

Florastor®  
**250 mg, 50 vegetarian capsules**  
Item Catalog Number: 01200

These friendly intestinal bacteria also aid the digestive process, reducing the need for enzymes and helping to check the overgrowth of harmful bacteria that can generate toxins. These beneficial bacteria (also called probiotics) are thought to have several presumably beneficial effects on immune function by increasing the number of IgA-producing plasma cells and helping to maintain healthy immune cell function.

In every person there are billions of microorganisms called intestinal flora that keep your intestines working properly. Some medicines, certain health problems, travel, and stress can cause an upset the balance of these microorganisms in your body. Florastor® helps maintain and restore the balance of the flora in your intestines and is not destroyed by antibiotic medications. Florastor® promotes intestinal health and improves consistency of bowel movements.\*

Florastor® is made of live freeze dried yeast cells of the species *Saccharomyces boulardii*, which is a beneficial yeast. The cells are put into vegetarian capsules and sealed.

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 50

#### Amount Per Serving

Lyophilized *Saccharomyces boulardii* 250 mg

Over 5 billion live freeze dried cells per capsule.

Other ingredients: lactose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide.

## Dosage and Use

- Take one capsule in the morning and one capsule in the evening, or as recommended by a healthcare practitioner.

## Caution

Do not take Florastor® if you have a yeast allergy or if you are currently taking any antifungal products (this could stop Florastor® from working).

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