotics are of human, dairy, or vegetable origin. All strains help restore and maintain healthy intestinal flora. Human strains remain in the body longer than dairy and vegetable strains, which are expelled within 48 hours. People with dairy allergies can still take dairy-origin probiotics, as they do not contain lactose or dairy proteins. Natural Factors Ultimate Probiotic formulas contain human, dairy, and vegetable probiotic strains that:

- Survive stomach acidity and reach the intestines at full potency
- Are “antibiotic compatible”: they do not interfere with antibiotics

### Antibiotic use and probiotics

Pharmaceutical antibiotics kill both good and bad bacteria. This upsets intestinal balance and may cause disorders like irritable bowel syndrome and Crohn’s disease. Probiotics help normalize digestion following or during antibiotic use.

### Vaginal and urinary tract infections, and probiotics

Oral or intravaginal use of probiotics is a simple solution to urinary and vaginal tract infections, and inflammatory bowel conditions afflicting an estimated one billion women. This ecosystem is easily thrown out of balance by birth control pills, spermicides, and antibiotics.



## Natural Factors ultimate probiotic supplements

Natural Factors advanced probiotic supplements are designed based on the latest science and make it easy to choose the right formula for you.



### Critical Care Probiotic 100 billion active cells

Natural Factors Critical Care Probiotic 100 billion active cells is a powerful 9-strain formula that includes *L. paracasei* and *L. acidophilus*, the beneficial bacteria found to increase resistance against MRSA and other opportunistic pathogens. While enhancing overall immune health, this formula also helps relieve digestive discomfort, particularly alongside antibiotic use.



### Critical Care Probiotic 55 billion active cells

Natural Factors Critical Care Probiotic provides nine specific bifidobacteria and lactobacilli species for targeted support of both the small and large intestines. This multistrain formula can restore beneficial bacteria lost through antibiotic use, and offers significant protection from bacterial infection, yeast overgrowth, and digestive discomfort, while supporting the immune system.

### Senior's Multi Probiotic

Natural Factors Senior's Multi Probiotic provides eight bifidobacteria and lactobacilli species for targeted support of both the small and large intestines. This senior-specific formula helps replenish these bacteria species, which decline with age. Probiotics help relieve constipation, gas, and bloating, and combat age-related decline in immune system function.



### Regular and Double Strength Ultimate Multi Probiotic

Natural Factors Ultimate Multi Probiotic contains a 12-strain blend representing the natural bacteria in human intestines. It contains eight lactobacilli and one lactococcus species for the small intestine, and three bifidobacteria species for the large intestine, in 100% vegetarian capsules. Regular Strength contains 12 billion active cells per capsule at expiry and is an excellent daily probiotic supplement for adults. Double Strength delivers maximum protection for chronic or acute health conditions. It contains a guaranteed minimum of 24 billion active cells per capsule at expiry (40 billion active cells at the time of manufacture) in a convenient one-capsule-per-day dose.





### Children's Multi Probiotic

Probiotics enhance your child's immunity, helping to prevent infections before they start and reducing the need for antibiotics. They also improve digestion and nutrient absorption, promoting regular bowel movements and helping to control food allergies, diarrhea, constipation, and eczema. Children's Multi Probiotic contains seven strains, including *Bifidobacteria infantis*,

the predominant strain found in an infant's large intestine. Colostrum, the same substance secreted from breasts prior to producing milk, has also been added for its antimicrobial and immune-enhancing qualities. Children's Multi Probiotic powder mixes easily into liquids or wet foods and has a natural strawberry flavour.



### Mega Probiotic

Mixed into beverages or sprinkled onto food, the Mega Probiotic Powder delivers four probiotic species, with a guaranteed minimum of eight billion active cells per gram at expiry (12 billion at the time of manufacture). Three species of lactobacillus bacteria support the small intestine, and one species of bifidobacterium supports the large intestine.



### Ultimate Protec Multi Probiotic

Enteric-coated Ultimate Protec Multi Probiotic provides the added convenience of taking it with or without food. The most complete enteric-coated formula available, it contains a guaranteed minimum of 12 billion active cells per capsule at expiry (16 billion at the time of manufacture) in 100% vegetarian capsules. Ultimate Protec Multi Probiotic contains 14 different probiotic strains from human, vegetable, and dairy origins.



### Women's Multiprobiotic with CranRich®

Regular use of probiotics plays a special role in the urinary and vaginal health of women, helping prevent recurrent urinary tract and yeast infections. Women's Multi Probiotic with CranRich provides seven human-, two dairy-, and one vegetable-origin strains for maximum protection throughout every stage of a woman's life. This superior probiotic formulation has the added benefits of 250 mg of super strength CranRich 36:1 cranberry concentrate in each vegetarian capsule. Cranberries contain compounds that stop bad bacteria from sticking to the surfaces of the urinary tract.





# The ultimate in PROBIOTICS



Unique features	Primary benefits (according to studies on species)
<b>Ultimate Multi Probiotic (1847, 1848)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 12 billion active cells at expiry date</li> <li>• Blend of 12 strains</li> <li>• Ratio of bifidobacteria to lactobacilli reflects the natural composition of healthy adult microflora</li> <li>• Includes prebiotic FOS</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Helps maintain a healthy colon and small intestine</li> <li>• Helps restore intestinal flora after antibiotic intake</li> <li>• Helps control lactose intolerance, diarrhea, and constipation</li> <li>• Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>) – great to prevent traveller’s diarrhea</li> <li>• Helps maintain and stimulate immune function</li> </ul>
<b>Double Strength Ultimate Multi Probiotic (1852)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 24 billion active cells at expiry date</li> <li>• Blend of 12 strains</li> <li>• Optimal ratio of bifidobacteria and lactobacilli</li> <li>• Best all-purpose formula for adults</li> <li>• Includes prebiotic FOS</li> <li>• High bacterial concentration for a faster response</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Helps restore intestinal flora after antibiotic intake</li> <li>• Higher concentration to quickly rebalance intestinal and vaginal flora</li> <li>• Helps control lactose intolerance, diarrhea, and constipation</li> <li>• Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>)</li> <li>• Helps maintain and stimulate the immune function</li> <li>• One-a-day dose</li> </ul>
<b>Children’s Multi Probiotic (1851)</b>	
<ul style="list-style-type: none"> <li>• Each ¼ tsp (1 g) serving provides a guaranteed 3 billion active cells at expiry date</li> <li>• Blend of 7 strains</li> <li>• Includes 50% bifidobacteria</li> <li>• Reflects healthy intestinal flora of children and infants</li> <li>• Includes <i>Bifidobacteria infantis</i>, the predominant microorganism in the large intestines of babies and toddlers</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Helps maintain and restore intestinal flora for infants and children</li> <li>• Helps control food allergies, lactose intolerance, diarrhea, and constipation</li> <li>• Helps maintain and stimulate immune function</li> <li>• Helps manage symptoms of asthma, eczema, and allergies</li> </ul>
<b>Women’s Multi Probiotic with CranRich® (1849, 1850)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 12 billion active cells at expiry date</li> <li>• Blend of 10 strains</li> <li>• Includes 75% lactobacilli</li> <li>• Helps prevent vaginal infections caused by bacteria and yeast</li> <li>• Includes <i>L. fermentum</i> and <i>S. thermophilus</i>, two strains that help rebalance vaginal flora</li> <li>• Each capsule contains 250 mg of CranRich® Super Strength Cranberry Concentrate</li> <li>• Protects against urinary tract infections</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• CranRich® and probiotics work synergistically to prevent recurrent urinary tract infections</li> <li>• Helps maintain healthy intestinal and vaginal flora</li> <li>• Helps prevent intestinal flora disruption caused by <i>Candida albicans</i></li> <li>• Helps control lactose intolerance, diarrhea, and constipation</li> <li>• Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>)</li> </ul>

Unique features	Primary benefits (according to studies on species)
<b>Senior's Multi Probiotic (1814)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 35 billion active cells at expiry date</li> <li>• Blend of 8 strains</li> <li>• Contains senior-specific strains designed to target digestive problems, immune system health, and inflammation</li> <li>• Supports both the large and small intestines</li> <li>• Has a higher ratio of Bifidobacterium, which decline more rapidly with age than Lactobacillus</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Supports digestive health</li> <li>• Combats age-related decline in immune system function</li> <li>• Relieves digestive discomfort associated with antibiotic use</li> <li>• Reduces inflammation</li> <li>• Strengthens natural immunity</li> </ul>
<b>Critical Care Probiotic 55 billion active cells (1817)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 55 billion active cells at expiry date</li> <li>• Blend of 9 strains</li> <li>• Formulated to provide critical care for acute needs</li> <li>• Replenishes good bacteria and combats antibiotic-associated gastrointestinal distress</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> <li>• Is antibiotic compatible, and decreases the gastrointestinal side effects and yeast overgrowth associated with antibiotic use</li> </ul>	<ul style="list-style-type: none"> <li>• Combats antibiotic-associated digestive discomfort and yeast infections</li> <li>• Enhances immune system activity and reduces inflammation</li> <li>• Helps prevent or repair “leaky gut” syndrome</li> <li>• Limits growth of putrefactive and pathogenic bacteria</li> <li>• <i>L. paracasei</i> and <i>L. acidophilus</i> improve resistance to MRSA, <i>Clostridium difficile</i>, and other opportunistic pathogens</li> <li>• Includes <i>L. rhamnosus</i> and <i>B. longum</i>, which enhance immune function, and <i>B. animalis</i> subsp. <i>lactis</i>, which reduces the production of pro-inflammatory substances</li> </ul>
<b>Critical Care Probiotic 100 billion active cells (1819)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 100 billion active cells at expiry date</li> <li>• Blend of 9 strains</li> <li>• Provides intense support to the small intestine, where 90% of digestion takes place</li> <li>• Provides maximum support for acute digestive health needs</li> <li>• Replenishes good bacteria and combats antibiotic-associated gastrointestinal distress</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Combats antibiotic-associated digestive discomfort and yeast infections</li> <li>• Helps prevent or repair “leaky gut” syndrome</li> <li>• Enhances immune system activity and reduces inflammation</li> <li>• Limits growth of putrefactive and pathogenic bacteria</li> <li>• <i>L. paracasei</i> and <i>L. acidophilus</i> improve resistance to MRSA, <i>Clostridium difficile</i>, and other opportunistic pathogens</li> <li>• Includes <i>L. rhamnosus</i> and <i>B. longum</i>, which enhance immune function, and <i>B. animalis</i> subsp. <i>lactis</i>, which reduces the production of pro-inflammatory substances</li> </ul>
<b>Mega Probiotic (1811)</b>	
<ul style="list-style-type: none"> <li>• Each ¼ tsp (1 g) serving provides a guaranteed 12 billion active cells at expiry date</li> <li>• Blend of 4 strains</li> <li>• All-human strains promote colonization</li> <li>• Includes 95% lactobacilli</li> <li>• For small intestine maintenance</li> <li>• Source of calcium</li> <li>• Convenient powder form can be added to food or drink</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Helps maintain healthy intestinal and vaginal flora</li> <li>• Helps control lactose intolerance, diarrhea, and constipation</li> <li>• Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>)</li> </ul>
<b>Ultimate Protec Multi Probiotic (1833)</b>	
<ul style="list-style-type: none"> <li>• Each capsule provides a guaranteed 12 billion active cells at expiry date</li> <li>• Blend of 13 strains</li> <li>• Multi-strain formulation maximizes probiotic efficacy since the intestinal flora of each individual is unique</li> <li>• Includes prebiotic FOS</li> <li>• Suitable for vegetarians; gluten-free and non-GMO</li> <li>• Enteric-coated capsule protects against stomach acidity</li> </ul>	<ul style="list-style-type: none"> <li>• Helps maintain healthy intestinal flora</li> <li>• Helps restore intestinal flora after antibiotic intake</li> <li>• Helps control lactose intolerance, diarrhea, and constipation</li> <li>• Antimicrobial effect against food pathogens (<i>Salmonella typhimurium</i>, <i>Listeria monocytogenes</i>, and <i>E. coli</i>)</li> <li>• Helps maintain and stimulate the immune function</li> <li>• Enteric coating provides the added convenience of taking it with or without food</li> </ul>



## Take probiotics to:

- Maintain healthy intestinal flora
- Strengthen immune function
- Help control diarrhea and constipation
- Support the digestive system



Where Great Health Begins



Manufactured in Canada

Available at natural health stores throughout North America.  
For more information call toll free 1-800-663-8900  
or visit our website at: **naturalfactors.com**

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