



Flora 12+

Flora 12+, a multi-strain probiotic, is a combination of twelve beneficial bacteria plus *saccharomyces boulardii* and the prebiotic fructooligosaccharides (FOS). This probiotic blend aids in the digestive process through the repopulation of the GI tract with helpful bacterial strains.* Since seventy percent of the immune system is within or near the digestive system, these probiotics also support the immune system by sustaining healthy microflora.* To bolster recolonization, the FOS found in **Flora 12+** act as fuel for the probiotics, improving their rate of survival through the acidic and alkaline environments found in the GI tract.

There are two types of probiotics that work together to alter the microbial balance of their environment—resident and transient strains. Both are vital to maintaining a normal intestinal barrier due to their ability to change the pH level of their environment by secreting lactic and/or acetic acid.* This prohibits the growth of pathogens and allows the beneficial bacteria to attach to the intestinal mucosa and recolonize. The synergistic combination of pre- and probiotics in **Flora 12+** helps support normal digestion, a healthy intestinal barrier, and normal immune response through the replenishment of beneficial microflora.*

Order Information

Call Customer Service on
0844 800 0018

Email: info@precisionhealth.co.uk
Customer Service Hours:
9am to 5pm
Monday - Friday

13115 Flora 12+ (60 capsules)
13116 Flora 12+ (150 capsules)

Synergistic Considerations

**DGL Chewable
Catalyst-C**

Ingredients

Fructooligosaccharides (FOS)

Taken from chicory root, FOS nourishes the probiotic strains, allowing them to colonize the gastrointestinal tract.

Bifidobacterium lactis

This transient strain of Bifidobacterium found in the intestines and colon helps absorb vitamins and break down wastes.*

Lactobacillus acidophilus

The most common probiotic, *L. acidophilus*, is a resident strain that withstands stomach acid and aids in the digestive process by producing lactase and recolonizing the intestines and vaginal tract.

Bifidobacterium bifidum

By lowering the pH of the intestines through the production of lactic and acetic acid, this probiotic competes with harmful bacteria in the intestinal tract.*

Lactobacillus bulgaricus

Surviving stomach acid, bile salts, and pancreatic enzymes, *L. bulgaricus* enters the GI tract and produces D-isomer lactic acid and exopolysaccharides (EPS).

Lactobacillus rhamnosus

Found in the gastrointestinal mucosa, this strain helps encourage the growth of organisms that aid in digestion, prompts antibody production, and assists in phagocytosis.*

Streptococcus thermophilus

This probiotic helps with the breakdown of lactose and produces exopolysaccharides, which function as prebiotics.

Bifidobacterium infantis

A resident strain naturally found in the intestines—even at birth—that can aid in the digestive process.

Bifidobacterium longum

Similar to *B. bifidum* in function, the resident strain *B. longum* can ferment an even wider range of carbohydrates.

Lactobacillus brevis

This transient strain of lactobacillus helps the body digest dairy and vegetation.

Lactobacillus casei

By triggering the normal immune response, *L. casei*, helps to resist infection due to enteropathogenic bacteria.*

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Ingredients Continued

Lactobacillus salivarius

This resident strain found in the mouth and intestines forms an acidic environment and helps to stimulate phagocytic activity of peripheral monocytes and granulocytes.*

Saccharomyces boulardii

As a nonpathogenic yeast, *S. boulardii* creates a protease that helps to break down endotoxins—toxins in the cell walls of some bacteria that are released after the cell dies.

Lactobacillus plantarum

After adhering to the intestinal mucosa, this probiotic can help strengthen the barrier function of the intestines and produce bacteriocins.* **Quercus robur, flos 30C** (Oak)
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Supplement Facts		
	Serving Size: 1 capsule	
	Servings Per Container: 60	
	Amount Per Serving	%DV
Proprietary Probiotic Blend	298 mg	*
Fructooligosaccharides		*
<i>Bifidobacterium lactis</i>	325 million CFU	*
<i>Lactobacillus acidophilus</i>	300 million CFU	*
<i>Bifidobacterium bifidum</i>	200 million CFU	*
<i>Lactobacillus bulgaricus</i>	75 million CFU	*
<i>Lactobacillus rhamnosus</i>	50 million CFU	*
<i>Streptococcus thermophilus</i>	50 million CFU	*
<i>Bifidobacterium infantis</i>	25 million CFU	*
<i>Bifidobacterium longum</i>	25 million CFU	*
<i>Lactobacillus brevis</i>	25 million CFU	*
<i>Lactobacillus casei</i>	25 million CFU	*
<i>Lactobacillus salivarius</i>	25 million CFU	*
<i>Saccharomyces boulardii</i>	25 million CFU	*
<i>Lactobacillus plantarum</i>	8.5 million CFU	*

* Daily Value (DV) not established.

Other Ingredients: Rice Starch, Capsule (Hydroxypropyl Methylcellulose, Purified Water), Ascorbic Acid.

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