

# Which PROBIOTIC Is Right For You?



**Ultimate Flora  
Ultra Potent**

**100 Billion Probiotics  
Choose if you:**

- Have severe digestive issues
- Are using, or have recently used, antibiotics



**Ultimate Flora  
Colon Care**

**80 Billion Probiotics  
Choose if you:**

- Suffer from Crohn's disease, colitis or IBS
- Have chronic constipation and/or diarrhea



**Ultimate Flora  
Critical Care**

**50 Billion Probiotics  
Choose if you:**

- Have digestive issues such as gas and bloating
- Want to boost your immune system



**Ultimate Flora  
VS For Women**

**50 Billion Probiotics  
Choose if you:**

- Have vaginal yeast infections and candida
- Suffer from recurring urinary tract infections

## Kid's Probiotic Products



**Ultimate Flora  
Kids Probiotic**

**10 Billion Probiotics  
Choose if you:**

- Have a child 3 years or older to help boost immunity,
- improve digestion, and ease constipation



**FloraBABY  
Powder**

**4 Billion Probiotics  
Choose if you:**

- Have a child (newborn or older) with moderate digestive issues
- To ease constipation



**FloraBEAR  
Powder**

**1 Billion Probiotics  
Choose if you:**

- You have a child 4 years or older to help boost immunity, ease mild digestive complaints and maintain good health

## Does Not Require Refrigeration



**FloraSMART**

**2 Billion Probiotics  
Choose if you:**

- You are looking for an everyday probiotic for the maintenance of good digestive health



**FloraSMART  
Extra Strength**

**6 Billion Probiotics  
Choose if you:**

- You are travelling and want to protect yourself against parasites and travellers' diarrhea



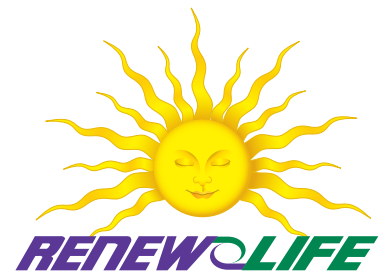
**BoulardiiMAX**

**10 Billion Probiotics  
Choose if you:**

- Are at risk of developing c-difficile bacteria
- Have H-pylori bacteria overgrowth

# Ultimate Probiotic Guide

When shopping for an effective probiotic supplement, consumers should read labels carefully to ensure the following:



## Culture Count

This refers to the total amount of bacteria per serving and can vary widely from product to product. If you are taking a probiotic for general health, you can take a lower potency probiotic with 2-6 Billion bacteria per serving. If you are treating a health condition, choose a therapeutic strength probiotic with a high culture count between 50 and 100 billion bacteria per capsule.

## Number Of Strains

Just like we all have a unique set of fingerprints, we all have a unique bacterial make up in our body. This microbial "fingerprint" may dictate the difference between someone who has strong digestive health and someone who does not. This is why it is so important to choose a probiotic supplement with multiple strains. Your probiotic supplement should include many different strains of bacteria including both bifidobacteria (large intestine) and lactobacilli (small intestine).

## Targeted Formulas

Most people would benefit from a high potency, multiple strain formula. If needed, you can also choose formulas that are specific to certain areas of concern such as colon health or vaginal support. While you should choose a child-specific formula for kids, adults do not need age-specific formulas. Instead, if you are an older adult, choose a multi-strain formula with at least 30 billion bifidobacteria. After the age of 50, the levels of probiotics (specifically bifidobacteria) begin to decline in number so probiotics are an important supplement to take daily.

## Delivery System

Most bacteria cannot survive the high acid environment of the stomach. For this reason, make sure that the probiotic you are buying has a delivery system. This could be an enteric coated capsule or bio-tract tablet. Both of these protect the probiotics from harsh stomach acid and deliver them directly to the intestines where they are needed and utilized by the body.

## Guaranteed Potency

Always ensure that the product packaging states that the potency is guaranteed at expiry, not at the date of manufacture. Guaranteeing potency at expiry means that you are getting what you paid for and more importantly, the health benefits of the probiotic itself.