

The natural way to support sinus health.

Probiotic powder for use by nose & mouth.

Introducing Lanto Sinus™ Probiotic Powder

OVERVIEW

Lanto Sinus Probiotic Powder is **a probiotic supplement that promotes and supports sinus health** by introducing beneficial bacteria into the mouth and sinuses. Our proprietary formula contains lab tested and verified *Lactobacillus sakei*, a keystone bacteria found in healthy sinuses.

- 17 billion total CFU of *Lactobacillus sakei* per serving at time of manufacture.
- Quick-acting and easy to use. Keep refrigerated.
- Antibacterial against many harmful bacteria species, including *Staphylococcus aureus*.

INGREDIENTS

Lactobacillus sakei proBio65, microcrystalline cellulose, dextrose anhydrous

OTHER INFORMATION

- Serving Size 1/4 teaspoon (1g)
- Servings Per Container 15
- NET WT. 0.5 OZ (15g)
- Product of South Korea, using Good Manufacturing Practice (GMP) standards



SUGGESTED USE



For regular use, take by mouth.

- Place 1/4 teaspoon of powder (spoon provided), either dry or mixed with 2 tablespoons of water, into the mouth.
- Swish & swallow.
- Don't eat or drink for 15 minutes.
- Use 1x per day as needed.



For an extra boost, take by nose & mouth.

- Mix 1/4 teaspoon of powder with 2 tablespoons commercially bottled, distilled, or sterile (boiled & cooled) water.
- Using a cotton swab or a clean finger, dab the mixture 1/2 inch into nostrils.
- Swish remaining mixture in mouth & swallow.
- Use 1x per nostril per day as needed.

CONTACT

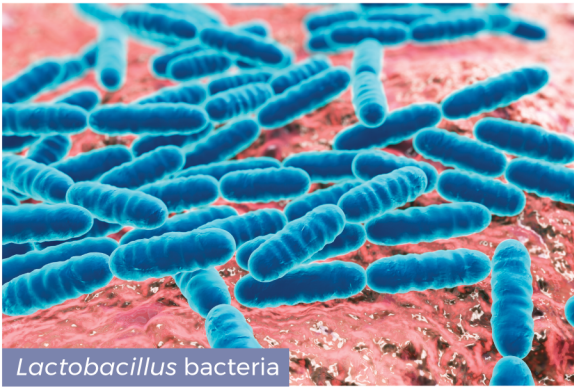
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CAUTION

Keep out of reach of children. Consult with a physician if pregnant, have a medical condition, or taking prescription medication.

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.



Lactobacillus bacteria

The Science Behind Lanto Sinus

WHAT IS THE SINUS MICROBIOME?

The sinus microbiome is the community of microbes (bacteria, viruses, fungi) that live in the sinuses. The sinus microbial community can become disrupted and imbalanced (dysbiosis) from illnesses, allergies, or antibiotics. Dysbiosis in the sinuses can cause a sinus infection or sinusitis.

Studies using modern state-of-the-art methods (such as genetic sequencing) find that people with chronic sinusitis have a different sinus microbiome than healthy people without sinusitis. They have fewer of some bacterial species, and an abundance of some other species. Researchers found that people with chronic sinusitis had less *Lactobacillus sakei* in their sinuses and more of other bacteria.

WHAT IS LACTOBACILLUS SAKEI?

Lactobacillus sakei is a keystone bacteria found in the sinuses of healthy humans (those without sinusitis), but diminished or absent in those with chronic sinusitis. Introducing *Lactobacillus sakei* into the nose and mouth can support and promote sinus health.

Lactobacillus sakei has antibacterial effects against many species of bacteria. The strain used in Lanto Sinus is especially effective against pathogenic bacteria such as *Staphylococcus aureus*, as well as having immune support and anti-inflammatory properties.

Studies also find *Lactobacillus sakei* in the digestive system of healthy adults. Some foods naturally contain *Lactobacillus sakei* as well, including fermented kimchi and sauerkraut.

“The concept of restoring the sinus microbiome with a specific sinus related probiotic such as Lanto Sinus is supported by some of the most current research studies.”

– DR. BENJAMIN F. ASHER, MD

ABOUT

Lanto Health’s founders have personal experience battling chronic sinusitis and can speak to the effectiveness of Lanto Sinus Probiotic Powder. Feel free to contact founders Erik & Adam Galuppo at hello@lantohealth.com for further information about *Lactobacillus sakei* and Lanto Sinus Probiotic Powder.

REFERENCES

Abreu, N. A., et al. Sinus Microbiome Diversity Depletion and *Corynebacterium tuberculo*stearicum Enrichment Mediates Rhinosinusitis. *Sci Transl Med.*, 4(151),151ra124. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4786373/>

Cope EK, Lynch SV. Novel microbiome-based therapeutics for chronic rhinosinusitis. *Curr Allergy Asthma Rep.* 2015;15(3):504. doi:10.1007/s11882-014-0504-y. <https://link.springer.com/article/10.1007/s11882-014-0504-y>

More science references can be found at <https://lantohealth.com/pages/science>