



Total Flora Support™

Total Flora™

In brief

Having a sufficient amount of “friendly flora,” or “good” bacteria, in your intestines is the key to boosting the immune system. These bacteria are destroyed by such common factors as carbonated drinks, laxatives, birth control pills, coffee, alcohol, aging, stress and antibiotics (even antibiotics found in the meat we eat).

Friendly bacteria strains can suppress harmful bacteria, aid in digestion and elimination, improve absorption of minerals, and reduce toxins in the bloodstream. Infinity²'s formulation has not one, but twelve strains of these “good-guy” bacteria. These twelve strains are selected and manufactured according to the proprietary processes developed by Dr. Khem Shahani, the world's leading expert in the area of friendly bacteria. Dr. Shahani has expressed his confidence in the quality of the Infinity² products and programs by joining other distinguished health and scientific authorities on the Infinity² Product Formulation Team. As a result of this unique relationship, the Infinity² formulation team has been able to create the finest flora on the market.

- Acts as the body's “second immune system”.
- Proven to improve digestion and elimination.
- Wards off disease by suppressing harmful bacteria.
- Produces enzymes which are essential to proper intestinal function.
- Reduces blood fat and cholesterol levels.

“ I recommend

Digest-a-Meal and

Total Flora Support

to many of my patients.

I have seen

tremendous results.”

~ David I. Kurss, M.D., F.A.C.O.G.†
Buffalo, N.Y.


Total Flora Support™
available in U.S.
90 Capsules
- stock #7011


Total Flora™
available in CAN
90 Capsules
- stock #6011

Suggested Usage
Take 1–2 capsules
with meals.

Supplement Facts

Serving Size 2 Capsules
Servings per Container 45

Amount per 2 capsules	% DV
Vitamin C (from calcium ascorbate)	60 mg 100%
Manganese (as manganese chelazome®)	0.1 mg 6%

Probiotic Blend	260 mg *
<i>Lactobacillus acidophilus</i> , 1 billion CFU*; <i>Bifidobacterium bifidum</i> , 400 million CFU*; <i>Lactobacillus bulgaricus</i> , 200 million CFU*; <i>Lactobacillus plantarum</i> , 200 million CFU*; <i>Lactobacillus salivarius</i> , 200 million CFU*; <i>Streptococcus thermophilus</i> , 200 million CFU*; <i>Lactobacillus reuteri</i> , 40 million CFU*; <i>Lactobacillus brevis</i> , 40 million CFU*; <i>Bifidobacterium longum</i> , 40 million CFU*; <i>Bifidobacterium infantis</i> , 40 million CFU*; <i>Lactobacillus lactis</i> , 40 million CFU*; <i>Lactobacillus rhamnosus</i> , 200 million CFU	

Jerusalem Artichoke (tubers)	60 mg *
CA [®] DS [®] for Total Flora Support™	40 mg *
Amylase, Lipase, Cellulase, Calcium Chelazome®, Protease, Zinc Chelazome®, Magnesium Chelazome®, Manganese Chelazome®	

Magnesium Glycyl Glutamine (MGG ^{**})	10 mg *
---	---------

*Daily Value not established.

Other Ingredients: Plant fiber, gelatin, water

Chelated minerals protected under Albion patent 4830716 © 2002 Infinity², Inc.
** Infinity², Inc., patent #5,886,563.



Total Flora Support™

Total Flora™

Up Close

Human health depends on the presence of some bacteria, such as *Lactobacillus acidophilus*, in the digestive tract and the vaginal mucous membranes. There are at least 400 kinds of microorganisms found in the gastrointestinal tract, and a healthy balance of the bacteria is essential to the proper functioning of all systems of the body, especially the immune system. This amounts to about three pounds of bacteria in the healthy human intestine. They are integral ingredients to improving nutrition and protecting against disease. In fact, the word “probiotic” which is used to refer to these friendly bacteria, comes from two Greek words meaning “favoring life.”

Maintaining and promoting the growth of helpful bacteria while destroying the harmful strains is vital to health. If harmful bacteria grow in too great a proportion, serious consequences can arise. A number of diseases such as rheumatoid arthritis, colitis, diabetes, meningitis, thyroid disease and bowel cancer are thought to result from significantly altered bowel flora.

The antibiotics administered to kill harmful bacteria affect the helpful species as well, creating severe side effects and repercussions for digestion and immunity. Because animals are given large doses of antibiotics, eating meat is often detrimental to friendly flora. Poor diets, emotional upsets and psychological pressures also play a role in reducing the friendly bacteria in our bodies.

Our very lives depend upon friendly bacteria. The level of health and well-being we enjoy is affected by how well we maintain a wholesome environment in which these microorganisms can live and flourish. Helpful bacteria, such as *L. acidophilus* and *B. bifidum*, have the ability to kill off other bacteria by secreting small quantities of antibiotic-like substances, including lactic acid, acetic acid, benzoic acid, hydrogen peroxide, acidolin, lactocidin and acidophilin. These substances have a wide spectrum of activity against harmful, food-borne bacteria, such as *Escherichia* (particularly *E. coli*), *Salmonella*, *Klebsiella*, *Enterobacter*, *Pseudomonas*, *Serratia* and *Bacteroides*. Research has shown that the benefits of these friendly bacteria are achieved without the undesirable side effects of antibiotic therapy, such as diarrhea, digestive problems and vaginal yeast infections.

The regular inclusion of supplemental flora ensures that healthy growth of needed bacteria is maintained. However, different species vary considerably in the benefits they offer. By combining research with that of Dr. Khem Shahani, the world’s foremost authority on probiotics, Infinity² has formulated a cutting-edge, vastly superior bacterial formulation. Unlike many of the bacteria formulations on the market which only feature one strain of bacteria, Infinity²’s formulation combines twelve helpful strains which are vital to overall health and well-being. One of these strains, *L. reuteri*—proven to have antibiotic effects—has never before been stabilized for use in a supplement.

Another microorganism used in this formulation is a superior form of *Lactobacillus acidophilus*, which has been extensively researched by Dr. Khem Shahani for over 38 years at the University of Nebraska. This strain has been shown to survive temperatures that kill many other strains. It also resists stomach acid and bile; produces B vitamins and enzymes for improved digestion; improves gastrointestinal microbial balance; produces the natural antibiotic, acidophilin; and is highly resistant to antibiotics like penicillin, aureomycin and terramycin.

Even if another supplement were to combine these twelve powerful species, our formulation would still be a step ahead. Fructooligosacharrides (FOS) which are basically food for the bacteria, have been added to help them to grow and flourish more rapidly, thus increasing their potency. Another significant improvement in this formula is the addition of Infinity²’s patented Magnesium Glycyl Glutamine (MGG™), the world’s only stabilized form of glutamine. The addition of MGG™ to Total Flora Support™ greatly improves the stability and colonization characteristics of beneficial bacteria and is an essential nutrient required by the intestinal cells. In addition, our patented Chelate Activated Enzyme Delivery System (CA^eDS®) has also been included to aid in the assimilation process. This careful formulation makes Total Flora Support the most useful, health-promoting bacteria supplement available.



Total Flora Support™

available in U.S.

90 Capsules

- stock #7011



Total Flora™

available in CAN

90 Capsules

- stock #6011

Suggested Usage

Take 1–2 capsules

with meals.

REFERENCES

1. Am J Clin Nutr 1997; 66:515S-20S.
2. Nutr Res 1993; 131:1127-40.
3. Anim Sci Technol (Jpn) 1992; 63:1157-9.
4. Int J Immunopharmacol 1992; 14:1355-62.
5. Collins MD and Gibson GR. Probiotics, prebiotics, and synbiotics: approaches for modulating the microbial ecology of the gut. Am J Clin Nutr 1999; 105:2S-7S.
6. Fernandes, C.R. et al. Control of Diarrhea by Lactobacilli. J Applied Nutr 1988; 40(1):32-42.
7. Friend BA and K Shahani. Nutritional and Therapeutic Aspects of Lactobacilli. J Appl Nutr 1984; 36:126-36.
8. Fuller R, ed. Probiotics: the scientific basis. London: chapman & Hall, 1992.
9. Fuller R. A review: probiotics in man and animals. J Appl Bacteriol 1989; 66:365-78.
10. Gibson GR, Roberfroid MB. Dietary modulation of the human colonic microbiota: introducing the concept of prebiotics. J Nutr 1995; 125:1401-12.
11. Goldin BR, Lichtenstein AH, and Gorbach SL. Nutritional and Metabolic Roles of Intestinal Flora In: Modern Nutrition in health and disease 8th ed. Maurice E Shils, James A Olson, Moshe Shike, editors. Williams and Wilkins: Baltimore, MD; 1994.
12. Gonzalez SN, Cardozo R, Apella MC, Oliver G. Biotherapeutic role of fermented milk. Biotherapy 1995; 8:126-34.
13. Pearce JL, Hamilton JR. controlled trial of orally administered lactobacilli in acute infantile diarrhoea. J pediatr 1974; 84:261-2.
14. Petersdorf, R.G. Principles of Internal medicine. New York, NY: McGraw Hill; 1983, p 359-60.
15. Saavedra JM, Microbes to fight microbes: a not so novel approach for controlling diarrheal disease. J Pediatr Gastroenterol Nutr 1995;21:125-9.

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.