



Name Bio Multi-flora

Caps

Code	Size	Duration
C06-30	30 Capsules	Usually lasts 10-30 days
C06-60	60 Capsules	Usually lasts 20-60 days

Area concerned

Intestinal flora, bowel (colon) health, detox.

Ingredients

Per vegetarian capsule: A total of 3.5 billion *Lactobacillus acidophilus* and *rhamnosus*, *Lactococcus lactis*, *Bifido longum*, *breve* and *bifidum* (at time of formulation), potato starch, magnesium stearate, ascorbic acid

Standard use

Usual amount taken is one capsule a day. If desired, 2 or 3 a day may be taken. It is possible that some bowel looseness may occur, which may pass in a few days.

How long to take it for

Take for a course of 3-4 months, or longer if desired. Some nutritionists say you cannot take this type of supplement for too long. If you wish to take it for a longer time, we suggest you take it for alternate months after the initial course.

Cautions

None

Companion Products

90-day Colon Programme; Detox Capsules, Drops or Tea; Cascara Compound Capsules or Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea; Wild Yam Capsules or Drops.

Caps

Description

There are many billions of flora organisms of various different types in a healthy small and large intestine. It is important to maintain this balance in various situations; eg taking antibiotics; a demanding lifestyle; a diet high in fat or protein; or simply when detox is desired.

Bio Multi-flora has been designed with vital input from *Dr Lawrence Plaskett*, a leading UK nutritionalist, who has identified 6 strains of bowel flora which complement each other and which address key requirements of a flora supplement. These include; longevity, resistance to stomach acid and ability to adhere to the bowel wall. When designing a powerful supplement, it is not just the varieties of bacteria which are important, but the exact strains of those varieties.

Bio Multi-flora derives directly from *Dr Plaskett's* research and recommendations. It contains particularly suitable strains of the following six beneficial bacteria:

- *Lactobacillus acidophilus* and *rhamnosus*,
- *Bifidobacterium bifidum*, *longum* and *breve*, and
- *Lactococcus lactis*.

Bio Multi-flora is 'dairy free', making it suitable for those with dairy allergies. We are proud to offer this excellent and well-researched bowel flora product.