

# FLORA BITES



## CLINICAL APPLICATIONS

- Helps Maintain Gastrointestinal Balance in Children
- Supports Bowel Regularity
- Enhances Digestion and Micronutrient Absorption

## GASTROINTESTINAL SUPPORT

Flora Bites is a delicious, chewable probiotic formula for children, designed to promote healthy gut microflora, protect intestinal integrity and support immune function. Each creamy, natural orange-flavored cube contains a 5 billion CFU blend of *Lactobacillus acidophilus* and *Bifidobacterium lactis*, as well as 20 mg of vitamin C for comprehensive digestive and immune system support. The strains in Flora Bites have been carefully selected for their survivability and adherence to the intestinal tract. The chewable cube form is an easy, fun way for children to achieve optimal probiotic support and a tasty alternative to a capsule or powdered probiotic.

### Overview

The gastrointestinal (GI) tract is a finely balanced environment where roughly 500 different strains of bacteria compete for space and nutrients. The natural microflora balance can be disrupted by medications, such as antibiotics, or poor dietary intake. One of the key benefits of probiotics is their ability to increase populations of healthy bacteria in the face of microflora imbalance. In addition, extensive research has identified other broad health benefits, including supporting healthy bowel function, increasing the production of important short-chain fatty acids, which provide energy to the cells of the intestinal lining, boosting immune function, aiding in the digestion of difficult-to-break-down compounds like lactose and casein, and enhancing detoxification of harmful compounds.

Because probiotics are living organisms, there are various challenges associated with their manufacturing and distribution. For probiotics to be effective, they must be shelf-stable through the expiration date and precisely delivered to

the intestinal tract, where they can have maximum benefit. The microorganisms in Flora Bites are protected, sealed, and freeze dried away from moisture, heat, light and oxygen. This allows the bacteria to remain dormant until they are exposed to moisture in the GI tract.

### Deficiency<sup>†</sup>

Many Americans, including children, consume excessive quantities of sugar and refined carbohydrates. These sugars can also affect the microflora in the gut, causing dysbiosis, which can contribute to GI disturbances and immune challenges. Supplementing probiotics helps to maintain microflora balance in the gut after such disturbances occur.

### *Lactobacillus acidophilus*<sup>†</sup>

*Lactobacillus acidophilus* is a beneficial bacteria strain normally found in the intestinal tract and mouth, and is commercially used in dairy products for the production of *acidophilus*-type yogurt. *L. acidophilus* ferments various carbohydrates to produce lactic acid, which increases the absorption and bioavailability of minerals, including calcium, copper, magnesium and manganese. The production of lactic acid also promotes health by creating an inhospitable environment for invading microbes.<sup>1</sup> *L. acidophilus* has been shown to protect intestinal cells by competing for adhesion space in the gut against harmful bacteria, such as *E. coli*. The *L. acidophilus* strain in Flora Bites has been specifically chosen because of its strong adherence and survival attributes in the GI tract. It has been demonstrated in vitro to tolerate exposure to gastric acid and bile salts, and has the ability to withstand antibiotics including Ciprofloxacin, Polymyxin B and Tetracycline.<sup>2</sup> In addition, a study of 73 children (aged 3-24 months, with bouts of occasional

<sup>†</sup> 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.



diarrhea and mild or moderate dehydration) found those given 10 billion CFU of *L. acidophilus* had a decreased duration and quantity of watery stools than those receiving placebo.<sup>3</sup>

### **Bifidobacterium lactis (BI-04)<sup>†</sup>**

*Bifidobacterium lactis* is predominantly found in the colon. A double-blind, randomized, placebo-controlled trial on subjects receiving *B. lactis* or placebo for eight weeks found that *B. lactis* supported a balanced immune response in individuals hypersensitive to environmental allergens.<sup>4</sup> Studies examining immune development and dietary supplementation with *B. lactis* have shown that it supports GI health by reducing intestinal permeability.<sup>5</sup> A double-blind formula controlled study of 80 infants, aged 6-36 months, were randomly assigned to receive a commercial formula containing *B. lactis* and *Streptococcus thermophilus* at the initiation of antibiotics for 15 days. There was a significant difference in the incidence of diarrhea in the children receiving probiotic-supplemented formula (16%) than non-supplemented formula (31%).<sup>6</sup>

### **Directions**

1 or more chewable cubes per day or as recommended by your health care professional.

### **Does Not Contain**

Gluten, corn, yeast, artificial colors and flavors.

### **Cautions**

If you are pregnant or nursing, consult your physician before taking this product.

## **Supplement Facts**

Serving Size 1 Chewable Cube

Servings Per Container 20

<b>1 chewable cube contains</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	20	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	1 g	5%*
Total Carbohydrate	2 g	1%*
Vitamin C	20 mg	33%
<b>Proprietary Probiotic Blend</b>	<b>5 Billion CFU**</b>	
Lactobacillus acidophilus (UALa-01™)		**
Bifidobacterium lactis (UABla-12™)		**

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established

**ID# 853020 20 Chewable Cubes**

## **References**

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4. Lewis MC, Patel DV, Fowler J, Duncker S, Zuercher AW, Mercenier A, Bailey M. Dietary supplementation with *Bifidobacterium lactis* NCC2818 from weaning reduces local immunoglobulin production in lymphoid-associated tissues but increases systemic antibodies in healthy neonates. *Br J Nutr.* 2013 Oct;110(7):1243-52.
5. Schoster A, Kokotovic B, Permin A, Pedersen PD, Bello FD, Guarabassi L. In vitro inhibition of *Clostridium difficile* and *Clostridium perfringens* by commercial probiotic strains. *Anaerobe.* 2013 Apr; 20:36-41.
6. Corrêa NB, Péret Filho LA, Penna FJ, Lima FM, Nicoli JR. A randomized formula controlled trial of *Bifidobacterium lactis* and *Streptococcus thermophilus* for prevention of antibiotic-associated diarrhea in infants. *J Clin Gastroenterol.* 2005 May;39(5):385-9.

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